

Reflections

2022-2023

THE INSTITUTE OF
EDUCATION



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MESSAGE FROM THE TEAM

Dear Students, welcome to Reflections 2022. Contained in the pages of this yearbook is a record of your contributions to the life of your school over the past year. Thanks to your collective efforts you have ensured that it has been another memorable year in extraordinary times. You are right to be immensely proud of yourselves and your yearbook and we trust that it will take pride of place on your bookshelves as you move to the next chapter! In future you can take a stroll down memory lane and dip in and out of its glossy and vibrant pages, bathing in a nostalgic mist!

2021/2022 was another unusual year. It looks like we are emerging from the restrictions imposed upon us by the pandemic and are beginning to embrace a more 'normal' existence. As a management team we were mightily relieved when the mask mandate was lifted for schools. It was more than refreshing to be able, once more, to see our students' faces!

Change is part of human growth and development. One measure of success is how well we adapt to changing situations.



Hugh Brett
4th & 5th Yr Head



Yvonne O'Toole
Principal



Liam Dingle
Deputy Principal

We continue to be impressed on a daily basis by your adaptability, your dedication and your enthusiasm. It is not always easy when life throws us 'curve balls' but your ability to confront and overcome the challenges that have been presented to you this year has been nothing short of inspiring. You continue to show us the way with the epic poise of your youth.

We were deeply saddened at the news of the passing recently of Mr. Raymond Kearns, the founder of The Institute of Education. The vibrant and dynamic school you have helped to create, the life of which is recorded between the covers of this yearbook, is testament and tribute to Mr. Kearns' vision of 52 years ago.

Enjoy the yearbook. It represents the fruits of your labours. It is a memento of the past year in our school. The future is yours to forge; wherever you stroll, remember, always, that you own the path.

“ One child, one teacher,
one book, one pen
can change the world. ”

Malala Yousafzai

ACADEMIC COUNCIL

The Academic Council provides support to the school management team.
The Council meets on a regular basis throughout the year.

Úna Kearns Director	Yvonne O'Toole Principal	Richard Whealans Retired Principal	Liam Dingle Deputy Principal
			
			
Orla Ní Shúilleabháin Study Skills Mentor & German Teacher	Helen Casey Guidance Counselling & Resource	Wendy Monaghan HR Manager	Hugh Brett 4 th & 5 th Year Head



A MESSAGE FROM THE DIRECTORS

“If a man can write a better book, preach a better sermon, or make a better mousetrap, though he may build his house in the woods the world will beat a path to his door.” (Ralph Waldo Emerson)

This quote was one of our father’s favourite quotes – often recited at staff gatherings and now emblazoned on a wall of the school. It beautifully captures the ethos that permeates every aspect of the school: the leadership of Principal Yvonne O’Toole and Year Heads Liam Dingle and Hugh Brett, who work tirelessly to maintain an institution run on respect; the guidance, resource and office staff that ensure that there is always reassurance and support; the teachers whose passion and insight into their subjects continue to inspire; and, of course you, the students, so ardent and determined to reach your potential that you have risen to every challenge.

While our yellow doors may not be located in the midst of a wood, the rise from humble origins shows that this school writes the better books, preaches the better sermons and builds the better mousetraps. To all those that make this school so exceptional and make Emerson’s words perennially potent, we say thank you.

And so, welcome to your yearbook. Each year the names, faces and features change but the immense sense of pride in our school community remains the same. We want to thank all those who contributed such vibrant snapshots of school life, as well as Angie Crowe for her Graphic Design work to display them so wonderfully.

Kindest regards,

Peter & Úna Kearns



Úna Kearns
Director



Peter Kearns
Director



Remembering Raymond Kearns



Raymond Kearns was born in Co. Roscommon in 1930. He was a bright student and earned a scholarship to the local boarding school, St. Nathy's College. At the age of 15, he left and sought employment with CIE as a clerk. He studied for his Leaving Certificate in his spare time, with a focus on earning a place in University College Dublin, where he subsequently gained a Bachelor of Arts degree.

Always a high achiever, Raymond then won a scholarship to the University of Pittsburgh, where he completed his Master's degree and studied the so called 'New Mathematics'. When he returned to Ireland in 1961, he discovered his knowledge of the New Mathematics and it's teaching practices were in great demand. He took the post of Senior Mathematics Master at Gonzaga College in Ranelagh in Dublin. During this time he also gave private maths tuition to students. Always the innovator, he quickly saw the potential to develop these classes into a school and the idea of The Institute of Education was born.

Pictures: On the right (from top to bottom): 1. Raymond Kearns on graduation day. 2. The Yellow Submarine – that car is the reason why all the doors of the school are yellow, Raymond was well known for having a bright yellow Mercedes. 3. Raymond in the foundations of The Institute of Education. On page 7: Raymond Kearns' funeral passes The Institute of Education on Wednesday the 6th of April 2022.

Staff Tributes



The best teacher I ever had and the best employer I ever had. My model teacher. *Oliver Murphy*

He was an amazing character. When he came into the staffroom, he immediately lifted the atmosphere. He was a genuine guy who was very good to staff. He was a boss you really wanted to work for; you wanted to do the job well for him. *Pat Doyle*

Ray interviewed me in December 1978. It was one of the best experiences of my life and I remember exactly what he said. He said: "I'm going to pay you the best rate of any teacher in Ireland, BUT YOU ARE AS GOOD AS YOUR LAST CLASS." He expected the highest of standards but he was an amazing MOTIVATOR, and here I am, still in The Institute 44 years later. *Arthur Russell*

Ray was a truly great man who helped many thousands of young people realise their dreams and ambitions through the foundation of The Institute of Education in Leeson Street. I was privileged to teach there during the 90's. Is fíor nach mbeidh a leithéid ann arís. Suaimhneas síoraí dó. *Carmel Kavanagh*

A man of remarkable vision, generosity and charisma. His very presence could light up a room. Raymond brought happiness and joy to many, many people. May the great, generous man rest in peace. *Denis Creaven*

I consider myself extremely privileged to have had Ray's inspirational voice as my guidance in my professional journey in education. What a true legend he was. *Orla Ní Shúilleabháin*

I remember Ray with such fondness. A most charismatic and visionary man with a very kind and generous heart. A born leader who was not afraid to say things the way they were. An amazing character I feel privileged to have known. *Corinne Gavenda*

"Ní Bheidh a leithéid Ann arís" Never was such a saying so apt. A truly inspiring person in every respect. *Clare Grealg*

