




JANUARY CALENDAR

4TH & 5TH YEAR

THE INSTITUTE OF
EDUCATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN		
GENERAL NOTES: Wellbeing Week is 10 th -14 th - Everyone is welcome to attend all the events below, further details are on the following page.					1	2		
3	4	5	6 No Philosophy - back next week! Every Thur- Details Below: 	7 No Football- back next week! Every Fri Details Below: 	8	9		
10 Wellbeing Week: QUIZ: 11:30 - 12:30pm (2-3) MEDITATION: 4:30pm BGR (2-3) Every Monday Drama - 11:30 (Convent Pl.) Social Lunch - 11:30 (2-3) Every Monday Film Studies 3:30 (LG-2) Table Tennis 3:30 (Convent Pl.) Entrepreneurship 3:30 (1-0) Every Monday 8:30am - 6:00pm (19-20 Leeson St.)	11 Wellbeing Week: YOGA - 11:30 - 12:30pm (2-3) Every Tuesday Circuit Training - 11:30 (Convent Pl.) Music App. - 11:30 (Music Room) Coding - 11:30 (Comp. Room) Every Tuesday Graphic Design 3:30 (Comp. Rm.) Life Coaching 3:30 (1-0) Basketball 3:30 (G-3) Every Tuesday Maths Tutorial - Drop in H Level 11:30 - 12:00 (AKE) (2-5) English Tutorial - Drop in 3:30 - 4:30pm (EGR) (4-5) Every Tuesday 8:30am - 6:00pm (19-20 Leeson St.)	12 Wellbeing Week: TALK: 6:00pm RHO (Online) Every Wednesday Circuit Training - 11:30 (Convent Pl.) Table Top / D&D - 11:30 (Art Room) Every Wednesday Creative Writing 3:30 (LG-2) Bridge 3:30 (G-4) Chess 3:30 (Music Room) Badminton 3:30pm (G-3) Every Wednesday Maths Tutorial - Drop in O Level 3:30 - 4:30pm (JKE) (L3-0) Guidance Webinar 4:00pm Architecture MasterClass - Biology (WHA) Virtual 7.00pm Every Wednesday 8:30am - 6:00pm (19-20 Leeson St.)	13 Wellbeing Week: MOVIE: 11:30 - 12:30pm (2-3) Every Thursday Circuit Training - 11:30 (Convent Pl.) Film Club - 11:30 (LG-2) Every Thursday Philosophy 3:30 (LG-2) Self-Defence 3:30 (Convent Pl.) Every Thursday Irish Tutorial - Drop in 3:30 - 4:30pm (LRO) (1-4) Spanish Tutorial - Drop in 3:30 - 4:30pm (PFI) (G-3) Every Thursday 8:30am - 6:00pm (19-20 Leeson St.)	14 Wellbeing Week: Wear Yellow TALK: 12:30 - 1:30pm AQU (2-3) STUDENT CONCERT: 3:30pm (HG-1) Every Friday Irish Language Club - 11:30 (B-7) Every Friday Debating 3:30 (LG-2) Football 3:30 (G-8) Every Friday Maths Tutorial - Drop in O Level 11:30am - 12:30pm (JKE) (L3-0) Leinster Driving School Every Friday 8:30am - 4:30pm (19-20 Leeson St.)	15	16		
KEY DATE	MASTERCLASS	WELLBEING	WEBINAR	LUNCH CLUB	STUDY	TUTORIAL	ACTIVITY	EXTRACURRICULAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN	
<p>17</p> <p>Every Mon- Details Page 1:</p> 	<p>18</p> <p>Every Tue- Details Page 1:</p> 	<p>19</p> <p> Guidance Webinar Music 4:00pm</p> <p> Chess has moved to Friday from today onwards. All other Extracurriculars remain as per time-table on Page 1</p> <p>Every Wed- Details Page 1:</p> 	<p>20</p> <p>Every Thur- Details Page 1:</p> 	<p>21 </p> <p> Leinster Driving School</p> <p> Chess 3:30 (<i>Music Room</i>) All other Extracurriculars remain as per time-table on Page 1</p> <p>Every Fri- Details Page 1:</p> 	<p>22</p>	<p>23</p>	
<p>24</p> <p>Every Mon- Details Page 1:</p> 	<p>25</p> <p>Every Tue- Details Page 1:</p> 	<p>26</p> <p> Guidance Webinar Restricted courses 4:00pm</p> <p> MasterClass - Biology (WHA) <i>Virtual</i> 7.00pm</p> <p>Every Wed- Details Page 1:</p> 	<p>27</p> <p>Every Thur- Details Page 1:</p> 	<p>28</p> <p> Chess 3:30 (<i>Music Room</i>) All other Extracurriculars remain as per time-table on Page 1</p> <p>Every Fri- Details Page 1:</p> 	<p>29</p>	<p>30</p>	
<p>31</p> <p>Every Mon- Details Page 1:</p> 	<p> WELLBEING WEEK- 4TH & 5TH YEARS ARE WELCOME TO ATTEND ALL EVENTS</p> <p> Quiz: Students can come along on their own and will be added to a team or they can create teams with friends. Come along to test your knowledge of Institute trivia! The winning team will receive a prize.</p> <p> Yoga: Come along to soothe the mind and body. Yoga practice relaxes the mind and increases body awareness, leaving us in a calm state.</p> <p> Movie: Join us for movie time to help relax, destress and have some fun.</p> <p> Talks: Richard Hogan is giving a General Wellbeing talk and Andy Quinn is hosting a Nutrition Talk.</p> <p> Concert: Student Concert - it is well known that music stimulates the body's natural feel good chemicals.</p> <p> Poetry Competition: Students can email positive poems to 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 and be included in the Yearbook.</p> <p> Wear yellow: On Friday the 15th 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.</p>						

