

THE BUZZ

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The buzz is a weekly newsletter for all students at the institute

03/02/20

Ambassadors

We will be hosting an open evening this Tuesday, where potential students will come see the school, meet teachers and students in order to get a sense of life at the school.



The ability to meet and talk with current students of the school is always invaluable to those considering changing schools. After all, you all have come to the Institute for a variety of reasons and do doubt had questions about life in the school that only a fellow student could answer. Maybe a student ambassador helped put your mind at ease when you came to see the school. If you are a 5th or 6th year student and would like to help, please call to the first-floor office and give your name to Karen.

Health Tips from Brian Gregan

Struggling to get asleep at night? Sleep is essential to help you stay energized, focused and healthy. Below are some simple tips to help you get a better night's sleep:



1. Increase exposure to the sun during the day.
2. Decrease blue light exposure before bed (put that phone down).
3. Keep sleep and wake times consistent (even on the weekends).
4. Keep your bedroom cool at night.
5. Switch off and relax before bedtime, some light reading can assist in this.

Careers



Date: 5/02/2020

Location: Killester College of Further Education, Collins Ave, Killester, Dublin 5

Time: 10.00-3.00.

Contact: guidanceoffice@killestercollege.ie

Date: 5/02/2020

Location: Marino College of Further Education.

Time: 12.00-7.00pm

Contact: FurtherEd@cdetb.ie

Date: 7/02/2020

Event: NCAD Portfolio Submission deadline.

Contact: mccartneyc@ncad.ie

Date: 12/02/2020

Location: Ballsbridge College of Further Education.

Time: 2.00-4.00pm.

Contact: vivienne.bates@ballsbridge.cdetb.ie

Table Tennis



Taking part in sports can be a great way to relieve stress and pressure; a chance to lose oneself in the heat of the game. For some the pitch is where they find release, but others may prefer something a bit smaller.

Table tennis provides a fast, focused game that allows students to clear their heads or burn off some frustrations from the day. With competitions within the club and with other schools there are plenty of opportunities for students to take part. Available to all, the game is quick and easy to begin. There is always someone looking for a game (students and staff alike) so come along.

Maths Support



If you feel like you need some additional assistance with maths, **Joan Roantree** is available from 3.30- 7.30 every Thursday in Room 1-8.

Joan can help you work through any questions or aspects of the course that you might be having trouble with.

Around the School



Congratulations to **Lauren Cusack** 6th Year who won a prize in the languages competition at TCD. Trinity hosted an afternoon event 'Why Study Languages' in December and Lauren won the French competition. She got a certificate and free lessons at the Alliance Francaise for this semester.