Ray Kearns was a legend before I met him, but he became much more once we talked and I started working in The Institute. He set the highest of standards, but that is as it should be. He was an amazing inspiration and a person we could always go to in time of need. He wasn't called Uncle Ray by many for no reason. I will really miss him. *Aidan Rountree*

To me he was always uncle Ray, the man who landed the yellow Mercedes outside the front door and arrived in, like a ray of sunshine itself (excuse the pun!), enough personality to fill up the whole house - thanks for the fond memories. *Helen Casey*

A man of great instinct, generosity and kindness whose presence always created a lovely atmosphere. *Keith Hannigan*

A kind man who always took the time to say hello and ask how I was doing. I am very grateful for the opportunities and encouragement he gave me in my career. Rest in Peace. *Tara Lyons*

Plenus annis abiit, plenus honoribus — He is gone from us, full of years and full of honors (Pliny). Ray, you did so much for so many. Thank you. Suaimhneas síoraí dá anam agus sólás Dé dá mhuintir. *Pat Hunt*

GEOGRAPHY

School Trips 6th Year





Relearning Irish

Fearne Morrissey 4th Year

If you had told me this time last year, that one of my favourite things about joining the Institute of Education was learning Irish, I would have laughed in your face. For over a decade of my education, I believed studying Irish was an archaic box-ticking exercise, stubbornly inflicted on unwilling pupils across the nation with little consideration for the misery it would bring to its students.

What made it especially frustrating was how simply bad I was at it. The Irish grammar rules looked to be impenetrable, and teachers would often describe it as such. I was told countless times over the course of my years as an unwilling Gaeilgeoir that certain concepts could never be understood but nonetheless had to be learnt. The language seemed so intimidating I believed myself doomed to fail, no matter how much work I put into learning it. I had given up trying my best at Irish by the end of sixth class.

I joined Irish at the beginning of the first term, with every intention of dropping to ordinary level in 5th year. In our first class, we learnt about the dialects in Irish. I never knew Irish was spoken differently according to the province you were in; it would have helped my understanding of the Irish spoken at the Gaeltacht in Mayo that I'd go to in Summer. I had a wonderful

“ I believed studying Irish was an archaic box-ticking exercise, stubbornly inflicted on unwilling pupils across the nation ”

time there, but conversed predominantly in English with my peers, as I hadn't a clue what they were saying otherwise.

As the weeks rolled by, our teacher began hinting about a test around the corner. Sneaking a look at Google Translate during a test was the norm at my last school, but I knew it wouldn't fly here. Surprisingly, all the answers to the test were provided in my notes and I was told exactly what we were required to learn. I truly felt no test was made as clear and easy to prepare for as this one. The rules were explained so simply every day before the test, I began to feel that maybe Irish wasn't such an impossible language.

I can't remember the exact score I got on my first Irish test here, but I know it was good enough to incentivise me to keep trying at it. Over the year, Irish has become one of my strongest subjects and I have grown to genuinely enjoy learning the rules of the language, they are a lot more straightforward than I had thought. This October, I am taking a training course at the Gaeltacht in Mayo to become a youth leader there next summer.

Our three French teachers, Corinne, Arnaud and Corinne, are sharing with you their favourite French words and expressions.

Carole: My favourite French expression is: “La vie me sourit”, which, word for word, translates as “Life is smiling at me”. I like the idea of life giving us a smile! I prefer it to a more common way of saying that life is good/beautiful, “la vie est belle”.

My favourite French word is “palpitant”, meaning “really exciting”. It is a strong, positive word and I like the way it sounds.

Corinne: The French expression that resonates with me is: “Qui ne risque rien, n'a rien.” It means “Nothing ventured, nothing gained”, and it is all about taking risks and going for it, just like getting into a language and trying to communicate, if you never try and jump in, you won't gain the confidence needed for that second language.

One of my favorite words, there are so many (!), is “un chuchotement” “a whisper”, in both languages you get the sound of the action and this makes the language so alive!

Arnaud: My favourite expression est: “Ce qui ne vous tue pas vous rend plus fort” For me this expression embodies the fact that you can learn from your own mistakes and pitfalls, that they are necessary in order to progress. Making a mistake doesn't mean failing. Life is a learning process, not an end result.

My favourite word is probably “Grenouille”, which means frog. Many of my friends call me that, in English, or rather “froggy”, or Mister Frog. Many people think that French people eat a lot of frogs legs but that's not true. I also like the sonority of the word in French, which can be quite difficult to pronounce for a non-French native speaker. Try it!

What is your favourite French word?

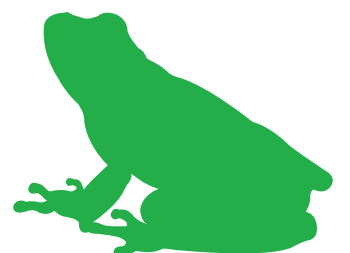
La vie me sourit



Qui ne risque rien, n'a rien



Ce qui ne vous tue pas vous rend plus fort



ENGLISH



Who better than our English teacher Paul McCormack to review and recommend books and poetry, if you are looking for ideas for an inspiring read, look no further than here!

The Beauty of Books

As an English teacher, I am often asked to recommend books. Over the last number of years, I have fallen back on a stock response when asked this question – pick anything from the list of texts prescribed for study for the Leaving Cert. This list changes every year and it is always eclectic and filled with books that are both entertaining and brilliantly written.

There is something there for every reader, so, when you have put the strain of exam preparation behind you, pick one up and enjoy the simple pleasure of a great story, well told – without have to consider the cultural context or the general vision and viewpoint. Here are a few of my favourites....

The 2022 list contains some fantastic historical novels. Joseph O'Connor's 'Star of the Sea' is an epic, and transports the reader back into the world of 19th century Ireland. Nuala O'Connor's 'Miss Emily' and 'The Cove' by Ron Rash both also evoke the past and contain mystery, shocking plot twists and beautiful characterisation.

Anthony Doerr's 'All the Light We Cannot See', an immense book set in Germany and France during the 2nd World War. If you are looking for a book that will lift you out of the ordinary and remind you of how extraordinary writing can be, this is a great place to start.

My personal favourite, however, is Sebastian Barry's 'Days Without End.' Its story of love, war, resilience, suffering, redemption and cruelty is entertaining, devastating, and, ultimately, uplifting.

