



JANUARY CALENDAR

6TH 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: 12:30 - 1:30pm (2-3) MEDITATION: 4:30pm BGR (2-3) Every Monday French Club - 12:30pm (LG-3) Social Lunch - 12:30pm (2-3) Every Monday Film Studies 3:30pm (LG-2) Table Tennis 3:30pm (Convent Pl.) Entrepreneurship 3:30pm (1-0) Every Monday Physics Tutorial - For All 6 th Yrs 5:30-6:30pm (AKE) (Online) MasterClass - Irish (MCA) Virtual 5.00pm Every Monday Book with your teacher Every Monday 8:30am - 9:00pm RK Hall	11 Wellbeing Week: YOGA - 12:30 - 1:30pm (2-3) Every Tuesday Spanish Club 12:30 (LG-3) Every Tuesday Graphic Design 3:30 (Comp. Rm.) Life Coaching 3:30pm (1-0) Basketball 3:30pm (G-3) Every Tuesday Geography Tutorial - For All 6 th Yrs 12:30-1:30pm (LAS) (L1-0) Every Tuesday Book with your teacher Every Tuesday 8:30am - 9:00pm RK Hall	12 Wellbeing Week: TALK: 6:00pm RHO (Online) Every Wednesday Creative Writing 3:30pm (LG-2) Bridge 3:30pm (G-4) Chess 3:30 (Music Room) Badminton 3:30pm (G-3) Every Wednesday Maths Tutorial - Drop in H Level 12:30 - 1:00pm (AKE) (3-7) 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 Book with your teacher Every Wednesday 8:30am - 9:00pm RK Hall	13 Wellbeing Week: MOVIE: 12:30 - 1:30pm (2-3) Every Thursday Irish Club 12:30pm (LG-3) Every Thursday Philosophy 3:30pm (LG-2) NEW! Self-Defence starts today Self-Defence 3:30pm (Convent Pl.) Every Thursday Irish Tutorial - Drop in 3:30 - 4:30pm (LRO) (1-4) MasterClass - Paper 1 English (LDI) Virtual 7.00pm Every Thursday Book with your teacher Every Thursday 8:30am - 9:00pm RK Hall	14 Wellbeing Week: Wear Yellow TALK: 12:30 - 1:30pm AQU (2-3) STUDENT CONCERT: 3:30pm (HG-1) Every Friday Debating 3:30pm (LG-2) Football 3:30pm (G-8) Every Friday Maths Tutorial - Drop in O Level 11:30am - 12:30pm (JKE) (L3-0) 10 Week HPAT Course 5:15pm / 2-3 repeated at 6:30pm / 2-3 Monthly Moodle Sign Off Every Friday Book with your teacher Every Friday 8:30am - 9:00pm RK Hall	15 Every Sat 9:00am- 4:00pm RK Hall	16 Every Sun 11:00am- 4:00pm Hall Block		
KEY DATE	MASTERCLASS	WELLBEING	WEBINAR	LUNCH CLUB	ORAL	TUTORIAL	STUDY	EXTRACURRICULAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
<p>17</p> <p>Every Mon- Details on Page 1</p> 	<p>18</p> <p>Every Tue- Details on 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 on Page 1</p> 	<p>20</p> <p> MasterClass - Maths (ARO) <i>Virtual</i> 6.00pm</p> <p>Every Thur- Details on Page 1</p> 	<p>21</p> <p> 10 Week HPAT Course 5:15pm / 2-3 repeated at 6:30pm / 2-3</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 on Page 1</p> 	<p>22</p> <p> Every Sat 9:00am-4:00pm RK Hall</p>	<p>23</p> <p> Every Sun 11:00am-4:00pm Hall Block</p>
<p>24</p> <p> MasterClass - Geography (BHE) <i>Virtual</i> 5.00pm</p> <p>Every Mon- Details on Page 1</p> 	<p>25</p> <p>Every Tue- Details on 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 on Page 1</p> 	<p>27</p> <p> MasterClass - Paper 2 English (LDI) <i>Virtual</i> 7.00pm</p> <p>Every Thur- Details on Page 1</p> 	<p>28</p> <p> 10 Week HPAT Course 5:15pm / 2-3 repeated at 6:30pm / 2-3</p> <p> Chess 3:30 (<i>Music Room</i>)</p> <p>Every Fri- Details on Page 1</p> 	<p>29</p> <p> Every Sat 9:00am-4:00pm RK Hall</p>	<p>30</p> <p> Every Sun 11:00am-4:00pm Hall Block</p>
<p>31</p> <p>Every Mon- Details on Page 1</p> 	<p> WELLBEING WEEK- EVERYONE IS 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>					

