

THE BUZZ

NEWSLETTER @ THEINSTITUTE OF EDUCATION DUBLIN

08.02.2021



THIS WEEK'S TALKS & TUTORIALS

Lock-down learning is affecting everyone in a multitude of ways - you do not have to face these challenges alone. Here's what is on this week:

Monday 8th Feb

Guidance Tutorial: 'Looking after myself in Lock-down'
Margaret Keating, 13:30 (for 6th years)

Monday 8th Feb

Guidance Talk: 'Looking after yourself in Lock-down'
Aoife McArdle & Lorraine Ryan 16:30 (for all years)

Wednesday 10th Feb

Talk: 'Staying positive & focused during lock-down'
Richard Hogan, 15:30 (for all years)



SUPPORT



DANCE LIKE NOBODY'S WATCHING

Tip from Caroline Duggan - these links will lead you to a place to get you moving and get you laughing!

In lock-down, we have to spend so much time sitting at our computers - a dance, is a fun, fast way to get a good stretch and a clearer head!

How to dance The famous Jerusalema Challenge:

youtu.be/zrKyX669few

The Continental Drift: youtu.be/uMuJxd2Gpxo

And with The Gardai: youtu.be/yj23_Z6UEck

The cha cha slide: youtu.be/I1gMUbEAUFw



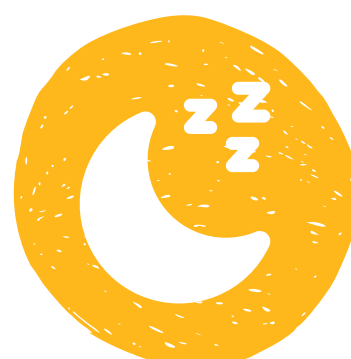
HEALTH AND WELL-BEING

The popularity of meditation is increasing as more people discover it's benefits. Meditation is a process of training your mind to focus and redirect your thoughts.

Check out the free headspace app on your smartphone to start meditating today.

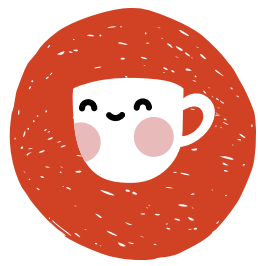
BENEFITS INCLUDE:

1. Reduces Stress
2. Controls Anxiety
3. Improves Sleep
4. Improves Clarity



HEADSPACE

HI STUDENTS,



This has been an unusual half term to say the least, we are so proud of the way you've all risen to the challenges. **What we really want you to do over midterm is - take a break.** Sometimes, students report that they are too busy to take a break – a sure fire sign that they really need to take one - without feeling guilty. Our top tip for eliminating guilt is to set yourself **a goal of taking a break**, therefore when you do, you replace any guilt with a sense of achievement! If you're still not convinced here are 5 benefits associated with rest.

1. Improves the memory:

It has been shown that breaks increase your concentration and facilitate the memorisation of new contents.

2. You'll get a better sense of the bigger picture

When you're focused on the minutiae of one task, such as study, it's all too easy to lose sight of the bigger picture. Take a break, step back, gain perspective and reassess your goals and priorities to make sure that you are giving your attention to the right tasks.

3. Reduces stress & boosts energy

It is very common to feel drained of energy and experience extreme stress when we focus all our attention on one task. Therefore, taking breaks can relieve and reduce levels of stress while boosting our energy levels at the same time.

4. Improves your health

We all know the health benefits of rest, sleep and exercise - so take advantage of the break when you will have more time to exercise and recover some sleep.

5. Boosts your performance & creativity

Our brains have two functioning modes: focused, and 'diffused'. When operating in diffused mode, our brain is more relaxed and in a 'daydream' type state. Studies have shown that new creative approaches to problems may arise when doing different activities or when we're in this diffused state – for example while we're exercising or relaxing.

Remember to check in with friends, support each other and have some fun.

Also a reminder that PLCs are open for applications. It's advisable to apply early as many courses fill up. Finally, don't forget that the guidance counsellors are here to support you with any challenges you may face and to run through plans for next year. There are students that we have not seen yet and you are very welcome to make appointments to see us; we look forward to working with you.

We wish you a very happy mid-term break.



Important tips for Leaving Cert 2021 Biology:

Unit 1 - Even though it is the shortest unit by far - Scientific Method, Food, Characteristics of Life and Ecology will be at least 25% of your paper this year. There will be two short questions in Section A (10%) and one long question in Section C (15%) from these 4 topics in Unit 1.

The new exam layout of the paper currently includes:

Section A: Questions 1 – 7

In section A you will have one additional short question included. You can answer any five of seven questions.

Section C: Question 11 - 17

In section C you will have one additional long question included. You can answer any four of seven questions.

There is one extra full long question that will be Q15 which has a similar structure to Q11, 12, 13, 14. An additional part (d) will be added to both of the following questions Q16 and Q17. In these two questions students will have a choice of four parts and to answer any two.



Key Quotes from 'King Lear'

"As flies to wanton boys are we to th' gods; / They kill us for their sport." Gloucester - Act 4, scene 1.

This line is spoken after his blinding by Cornwall. Gloucester 'sees' everything only when he loses his eyesight. The comment captures the casual nature of violent suffering in King Lear; Gloucester suggests there is a host of pagan gods who choose to kill or maim people for the laugh.

"You do me wrong to take me out o' th' grave. / Thou art a soul in bliss, but I am bound / Upon a wheel of fire, that mine own tears/Do scald like molten lead."

King Lear, Act 4, scene 7.

Lear is contrite in the presence of Cordelia. He describes himself as being in a kind of hell and Cordelia as being an angel from heaven. By declaring that Cordelia is wrong to take him out of his grave, he's saying he is dead. He goes on to describe his torment, in what is clearly a kind of hell: tied to a "wheel of fire" and burning himself with his own tears. As for Cordelia, Lear now sees the daughter he discarded as "a soul in bliss". This is a hugely important scene as it means redemption and reconciliation and forgiveness for Lear- he is reborn via Cordelia's devotional love and acceptance..... No cause, no cause.