The list also has some really good memoirs. I firmly believe that Primo Levi's 'If This is a Man' should be a compulsory read, especially in a world in which the kind of intolerance and bigotry that gave rise to Fascism seems to be on the rise again. Tara Westover's 'Educated' is one of the most enthralling books I have ever read and contains a life story so bizarre that it is hard to believe it is not a work of fiction. 'Americanah', by Chimimanda Adichie and 'Out of Shadows' by Jason Wallace are both autobiographical novels which are, in very different ways, fascinating.

Then there are the classics. If you haven't read 'Frankenstein' yet, you should. 200 years after it was written, Mary Shelly's novel feels modern and utterly relevant. 'Wuthering Heights' is one of the few books I have read again and again at different stages of my life and it never fails to offer something new. It is a book which will consume your attention, shock you and break your heart.

Oscar Wilde's 'The Picture of Dorian Gray' is so clever and feels like it was written for the age of social media. My personal favourite, however, is George Eliot's immense 'Silas Marner.' For so many reasons, this book is one of my all time favourites. I read it first when I was a teenager and found it comforting, like a warm cup of tea on a cold and windy winter afternoon. It has never lost that impact no matter how often I go back to it.

Margaret Atwood's 'The Handmaid's Tale' is on the list. So is Ishiguro's 'Never Let Me Go' and Emma Donohue's 'Room'. All brilliant novels that will stay with you long after you have read them. So there you go – plenty of choice and I haven't even mentioned the plays (or Shakespeare – the master of them all!).

The Leaving Cert is nearly in the rear view mirror, but the road ahead lies paved with wonderful, inventive, challenging, imaginative and rewarding books to read. As you move on into the next phases and stages of your lives, bring books with you. They will enhance what I hope, for each and every one of you, will be a thrilling and affirming journey.

Poems for Life

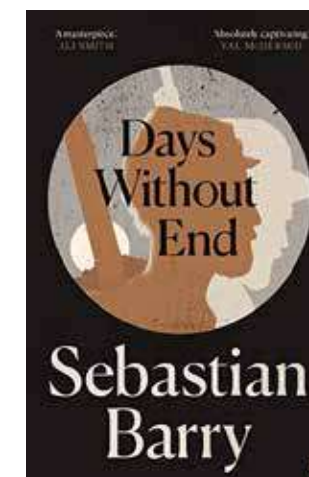
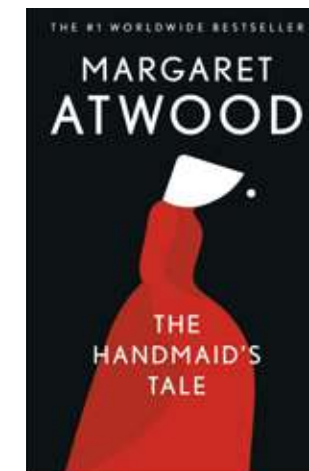
Every once in a while, there is something called a 'publishing phenomenon'. Older readers might remember the 'Adrian Mole' books from the 1980s. Then there was the frenzy surrounding 'The Da Vinci Code' in 2003 and, of course, everybody knows about the 'Harry Potter' and 'Twilight' series. However, I doubt if many of you have heard of a book called 'Soundings', which became something of a minor publishing phenomenon in Ireland when it was reissued in 2010. For many of us who grew up in the 1970s and 1980s, this was 'the' Leaving Cert poetry book. The book was replaced in 1995, so why, 15 years later, did it race back to the top of the best sellers list?

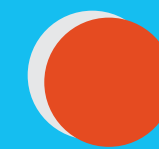
The answer was, of, course, nostalgia. Our generation got that little bit older and, weirdly, looked back on our Leaving Cert years fondly, remembering the poems we studied and which connected us as a generation. For me, Patrick Kavanagh's 'Advent' and Thomas Kinsella's 'Mirror in February' still resonate, and remain two of my favourite poems. I didn't think it at the time, but these poems came to have real meaning for me, and not just as a reminder of happy schooldays.

So what will be the poems that you will remember 20 years from now? Maybe 'Sestina' by Elizabeth Bishop, that extraordinary poem in which the child draws a 'man with buttons like tears and shows it proudly' to her grandmother? Maybe it will be Yeats' 'The Wild Swans at Coole', or Wordsworth's 'She Dwelt Among the Untrodden Ways', two poems which articulate the struggle that is often an intrinsic part of the life experience? Perhaps 'Power' by Adrienne Rich or Lawrence's 'What Have They Done to You' have awoken in you an awareness of social justice and inequality? Or Kennelly's wonderful 'I see you Dancing, Father' simply reminded you of the incalculable value of family and love?

One of the highlights of my life is the fact that I get to teach these poems and so many more like them. They are wonderful and complex and challenging and beautiful. It is easy to miss that when you are under the pressure of the exam.

I hope that, with the passage of time, when the Leaving Cert is a distant memory and you are enjoying and experiencing all of the variety of life, that you, like my generation and their love for 'Soundings', will look back on your study of poetry for the Leaving Cert, and feel that your life has been enriched.





Alison Healy 5th Year

“One language sets you in a corridor for life. Two languages open every door along the way.”- Frank Smith.

Frank Smith’s words aptly express my gratitude for the privilege of both learning and experiencing the German language. Learning a language, and in particular German, a widely spoken and respected language, opens many doors. It will prove useful in future career prospects, perhaps an Erasmus or even an adventure abroad. This linguistic privilege is provided by the superlative exam focused and capable German department here in the Institute.

Upon moving to The Institute this year, a spark for language learning has surprisingly been ignited. Not only do you learn new vocabulary and idiomatic phrases daily, you also have the opportunity to experience the German culture, their past times and their spectacular festivals. I have quickly developed a love for the German language and culture which has been reflected in my results this year. With this new-found flair, I now enjoy studying German, something I never imagined myself saying.

Without a doubt the German department here in The Institute is exam focused and motivated. In my first German class we were introduced to the layout of the paper and by Christmas our class had completed 80% of a full paper. Similarly, great emphasis is placed on the aural and oral segments of the exam accounting for 45% of one’s overall grade. I feel confident, prepared and equipped entering 6th year with a huge amount of the course already covered. I am assured, ‘Wo eine Wille ist ist auch ein Weg’, where there is a will, there’s a way!

