

THE BUZZ

NEWSLETTER @ THEINSTITUTEOFEDUCATIONDUBLIN

21.09.2020

WELL-BEING



MESSAGE FROM RICHARD HOGAN

Richard Hogan is a systemically trained psychotherapist and English teacher in the Institute of Education. Throughout the year, Richard will share thoughts and insights on how to look after your mental health.

“Resilience; it’s a word that we hear a lot about in modern times. But what does being resilient really mean? The good news is, one person isn’t born with an abundance of it while another has a deficiency. This means that we can build our levels of resilience. Resilience is the tool we have to deal with the challenges we may face. When what is being asked of us exceeds our resilience that is when we become stressed. The most resilient people I have met all share a couple of commonalities. They see their challenge as temporary, and they are optimistic in their outlook. Your Leaving Certificate is not a permanent challenge; it will pass and your future is waiting for you. Go out and take it with both hands.”

GUIDANCE

GREETINGS FROM THE GUIDANCE TEAM

We hope all our students are settling in and adjusting to the new normal in school.

All Guidance Counsellors have a drop-in time from 8.30-9.30am with no appointment necessary, so please pop in if there’s anything we can help you with. To see a Guidance Counsellor after 9.30am please make an appointment. Appointment sheets for all Guidance Counsellors are on the noticeboard outside Room 2-6A.

MEDICAL EVENING

We are delighted to announce that we will be starting a **Weekly Webinar** every **Wednesday**, kicking off with the Institute’s famous Medical Evening at 4pm on Wednesday 30th September. Make sure to attend to get informed about studying Medicine in Ireland, the UK and Europe. A link will be sent by email next week.

Stay safe and keep up the good work. Best wishes.
The Guidance Team

6TH YEARS

UCAS early application deadline for all Medicine, Veterinary and Dentistry courses and all Oxford and Cambridge courses is the **15th October**. This is a time consuming application process so please see Margaret or Ingrid in 2-6A for guidance as soon as possible. The CAO handbooks are now available for you to pick up, at the back of the Raymond Kearns Hall, so make sure to pick one up and get the highlighters out!

4TH & 5TH YEARS

Aoife is available in 2-5A for 5th year students every day. Lorraine is available in 3-6A on Mondays and Wednesdays for 4th year students.



HEALTH

We would like to commend students for adopting the COVID-19 guidelines in the school. The start of the year has gone smoothly, and we are all doing our best to ensure a safe learning environment. To keep this great start going, we would like to ask you to keep the following in mind:

Please be mindful of others when waiting to cross the road. The footpath is for everyone and when students are bunched together other pedestrians cannot pass at a comfortable, social distance. Give them and your peers space, by staying single file by the railing.

Students should wear masks in class, unless given explicit permission otherwise. Students seeking to have an exemption on medical grounds should speak to their Year Heads.



ACTIVITIES



As a school with so many eager and ambitious students, there is always a lot going on in The Institute. The year has only just begun and there are a wide range of activities. For example, this week alone the 4th years will start Barista Training, Sign Language and Lifesaving. Make sure you check noticeboards and The Buzz for lists of activities available to your year.

30% Student Discount

On sandwiches, salads, cakes, pastries, soft drinks & coffee in

THE
TERRACE
KITCHEN & SOCIAL HOUSE
EST 2020

*Valid student id must be presented
*30 % student discount offer valid on any food at the Terrace Pantry & Café situated on the -1 floor in Conrad Dublin (study venue)

CONRAD
DUBLIN

Welcome
BACK TO SCHOOL!
20% OFF

with valid
Student ID



STUDENT DEALS

Any sandwich, can of soft drink, potato crisps - €8.00

Any soup/coffee & sandwich, can of soft drink, potato crisps - €10.00

Hot drinks & selection of muffins/pastries - €4.00

Selection of hot drinks: Tea, Americano, Cappuccino, Latte, Flat White - €2.00

Mocha, Iced Coffee, Chai Latte, Hot chocolate (with all toppings - cream, marshmallows) - €2.50

20% DISCOUNT ON ALL our sandwiches, soups & soft drinks.



STUDENT DEALS

5 small sausage rolls - €2.50

Any medium coffee with pastry - €3.50

Soup of the day with sandwich - €6.00

Chicken Fajita wrap with River Rock Water & Manhattan Popcorn - €5.00

Spice Box with can of Coke - €6.50

Chicken Fillet Roll with River Rock Water & Tayto crisps - €5.00

