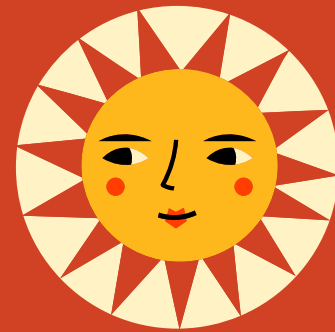


THE BUZZ

NEWSLETTER @ THEINSTITUTE OF EDUCATION DUBLIN - 10.01.2022



DEAR STUDENTS,

Welcome back to school!

As you can see from the information in this week's Buzz, it is Wellbeing Week. We urge you all to partake in the activities organised by our Wellbeing Mentor, Luke Rock.

This week is a timely reminder as to how important our wellbeing is. *Mens sana in corpore sano* - a healthy mind in a healthy body - is an eternal truism and relevant, in particular, to the times we live in.

Keep up the excellent level of effort you all put in over the first half of the year.













We wish you all the best for 2022!

Warm regards,

Yvonne, Hugh and Liam

WELLBEING WEEK!

Wellbeing week is here and we have a week full of activities, inspiration and a boost of good feeling and relaxation to help us with our busy lives - and there is no denying school is busy! Check out our time-table below and join in the fun, there is something for everyone. Whether you relax with music, movies or meditation or by flexing your brain at a quiz! All events are open to all years. Tickets for the concert are free - please collect them from the office on the 1st floor. Enjoy!

-  **QUIZ** *Mon 11:30 - 12:30pm (2-3)*
-  **QUIZ** *Mon 12:30 - 1:30pm (2-3)*
-  **MEDITATION** *Mon 4:30pm BGR (2-3)*
-  **YOGA** *Tue 11:30 - 12:30pm (2-3)*
-  **YOGA** *Tue 12:30 - 1:30pm (2-3)*
-  **TALK** *Wed 6:00pm RHO (Online)*
-  **MOVIE** *Thur 11:30 - 12:30pm (2-3)*
-  **MOVIE** *Thur 12:30 - 1:30pm (2-3)*
-  **Wear Yellow** *Fri eg: ribbon, scarf, jumper*
-  **TALK** *Fri AQU 12:30 - 1:30pm (2-3)*
-  **CONCERT** *Fri 3:30 (Hall Block)*
-  **POETRY** *Daily inspiration from students*

GUIDANCE

HAPPY NEW YEAR STUDENTS!



We hope you are feeling positive for the year ahead. Remember the guidance counsellors are here to support you, so please feel free to come and see us.

WEEKLY WEBINARS



Our weekly webinars are back this week and we are discussing Architecture, 4pm on Wednesday – link on Moodle. Please contact Aoife with any questions or if you have any suggestions or requests for webinar topics. (amcardle@instituteofeducation.ie)

CAO

CAO - WHY PAY MORE?

The discounted application fee of €30 is available until 5.15pm on 20th of January. Opening your CAO account takes just a few minutes and you can change your preferences until July 1st ...so what are you waiting for?!

DARE

DARE

Attention DARE applicants - don't forget to call to Helen Casey's room 3-6A to collect your EIS DARE section B!

EVENTS & OPEN EVENINGS



Register in advance on the College Websites.

Tuesday 11th January 2022

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

UCD - Engineering Open Evening (*Virtual event*) 18:00

Wednesday 12th January

MU - CAO Information Evening (*Virtual Event*)

NCAD - Product Design Workshop 16:20

IADT- Spotlight on Interaction + UED 17:00

Thursday 13th January

IADT - Spotlight on Creative Music Production 17:00

NCI - Open Evening (*Virtual Evening*) 17:00

TU Dublin - CAO Open Evening (*Virtual Event*) 18:00

UCD - Architecture, Landscape Architecture & City Planning & Environmental Policy Open Day 18:00

Have a great start to 2022

EXTRACURRICULARS



This week we have a new extracurricular with self-defence starting this Thursday. If attendance is high, students who have no other sport will be given priority.

Self-Defence / Thursdays / 3:30pm / (Convent Pl.)



SELF-DEFENCE

INSTITUTE OF EDUCATION

STARTING THIS THURSDAY

3:30PM
Convent Place
Thur / 13th / Jan

MASTERCLASSES



This Monday, January 10th, our Masterclass in Irish with Michael Casey is cancelled - we will reschedule it and the new date will be in The Buzz and on the noticeboards and digi-screens.



This Wednesday, January 12th, we have a Masterclass in Biology with Wesley Hammond. **It is for 5th and 6th years** and will be live online at 7pm.



This Thursday, January 13th, we have a Masterclass on English Paper 1 with Liam Dingle. **It is for 6th years** and will be live online at 7pm.