Having never visited Germany, I was worried coming into 5th year about my listening and oral ability. This was quickly put at ease. Our German classes incorporate a huge amount of oral work and preparation. Key themes of family, past times and school are discussed. To gain exam experience, an oral with an external examiner was arranged after our easter midterm. This valuable experience provided each of us with an opportunity to see how we react under pressure and to study accordingly. Similarly, we have practised an abundance of past exam and

mock listenings, learning the new vocabulary delivered each time. This year of German study has proved not only to be my most productive to date but also my most enjoyable. Gaps in grammar and word order were filled and built upon. I now understand the past tense and its formation, following a series of assessments until its perfection. I look forward to next year and the academic challenges to come with an improved attitude and love for the language. Danke vielmals to the German department in the Institute for encouraging me in developing a love for the German language and its culture. In the immortal words of John F. Kennedy “Ich bin Berliner”.

Emily-Faye Xantho 4th Year

I began my 4th year at the Institute of Education in 2020 with just about enough German vocabulary to survive in a Berlin kindergarten, and just short of impressing my German heritage. Beyond that, like almost every other student who chose the subject as their language requirement, the mere thought of having to speak for 4 minutes in front of an examiner was terrifying. What I didn’t know at the time, was that my first class of the day would ease all nerves and doubts about Leaving Cert German. Learning a new subject, let alone a new language, is always daunting, but with Orla’s guidance I like to think I’ve improved by a far margin.

I had just under a year to prepare for the Goethe A1 exam — with barely a comprehensible sentence under my belt. Every German lesson was invaluable to improving my language skills, but also my confidence to converse with native speakers. Working closely with Orla, I was fortunate enough to achieve 98% in the final exam; an achievement I believe is possible for any student entering 4th year should they commit to the examination and work. Now, not only can I name the gender of various cutlery (which is a lot more important than any of us assume), but I have learnt to find satisfaction in understanding tenses, grasping adjectives and plurals — all to further help me communicate in a new way. There is still much to cover and refine in the curriculum, but knowing that I have a fantastic teacher and resources assures myself and other students that we will walk away in 6th year fully prepared for our examinations, and the greater world.





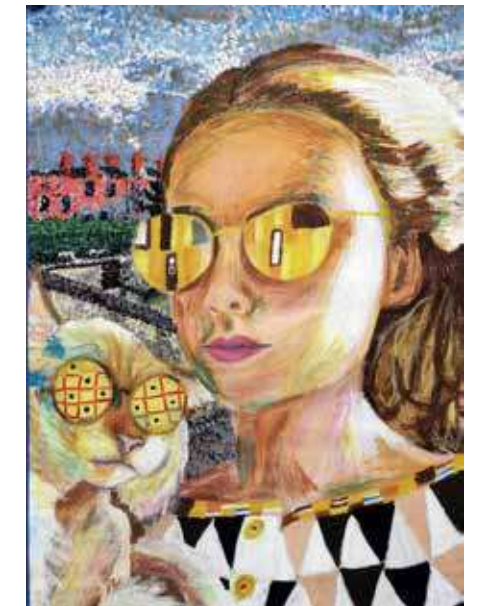
THE ART ROOM

Finished Pieces



THE ART ROOM

Finished Pieces



HISTORY



A sample of some of the fascinating research projects undertaken by our 6th Year students this year.

Ashlinn Viret 6th Year

The 1904 Olympic Marathon

What is your project about?

My project is about the series of incidents that took place throughout the outrageous 1904 Olympic Marathon. In this controversial event, the winner took rat poison, the 4th place runner took a nap, the 12th place runner was chased by wild dogs, and only 14 of the original 32 racers crossed the finish line. These, and many more incidents, almost led to the end of the marathon as a sporting event.

What prompted/inspired to start researching this topic?

My sister came across an article on this topic and I immediately found it fascinating.

What was the most surprising/shocking thing you discovered while researching your topic?

The chief organiser used these Olympics to carry out personal experiments. He intentionally chose a hot day, designed a long and difficult course and deprived the runners of water to test the effects of dehydration. He believed that this would improve performance. These harsh conditions were almost fatal.

Beibhinn Collier

The Contraceptive Train 1971

What is your project about?

I did my project on the Contraceptive Train in 1971. This was when a feminist group called the Irish Women's Liberation Movement (IWLM) boarded a train to Belfast and returned with contraceptives such as condoms which were illegal at the

time in Ireland. They did this as a form of protest against the oppressive anti-contraceptive laws which had been in place in Ireland since the 1930's; laws which severely limited the lives of women in Ireland. Between 40 and 49 married and unmarried women took part in the protest which was recorded in part by RTÉ. Although contraception would not be fully legalised in Ireland until 1993, it is clear from my research that the actions of these brave women were instrumental in kicking off an important debate in this country, not only about contraception but about women's rights as a whole.

What prompted/inspired to start researching this topic?

I told my teacher that I was interested in researching feminism in Ireland and she suggested the Contraceptive Train as an interesting topic. I was immediately intrigued and once I began researching this fascinating event I knew that it was perfect for my Leaving Cert project.

What was the most surprising/shocking thing you discovered while researching your topic?

What I found most surprising was that many of the members of the IWLM were being followed by Special Branch officers in April 1971. Their actions were considered to be dangerous to the State!

Maeve Ronayne

'The influence of Arthur Conan Doyle's fictional stories of Sherlock Holmes on the development of forensics in the 19th century'

What is your project about?

My project is about the man who created Sherlock Holmes, Arthur Conan Doyle and how his background as a doctor helped him write the fictional detective novels. With his medical knowledge, he included very accurate scientific methods that were far ahead of the times, and many of the techniques he included in his stories inspired criminologists and police forces.

What prompted/inspired to start researching this topic?

I have an older brother and sister who both did history for their leaving cert, so I was definitely influenced by them. They both chose a topic that was based on something they were really interested in and I tried to do the same. One of my favourite tv shows is the modern adaption of 'Sherlock' on the BBC and I thought I might find something interesting if I went back to the original source. I started by researching Arthur Conan Doyle, found out that he was a doctor before he started writing, and went from there.

What was the most surprising/shocking thing you discovered while researching your topic?

I was surprised by the amount of criminologists who were directly inspired by Conan Doyle's stories. The man who invented the mugshot, Alphonse Bertillon even encouraged his own students to read 'The adventures of Sherlock Holmes'. I found out that the Sherlock Holmes character used fingerprints as a form of identification, 30 years before the technique was used by official police forces in the UK and was interested to see that Arthur Conan Doyle's writing had a bigger influence than just entertainment.

James Gilvarry

The 1918 Philadelphia liberty loans parade and its effect on Spanish flu

What is your project about?

