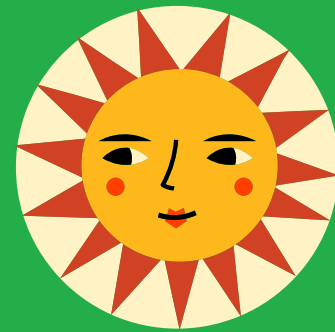


# THE BUZZ

NEWSLETTER @ THEINSTITUTE OF EDUCATION DUBLIN ■ 20.12.2021



## DEAR STUDENTS,

Christmas is now upon us and it is time to take a well-earned break from the books for a spell. We encourage you to take advantage of the hiatus in your hectic schedules and move away from the books for at least some of the time off over the holidays. This is of vital importance in order to recharge the batteries for the second half of the academic year. Pace yourselves as if you were running a long distance race. Stamina is of the essence and, just as athletes see their 'recovery time' as an integral part of their training, so too should you take the same approach over the holidays. You will need all your reserves of energy to maximize your performance over the second half!

It has been a wonderfully interesting and productive first term and we would like to take the opportunity to congratulate you all on your efforts thus far. Your dedication to achieving your goals through hard work and diligence is exemplary. Participation in the various extracurricular activities has been enthusiastic and galvanizing to witness and your adherence to the covid guidelines imposed upon us as a community is an example to all and has gone a long way to ensuring that the school has remained open. We wish you the very best over the festive season. Enjoy the time off and we will see you back in harness on Thursday, the 6<sup>th</sup> of January. A very Merry Christmas and a Happy New Year!

Warm regards,

Yvonne, Hugh and Liam



## WELLBEING



€4,170  
RAISED

**pieta**

Thank you to everyone who donated to such a great cause and for dressing up for our Christmas Jumper Day. It filled the school with Christmas Spirit!



## WELLBEING WEEK

Wellbeing week is on from the 10<sup>th</sup> - 15<sup>th</sup> January 2022.

The time-table and further information is below:

**Mon: Quiz** 11:30- 12:30pm & 12:30- 1:30pm (2-3)

**Meditation** 4:30pm Brian Gregan (2-3)

**Tue: Yoga** 11:30- 12:30pm & 12:30- 1:30pm (2-3)

**Wed: Talk** 6:00pm Richard Hogan (*online*)

**Thur: Movie** 11:30- 12:30pm & 12:30- 1:30pm (2-3)

**Fri: Nutrition Talk** 12:30pm Andy Quinn (2-3)

**Student Concert** 3:30pm (*Hall Block*)

For the Quiz, Yoga and Movie: these events are on twice, at both lunchtimes, to allow everyone a chance to attend. For all other one-off events - all years are very welcome to attend them all.

**In regards the Quiz:** Students can come along on their own and will be added to a team or they can create teams with friends. The winning team will receive a prize.

**Poetry Competition:** Students can email positive poems to [studentwellbeing@instituteofeducation.ie](mailto:studentwellbeing@instituteofeducation.ie). These poems will be rotated on the digi-screens throughout the week and the winner will receive an Institute hoodie and water bottle.

**Wear yellow:** On Friday the 15<sup>th</sup> of January we ask all students and staff to wear something yellow in support of wellbeing - to remind everyone that there are always brighter days ahead.



## CONGRATULATIONS STUDENTS,

Can you believe we are heading into December? You've made it to the last week of the year! 2021 has been another challenging year but you students have showed such determination, resilience, courage and kindness; we're very proud of how you've coped with the challenges. Make sure to take some well-deserved time off over the holidays. It is so important to catch up on your sleep, recharge your batteries and most importantly - to enjoy yourselves. Laughter truly is the best medicine, so take time to connect and have fun with friends and family.

## RCSI OPEN DAY

The RCSI open day will take place virtually on Wednesday 5<sup>th</sup> January, register on their website.



## UCAS & DARE REMINDERS

Aoife is doing online UCAS appointments and Helen is doing online DARE appointments today Monday 20<sup>th</sup> and tomorrow Tuesday 21<sup>st</sup> – please email for an appointment [amcardle@instituteofeducation.ie](mailto:amcardle@instituteofeducation.ie) or [hcasey@instituteofeducation.ie](mailto:hcasey@instituteofeducation.ie)

**DARE  
& UCAS**

## CAO

Opening a CAO account is a very straight forward process. Remember, you can edit the courses as many time as you wish, so no need to put it off because you haven't finalised your decision. Make sure to do it before you return to school in January.

We wish you and your loved ones a very happy Christmas and a fantastic 2022.



## 4TH YEAR ENVIRONMENTAL STUDIES

### I'm Dreaming Of A Green Christmas!

Ireland is quite good at recycling, but as a nation we need to become more aware of our recycling habits, for example, two thirds are unaware that paper with sticky tape is not recyclable. To help make Christmas more sustainable try some of these new traditions:

### GIFTS & WRAPPING



- Don't use sellotape – use string or staples instead
- Use paper – check it is real paper and 100% recyclable. Or ditch wrapping paper altogether and use paper gift bags or wrap presents in old paper for that vintage feel!
- Shop local – this reduces excessive packaging such as bubble wrap and Styrofoam.

### CHRISTMAS FOOD



We generate 20% more food waste during Christmas than any other time of the year. The average Irish household loses over €700 to food wastage over the Christmas season. Check out our tips below:

- How many people are coming? Try not to over shop!
- Organise that fridge! Keep food organised - New to the back, old to the front.
- Use up those leftovers. Turkey is very versatile, as well as the traditional turkey sandwich, it can be used in almost everything like risotto, curry and salads.
- Freezing- Nobody wants the same thing day after day so freeze those creative leftovers!

### CHRISTMAS TRESS



In order to make an artificial or plastic tree in any way sustainable, from a carbon footprint point of view, you have to hold on to it for at least 20 years! Plastic trees are atrocious for the environment and contain harmful, hallucinogenic and toxic chemicals. To make Christmas happier, healthier and more heartfelt try to:

- Ditch the fake the tree – and buy from local, sustainable and ethical tree farms.
- Buy fabulous sustainable tree decoration options.

*Happy Sustainable Christmas*