

# THE BUZZ

NEWSLETTER @ THEINSTITUTEOFEDUCATIONDUBLIN

02.11.2020



## 4TH YEARS

**Barista Training:** Well done to all students who completed their initial one-day training course with Dublin Barista School. We have more dates to look forward to in December and February.

**Ballyknockan Cookery School:** We have changed the date of the trip to Ballyknockan to March, due to the new restrictions. We will let you know the details in due course.

**Sign Language:** Well done to those students devoting their time to Sign Language. The feedback has been very positive.

## 5TH YEARS



**Congratulations** to 5<sup>th</sup> Year's Louie Beatty and Bernard Rocca on their success in the Leinster school debate on '*Targeted Advertising and Social Media*'. They are off to a great start to the competition.

**Well done** to Eve McMahon who competed in the Laser Radial Senior European Championships in Gdańsk, Poland. Eve qualified into gold fleet and was the youngest out of 130 competitors! We wish her the best as she helps the Irish team in preparation for Tokyo and pursues her aim of competing in the Youth Olympics.

**Congratulations** to Tara Berry, who has qualified for the exhibition round of the BT Young Scientist Competition. We look forward to learning more about Tara's project "*Current Social Media Conversations On Human Germline Genome Editing: A Twitter Based Analysis*" and wish her the very best in the competition.

## HEALTH

### COLD BUSTING RECIPE

#### Ingredients:

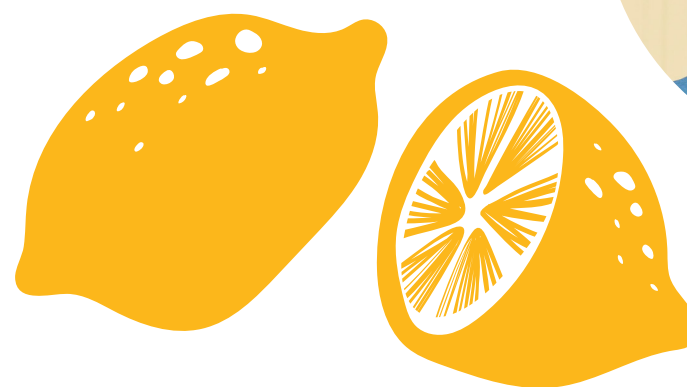
- Fresh lemon
- Fresh ginger
- Raw or Manuka honey

#### Directions:

- Slice lemon into quarters and pack into jar
- Grate ginger and add to lemon (the more the better)
- While stirring, fill jar with honey

#### To Use:

Add 1 tablespoon of mixture to hot water and stir.



### HEALTH TIPS FROM BRIAN GREGAN

The cold season is fast approaching and you can already hear coughs and sniffles on your way to school. So, keep yourself healthy and stay one step ahead with this cold busting recipe.

# GUIDANCE

## WELCOME



Welcome back students, we hope you all had a lovely midterm and have come back refreshed, recharged and ready to tackle the final stretch of 2020.

## CAO

Just before CAO 2021 opens on Thursday, we are delighted to welcome Dr. John McGinnity, Admissions Officer from Maynooth University to host a CAO Information Webinar for Parents on Tuesday November 3<sup>rd</sup> at 19:00. There is literally nothing John doesn't know about the CAO and admissions to Irish Universities, so don't miss this excellent webinar and have your questions ready!

CAO opens on November 5<sup>th</sup>. Guidance counsellors Ingrid, Margaret & Aoife will be holding CAO information sessions at the following times in room 2-3. We strongly encourage all 6<sup>th</sup> years to attend an information session.

Wednesday 4<sup>th</sup> November - Ingrid 15.30

Thursday 5<sup>th</sup> November - Aoife 15.30

Monday 9<sup>th</sup> November - Margaret 11.30

## WEEKLY WEBINAR BUSINESS



Attention future university students of Business! This week's webinar is on Business, with excellent speakers from three business faculties; Dr. Eoghan O'Grady from TU Dublin, Tara Walsh from UCD and Sinead McCrohan from DCU.

## APPOINTMENTS

Guidance Appointments: Remember all Guidance Counsellors have a drop in time every morning from 8.30 - 9.30, with no appointment necessary. Outside of drop in times, please book in for an appointment on the appointment sheets outside room 2-6A. If you cannot attend your appointment, please don't forget to cancel it, so that another student can book in during that time.

***Have a lovely week.***

# WELL-BEING

November can often prove to be a challenging month. The initial impetus we had for the first two months can wane and we can feel slightly drained as we march through exam season. But just remember all the good work you did will pay off in the exam and achieving a H1 in the Leaving certificate is not the result of always being perfect in every exam.

It is a two-year course for a reason. We must learn from the exams where we feel we may have underperformed. So, this November take a breath and don't allow yourself to become overwhelmed with the workload.

## MESSAGE FROM RICHARD HOGAN