My project was about how the Philadelphia city government used war time censorship to cover up any traces of Spanish flu in the media, so a parade they had planned as a World War 1 fundraiser could go ahead. The results were obviously disastrous, and Philadelphia became the worst affected city by the flu in North America.

What prompted/inspired to start researching this topic?

This project was promoted by my own interest in the Spanish flu after living through this pandemic, and the similarities in the downplaying of the threat posed by the virus.

What was the most surprising/shocking thing you discovered while researching your topic?

It truly shocked me, the level of destruction, the flu had on Philadelphia, a city which was one of the most advanced and industrialized cities of the day. It was fascinating to learn about lockdown measures imposed on the citizens to curb the spread.

Ewan O'Mahony

The Role of Propaganda in Creating the Napoleonic Legend

What is your project about?

I investigated how Napoleon used propaganda to create the Napoleonic Legend - the tale of the rise of a hero of semi-mythological proportions. I looked into how Napoleon deliberately manipulated public opinion by circulating propaganda through journals he edited, paintings he commissioned, army reports, symbols, and grand ceremonies. This is highly influential, as the glorification of Napoleon's exploits remarkably continues to this day, promulgated by famous paintings such as 'Napoleon Crossing the Alps', by Jacques-Louis David.

What prompted/inspired to start researching this topic?

I grew up in France, and was fascinated by the Napoleonic Legend, conveyed through monuments such as the Arc de Triomphe and paintings in the Louvre. I was thus compelled to find out how Napoleon created his enduring myth, a search which led me to his use of propaganda.

What was the most surprising/shocking thing you discovered while researching your topic?

The vast extent of Napoleon's propaganda empire greatly surprised me. Amazingly, in 1806, Napoleon had propaganda leaflets translated into Arabic and Turkish, and sent them in their thousands to Constantinople (modern-day Istanbul).

“the winner
took rat poison,
the 4th place runner
took a nap,
the 12th place runner
was chased by
wild dogs.. ”



CARLINGFORD

Cathy Rolfe 4th Year

“ It’s one thing to sit next to someone in study – but it’s another to be in the trenches with them ”

It’s one thing to sit next to someone in study – but it’s another to be in the trenches with them. Now that is a very dramatic opening line, I will admit, but in the heat of the moment it feels that tense; that all-important. For our 4th year trip to Carlingford Adventure Centre, we were allowed to participate in two games of Laser Tag. Fun, right? I don’t think my cortisol levels ever rose higher.

It began normal enough. We suited up – or down – gravity made the ill-fitting camouflage jumpsuits infinitely worse). Then we were given our weapons; big, ungraceful guns. We were quite the spectacle. Insanely baggy uniforms with a hole in the leg, wielding what looked like something your dad would keep under the kitchen sink. No, we couldn’t possibly be soldiers. Until I stepped on the battlefield; until I crossed the threshold; until I was bent double, knock-kneed in the dirt below the trenches. Yes, these were trenches. Maybe not standard in war but soon enough the colours became the only thing separating us from them – red versus blue.

I am convinced now that there was some weird, primal instinct to explain how competitive and steely dedicated I was to the game – because I know it wasn’t the uniform. Whatever it was that day, I saw my classmates in a completely different light – the natural daylight illuminating them as they sniped us from the trees. And that’s what I remember best from our trip to Carlingford - my fellow 4th years behaving like natural born killers.



JUMP ZONE



DRIVING SCHOOL





CAUSEY FARM

Sumukh Adiraju 4th Year

Unexpected. The only word that properly explains this trip is 'unexpected'. Most school trips are fun, some better than others, but none as extraordinary as this one. I think that the main reason this trip was so good, was not only that the activities were fun, but the fact that all the things that could go right, did. Imagine this: you just moved to a new school and don't know anyone, but no one else knew each other either, so it was basically a fresh start for everyone. Having this trip at the start of the year meant most people met their best friends on this trip. Since people don't actually remember what happened, but only how they felt about what happened, this associates Causey Farm with good times.

The other thing that was amazing was that the trip lasted the whole day so we got to do more activities. On the bus home we all talked about how great this trip was and how it lived up to the hype (and believe me there was a lot of hype to live up to). But of course I cannot end without stating the plethora of amazing activities that we participated in. There were a ton of animals that we got to see, including a fat pig called Gloria that almost ate our fingers. There were ducks, rabbits, chickens, horses... the list goes on but we'd be here all day. Next there was the boating on the pond with massive swan-shaped boats, which was an amazing experience. We almost rammed each other to death. After that we made our very own pizzas, which we made in groups and which was incredibly fun. I remember having to fix my friend's soggy pizza dough.

But the highlight of the trip was definitely the bog jumping. I distinctly remember jumping in at the deep end and getting stuck. It was extremely fun even though we often got stuck and were freezing due to the cold. Overall, this was an amazing experience, and I would love to go again!

“
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”



Christian Morrow 4th Year

When I heard about going to Causey Farm I was immediately excited. The activities sounded amazing. The excitement was shared throughout the whole year. It was all we could talk about and we weren't disappointed.

The activities we did helped me and many others get closer with the entire year group and I met people that I will be friends with for life. We all got to make pizzas, and even though the pizzas did not turn out great, the memories will last a lifetime. We were all throwing flour at each other and even a few instructors joined in.

The bog was by far everyone's favourite part. On the walk up all we could hear was laughter from the group in front of us. Watching people get stuck and struggle intensely to get out was hilarious. Everyone was pushing, shoving and even throwing bits of bog at each other's faces.

The entire experience made me realise how lucky I was to be amongst such an amazing group of people. I remember feeling like a child – running around laughing, kicking a ball. It was a feeling I haven't felt in years.

ART TRIPS



BAKING WITH BRIAN



BARISTA COURSE

Damir
Elliot
4th Year



Why do people drink coffee? A question I often wondered from a young age and as somebody who now drinks coffee on a regular basis, I still couldn't tell you. It's an obscure concept: 'ah yes, let us run this boiling water through these crushed plant beans, but the result is something else!'

Some people are coffee mad and want to know everything from the bean's royal family tree, to the criminal history of the cup and even if the milk is part of a underground indie hip hop group! Me, I don't really care, I just want a nice warm, cozy, drink on a cold day and a chill, fresh drink on a hot day! I love the sociability of drinking coffee with my mates and after the training I learnt so much more, whilst also having lots of fun!

