

# THE BUZZ

NEWSLETTER @ THEINSTITUTEOFEDUCATIONDUBLIN

01.03.2021



WELCOME

back to school

Welcome back 6<sup>th</sup> years, we are so delighted to have you back in school and look forward to having everyone back soon. Please remember we need everyone to continue to adhere to the rules below at all times.

1. Maintain Social Distancing /
2. Wash your hands frequently /
3. Masks need to be worn at all times in school
4. Walk in single file along the corridors & stairs /
5. No gathering in corridors /
6. Adhere to our circulation plan
7. Cover your mouth & nose when you sneeze /
8. Do not come into school if you are unwell



## Random acts of wildness

Have you ever considered a random act of wildness or do you know what it is? It is anything that you can do in an average day to bring a little nature into your life.

Why not get involved and send your random acts of wildness to Lorraine our guidance counsellor. As well as reaping all the benefits that time outdoor provides - you could also win a prize! Three winners will be announced on the 12<sup>th</sup> of April (1 winner from each yr) so get some fresh air and get random and wild!

**Practise your photography skills.** Maybe you could share your nature pictures on social media and who knows it might influence others to try their own random act of wildness!

**Smell nature.** Rub herbs between your fingers, smell a flower. How does it make you feel? Lavender can bring instant calm and rosemary invigorates our focus. Go on give it a go, be present.

**Invite a friend for a walk.** Quality time without the usual distractions, may offer you the space and inspiration to develop your friendships in a different way.

**Pick some of your nature finds & display them artistically.** Here are alternative nature tables; Feathers in a jar, pine cones in a basket, driftwood on a windowsill, seed heads in a vase, shells on a shelf.....let your imagination and creativity take over.

**Go for a run.** Being outside, breathing fresh air, feeling your feet pounding on the ground as your mind stills and your body moves through space- is a liberating feeling with many benefits.

Whether you start counting your daily steps, start a desk to 5k running goal, create a nature table, create a calming herb combination, take a photo, make a meme with your bestie walking buddy, or come up with your own wild random act:

Email your entries to [lryan@instituteofeducation.ie](mailto:lryan@instituteofeducation.ie)



## GUIDANCE

HI STUDENTS



Welcome back to school 6<sup>th</sup> years- we are so happy to be back supporting you in person (and equally happy to continue with appointments on Teams). We're looking forward to seeing you.

### 5TH & 4TH YEARS

Please don't hesitate to Email us for a teams appointment:  
5<sup>th</sup> Years - Aoife / [amcardle@instituteofeducation.ie](mailto:amcardle@instituteofeducation.ie)  
4<sup>th</sup> Years - Lorraine / [lryan@instituteofeducation.ie](mailto:lryan@instituteofeducation.ie)

### SCHOLARSHIPS

Many colleges and universities around the country are now accepting applications for a wide range of scholarships. You can search through all of these options by visiting the scholarship section on careers portal. They have a useful video showing how to use their excellent scholarship tool.

### EVENTS & DEADLINES

#### Mon 1<sup>st</sup> March

(17:15) CAO 2021

- Deadline for Amending Course Choice
- Deadline for Completion of HEAR / DARE Forms
- (18:00) TU Dublin • Deadline for Portfolio Submission

#### Tuesday 2<sup>nd</sup> March

(13:00) Engineering at Maynooth University - *Virtual Talk*

(17:00) DBS - *Virtual Open Day*

#### Wednesday 3<sup>rd</sup> March

(10:00) Sallynoggin CFE, Colaiste Dhulaigh - *Virtual Open Days*

(14:00) Maynooth University. Engineers Week - 'What is Ocean Energy?' - *Virtual Talk*

#### Friday 5<sup>th</sup> March

(12:00) CAO 2021 - *Late Application Facility Opens*

### WEBINARS

This week's webinar is on Arts. With a huge gamut of subjects to choose from, an Arts degree gives the opportunity to gain a deep knowledge and understanding of your choice of subjects which can range from anthropology to accounting, music to maths, politics to psychology. As usual - 16:00, link is on moodle.

Have a lovely week.

## THIS WEEK 4TH YEARS



MON 1<sup>ST</sup>

Bar of Ireland Programme

*Virtual Event*

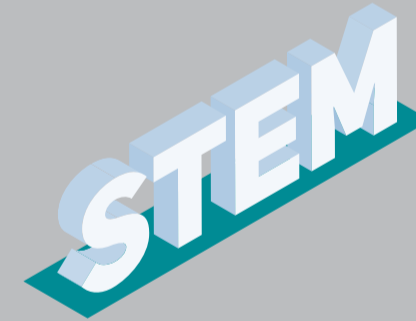
THUR 1<sup>ST</sup>

I Wish 2021

*Virtual Event*

(female students only)

12.20 - 13.50



FRI 5<sup>TH</sup>

Make a short film on your smartphone

*Virtual Workshop* 9.30 - 11.45

with Emmet Kelly of award winning

Burning House Productions

## MISTER MAGPIE

### STUDENT SPECIALS



ONLY €4.50

Available All Day

Coffee or Any Hot Drink including Hot Chocolate & Freshly Baked Belgian Waffle with choice of toppings  
(Plain, Fresh Seasonal Fruit, Cream, Coffee Cream, Nutella)



ONLY €2.50

Available for March  
(Between 11.30am & 1:30pm Daily)

Coffee or Any Hot Drink including Hot Chocolate

1A Leeson Street Lower

Please present your student ID

We serve the best coffee in Dublin (IMBIBE) where 1% of our purchases are donated to Women's Aid Ireland and 1% to projects at our coffee's origin.



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