We started with the basics, introduction, names of the parts and the types of coffee, that sort of stuff. Normally that would've been so boring but the people teaching made it really fun and interesting! After, we learnt about the milks and how to steam them up, a very daunting idea at first but soon we were all absolute masters, and the science behind it! It was really fascinating to learn all the different properties of the types of milk with an engaging hands-on approach. And last but by no means least, we learnt care, how to look after and clean the machine, the machines require attention too!

With these three main components in my head, a good few spillages and being pumped full of enough coffee to last for weeks - I had a really entertaining, enjoyable and educational day! Overall a very pleasant experience filled with the hustle and bustle of a group of teens high on the joys of coffee!



“ high
on the
joys of
coffee! ”



SIGN LANGUAGE

Breffi Carroll 4th Year

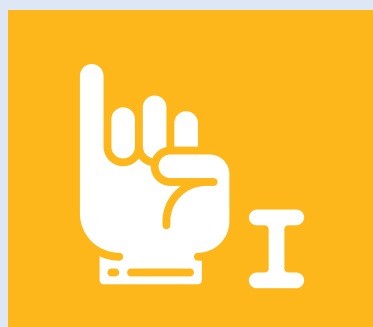
I did a 13 week Irish Sign Language Course from September to December. I wanted to do the course as I've wanted to learn sign language from age 6 when I lived in America and had a deaf neighbour. I had learnt minimal American sign from her but I always wanted to expand upon it.

When I heard the school was running the course I was very eager to do it. It began early in the year, so it was also a great way to meet new people from my new year.

The course was very interesting – the first 6 weeks were completely taught in sign and writing. We learnt the alphabet, school subjects, and common phrases. We then began to learn the history of sign language which was fascinating. We also learned about the sad reality of being a deaf person in Ireland - how there are extremely limited numbers of translators, very few deaf schools, and how some families need to move abroad in order to allow their deaf child to have the education to which every child has a right. Learning these sad truths made me more eager to learn and become more fluent in sign.

However along with learning these sad facts we also learned about the amazing deaf community, about the many deaf clubs located in the deaf village and the different types of deaf sport. At the end of the course we did a group project. My group did our project on deaf sports. We researched different deaf sports (where they play etc.) and the very inspiring Olympic deaf athletes.

I extremely enjoyed the course and would recommend it to anyone. I enjoy practicing my sign daily and learning new ones each day.



FIRST AID Life Skills



BAR OF IRELAND

Kate Lynch 4th Year

What does a barrister do? How do you start a career in law? Who are the 'Faces of the Bar'? These were all things that us 4th year students had the opportunity to learn during this year's Bar of Ireland 'Look into Law' programme.

The programme consisted of five online modules- plus a bonus module- that gave students a real insight as to what a career as a barrister is like. The course consisted of 12 hours of exclusive recorded content with quizzes and a myriad of extra material for even more information.

We had the incredible opportunity of hearing from some incredible speakers such as Maura McNally SC, Chair of the Council of The Bar of Ireland and The Hon. Mr. Justice Donal O'Donnell, Chief Justice. The bonus module even included a history of the Bar and a piece about The Influential Women of Ireland's justice system who paved the way for women's rights, creating opportunities for the women of the future to become barristers and judges.

Not only did the course give an in-depth insight into what it is to have a career in law, we were also given the opportunity to join the Big Legal Q&A, a live online event with a panel of incredible speakers. There were even spot prizes for different quizzes and games. Overall, I learned that being a barrister was for anyone who is ready to give all of their integrity, passion and hard work to the job.





Cambridge IGCSE

This year 27 of our 4th year students will be undertaking at least one Cambridge IGCSE exam. Successful students will attain an internationally recognised result, equivalent to the UK GCSE. The IGCSE is the world's most popular qualification for secondary school students and is accredited by Cambridge International Examinations. Our 4th year students have the choice to pick one or all of the following subjects: Biology, Chemistry, English, Math and Physics.



CEFR International Language Exams

This year 46 of our 4th year students will undertake CEFR languages in either French, Spanish or German. 4th year language classes are taught to their respective CEFR language syllabus and our students have the opportunity to register for the exams during the year. The exams consist of formal written, aural and oral assessment, developing confidence and proficiency. The language exams are based on the Council of Europe's Common European Framework of Reference for Languages and are recognised around the world.



Fit in Deutsch German

Students this year had the option to undertake either the A1, A2 or B1 exam. Each exam has a varying degree of difficulty. They undertake the exams through The Goethe Institut. The exams are internationally recognised and are designed to demonstrate language skills relating to German as a foreign language. The exam measures a student's level of knowledge and motivates them to continue learning. The exam comprises reading, listening, speaking and writing.



DELF Exams French

This year students have opted to undertake either the A1 or A2 French DELF exam. The DELF exam is an official French language proficiency qualification, awarded by the French Ministry of Education. The exam assesses the student's skills in listening, reading, writing and speaking. The award has indefinite validity and international recognition.



DELE Exams Spanish

This year our students are undertaking either the A1 exam or the A2/B1 exam. It is the official qualification accrediting the degree of competence and mastery of the Spanish language. The qualification is awarded by The Cervantes Institute. The award has indefinite validity and international recognition.



TEG Exams - by Kate Lynch 4th Year

Fáilte, a chairde! An bhliain seo, bhí an deis ag na daltaí sa cheathrú bliain an scrúdú TEG (Teastas Eorpach na Gaeilge) a dhéanamh. D'oibríomar go cruá mar ullmhúchán don scrúdú béil, don léamhthuiscint agus don chluastuiscint. Buntáiste mór a bhaineann leis an scrúdú ná an cháilíocht a fháil agus scrúdú a thógáil (mar ní raibh an Teastas Sóisearach againn). Sílim go raibh an-chraic againn sna ranganna agus gur fhoghlaíomar cuid mhór - bhí rud éigin nua gach rang!

Overall, I recommend that any student coming into 4th year at The Institute should take the TEG exam. Before I took TEG, I had never even taken an oral exam, but when exam time came around, I was really well prepared and went in confidently, ready to do my best! TEG is probably one of the most important opportunities the school offers and really sets you up for the Leaving Cert!

TRINITY COLLEGE PHARMACY



Dui-Lan Sun
4th Year

I spent a week in the School of Pharmacy in Trinity College Dublin. There were three transition year students that week and, to be honest, we had no idea what we were doing at the beginning. We were thrown into lectures and lab sessions with university students. I remember my friend saying "if we blow up a lab, at least our school insurance will cover it".

However, as the week progressed I felt as if I was gaining a deeper insight into the career of Pharmacy each day. We spoke with third year students once and they taught me about the different paths a student in Pharmacy can take. You can work in the community, in the industry, in the hospital or even complete a PhD in Pharmacy and pursue a teaching career.

We also performed some experiments (with the aid of the university students), one of which was a titration. I have been studying Chemistry in school and getting the chance to put the theory I have learned into action was stimulating.

Lastly, I thought spending a week in Trinity with university students helped me understand what college life is really like. Both the independence and responsibility that being a university student requires really appealed to me. We also took the opportunity to explore the campus and to visit Trinity's historical "Old Library".

In conclusion, I would highly recommend future students at The Institute to sign up to as many programmes as possible. They give you a detailed view of the potential careers you may be deciding on, and perhaps, they may even provide you with a solution!

RCSI MEDICAL WEEK



Jennifer Gleeson
4th Year

'Transition year' is always said to be your year of development and maturing. The year in which you move from the junior side of the school to the senior, at least for most people. For myself and my classmates we all entered a new school. I entered The Institute of Education with a clear vision of my future subjects and careers. However, over time these visions have changed due to the opportunities I had throughout my time in 4th Year – especially while partaking in RCSI Mini-Med Week.

Starting 4th year, I was adamant I didn't want to do any Science subjects or any careers in this field. I was consumed with thoughts of doing Business, History and languages. Throughout the year, I tried various subjects, including Science, and especially liked Chemistry. This then influenced me to sign up for RCSI Medical Week. Maybe I could have an interest in pursuing a career in medicine?

As my week of work experience progressed, I became more engrossed in the world of Science and Medicine. I was inspired by all the different specialties to choose from and completely surprised by all the paths medicine could lead to - from surgery and pediatrics to Forensic Science. I was opened up to the new world of Science. But still there was that lingering question in my mind – do I really want to be a doctor?

Eventually Thursday came; Pharmacy day. Before this day I hadn't even remotely thought about Pharmacy. It was never a potential career in my head. Pharmacy in fact combined all my favourite subjects. That work experience, and 4th Year in general, opened up many more potential careers I could be suited for. Careers I could really see myself in and, more importantly for now, what subjects to choose in the coming years.

STUDENT SPOTLIGHT

Aisling O'Connor 6th Year

Congratulations to 6th year student Aisling O'Connor who represented Ireland at the Junior Four Nations Tennis tournament in the UK. The competition, which ran over three days, from the 24th-26th September 2021, saw Team Ireland take on teams from Scotland, England and Wales. The teams were selected based on national ranking after the Junior Lawn Championships of Ireland.

This competition followed a busy few months for Aisling during which time she competed in and won an international junior tour doubles title in Greece. She also won the Irish Junior Open Under 18's event in the Fitzwilliam Lawn tennis Club in late August. We are incredibly proud of Aisling's fantastic achievements and wish her all the very best for the future.



Eve McMahon 6th Year



The nautical successes of Eve McMahon have been a consistent feature of The Buzz and Yearbooks for the last three years. Previously we reported on Eve winning 'Youth Sailor of the Year' and she recently claimed the 2021 title (presented above by Harry Hermon, Chief Executive, Irish Sailing). This is the third year in a row Eve has received this prestigious award, something that has never been achieved by an Irish sailor before.

This title is roundly deserved as Eve's year has been jaw dropping. She competed and claimed 1st place in the ICLA 6 (Laser Radial) competition, securing her spot to represent Ireland at the World Sailing Youth Olympics, scheduled to be hosted in Oman this coming December. She claimed victory at the 2021 Irish Sailing Youth National Championships, which took place in the Royal Cork Yacht Club. Both of which contribute to an ever-growing list of achievements including a 4th place finish at the U21 ILCA 6 European Championships in Montenegro in June, the Under 19 title at the same venue and silver in the EURILCA Laser Radial Youth Championships in Croatia.

These form the backdrop to her participation in the Laser Radial (ILCA 6) Youth World Championships in Lake Garda, Italy. The ILCA 6 Youth World Championships are open to sailors aged 18 or younger. This win is particularly special because Eve is the first female sailor from Ireland to win the World Championships. It has been wonderful following Eve's career to date and we will keep our eyes on the horizon.

Dui-Lan Sun 4th Year



Congratulations to 4th year student Dui-Lan Sun on being selected for a place in the National Institute for Bioprocessing Research and Training (NIBRT) work experience programme in January 2022. Dui-Lan was one of just five students chosen to participate in this prestigious programme following a national essay writing competition. Well done!

Chloe O'Malley 5th Year

Congratulations to 5th year student Chloe O'Malley who was shortlisted for the Cinemagic Young Filmmaker showcase in October 2021, out of 550 entries. Cinemagic Young Filmmaker has been running for 32 years, the event showcases the best short film entries of the year as well as producing a series of workshops and master classes with renowned members of the film and TV industry.

We are always so proud of how creative and passionate our students are and we wish Chloe the best of luck in her future film making endeavours.



Seán Connaghton 5th Year



We would like to extend a huge congratulations to 5th Year student Seán Connaghton who won the Leinster Under 19 Indoor 1,500m event in February 2022.

Seán's passion for Cross Country Running and sheer determination mean that this is yet another fantastic achievement for Sean who also came first in the Leinster Under 18 Cross Country Championships in November 2021.

We love hearing about the successes and achievements of our students outside of their academic studies with us. Seán's success really shows what incredible feats can be achieved. Everyone in the school is continuously amazed at the wealth of talent within our classrooms. We wish Seán the best of luck with his Cross Country running in the future.



STUDENT SPOTLIGHT



Jack McDowell 6th Year



Congratulations to 6th Year student Jack McDowell who came first at Ireland's Youth Nationals 420 Class Sailing in Cork over the October mid-term. Jack was the boat's Helmsman and he steered his 420 Class boat, with the help of his crewman, to victory. This means he is currently in the lead of the 420 class at this year's Investwise Youth Sailing National Championships. We wish Jack and his Crewman the very best of luck in all their future voyages.



Toto Daly 6th Year



We are very proud of Toto Daly who attended the 26th UN Climate Conference, COP26, in Glasgow in November. She travelled as a member of the Irish Party and represented the Irish Student Climate Strikers. Well done Toto, for your dedication and commitment to this urgent cause.



Ava Canning 6th Year



Congratulations to 6th Year student Ava Canning who in January was selected as part of Cricket Ireland's Women's Squad 2022. She is also on the Ireland Women's U19 squad, so she has a busy year of International cricket, both at home and overseas.

This is another fantastic achievement by Ava. Ava was also part of the Irish squad heading to Spain for the T20 World Cup European Qualifier in August. The event took place at La Manga Club in Spain in August 2021.

We are excited for both Ava and her Cricket Ireland teammates and we hope they can outperform the competition and progress to the T20 Cricket World Cup next year.



Olivia Byrne 5th Year



Congratulations to Olivia Byrne who recently came 4th at the An Chomhdháil World Irish Dance Championships in Killarney, Co Kerry. This event is the highest level of competition in the An Chomhdháil organization with 1,400 dancers from all over the world competing in more than 20 competitions. We are very proud of Olivia for this incredible achievement!



Ella Cremins 5th Year



This has been a phenomenal school year for Irish dancer Ella Cremins. In September she won the An Chomhdháil Dublin Championships, in November she earned 8th in the World Championships and in March she placed 4th in the Leinster Championships. It is wonderful to see students keeping the traditional artforms alive and high kicking. Well done Ella!



Denis Gilevskiy 6th Year



We would like to congratulate 6th Year student Denis Gilevskiy who has been accepted to Harvard on a squash scholarship. Denis has enjoyed significant success in squash from a young age. He has shown great determination and dedication to his sport. We wish him continued success in squash and his studies in Harvard!



Jack Behan 6th Year



Congratulations to future hurling star Jack Behan. This year Jack played for the Dublin Minor Hurling Team, turning in a stellar performance which earned him a place on the U-20 Dublin team. We know that Jack's family and friends are massively proud and impressed with him - as are we - well done!

STUDENT & TEACHER SPOTLIGHT

Leinster Schools Debating



Congratulations to Yolanda Zhao and DuiLan Sun on reaching the grand finals of the Leinster Schools debating competition. The Leinster Schools is Ireland's largest second level debating competition, drawing in over 200 competitors. Students spend weeks preparing and long evenings locked in discussion on a variety of complex and thought-provoking topics.

For many taking part this year, this would be their first debating competition. For the more experienced, most had not spoken in a live setting since the pandemic began. These competitions provide a welcoming place for students to work on public speaking techniques, argument analysis and structure. Whether it is to prepare for a career in law, improve essay writing or just argue with your friends and family in a more refined way, debating provides a great opportunity to develop new skills.

Yolanda and DuiLan masterly navigated this environment and earned their place at the top table. A special mention and congratulations to Edward DeBono and Lucy Cronnelly who reached the Semi-Final rounds, also a great achievement. Well done, we are all massively proud!. Pictured above at Trinity College from left to right: DuiLan, Yolanda, Lucy, Edward.

Gaisce

Well done to our forty seven 4th year students who are working hard towards completing their Bronze Gaisce Award this year. Gaisce or 'great achievement' is a programme targeted in the self-development of young people between the ages of 15-25.

Gaisce aims to focus on giving students the ability to become self-efficient, enhance positive relationships, increase empathy and positive emotions. It is an amazing programme for young people, nurturing their abilities and helping them to realise their full potential.

Our PAL (President Award Leader) Ryan Bolton has enjoyed supporting students on their journey in his first year as Gaisce PAL here in The Institute. We encourage our students to take part in the programme and they can use the following 4th year modules to work towards their Gaisce goals:

Art Appreciation, Bridge, Coding, Drama, Environmental Studies, First Aid, Fitness, Graphic Design, Introduction to Chinese Language and Culture, Introduction to Italian Language and Culture, Introduction to Irish Language and Culture, Journalism and Media, Music Appreciation, Mythology, Philosophy, Politics, Philosophy, Religion, Tax and Financial Planning, Wellbeing and Yoga.

Best of luck to all of our 4th year students working towards completing their Bronze this year. We wish them success with Bronze and beyond - we hope to see them going for gold!



Louise Boylan

We are delighted and proud of our Maths and Applied Maths teacher Louise Boylan. Louise and Brendan Guildea recently released their book *Less Stress More Success* - revision books for the new Junior Cycle Maths course.

Louise has almost 20 years of experience teaching Mathematics and Applied Mathematics and has co-authored 17 books to date. We look forward to seeing her new book in classrooms across the country.



Wesley Hammond

Congratulations to our Biology teacher Wesley Hammond on the publication of his new book *Bridge the gap – Transition Year Biology*.

Wesley has created this book to help 4th year students to bridge the widening gap between Junior Cycle Biology and Leaving Cert Biology.



Brian Gregan

We would like to congratulate our Director of Sport and LCPE Teacher Brian Gregan who was part of the Irish team that set a new National Indoor Record of 3:08:63 in the Men's 4x400m relay event in March.

Brian and his teammates were competing at the World Indoor Championships in Belgrade, Serbia. The team came seventh overall in the competition narrowly missing out on a place in the final.



Paul McCormack

English teacher extraordinaire Paul McCormack has a new book out, *Bridge the Gap: Transition Year English*, published by Folens. The book help students develop the keen awareness of the language styles essential for Senior Cycle success. It is full of creative examples, useful tips and precious insights gained from Paul's time teaching in both our day school and part-time classes for years.



STUDENT SPOTLIGHT



IAMTA QUIZ

Each year the Irish Applied Mathematics Teachers' Association (IAMTA) hosts three major events. The annual Teacher Conference, the Junior Problem Solving Competition and the Senior Applied Mathematics Quiz. The IAMTA Quizzes took place all across the country on the 3rd (Junior Quiz) and 10th (Senior Quiz) of March this year.

IAMTA SENIORS QUIZ

Well done to our students who won 2nd, 3rd and 4th place at the IAMTA Senior Problem-Solving Table Quiz. Congratulations to our 2nd place winners pictured on the top right (Oscar Xu, Gavin Xu and Haoran Ni), 3rd place winners pictured right with Oliver Murphy (Liam Smithers, Priya Rait and Duilan Sun) and also to our 4th place winners (Jionglin Li, LanLan Sun and Lucy Lele Byrne).

IAMTA JUNIORS

Well done also to our students who won 3rd place in the Dublin region and 4th place in Ireland, in the IAMTA Junior Problem-Solving Table Quiz. Congratulations to our 4th years Haoran Ni and Eason Zhang and to their excellent teammates Yifei He and Xueyao Sun who joined them to meet the IAMTA Junior requirements (Teams of 4 with 2 4th Years and 2 students from 2nd or 3rd year). They are pictured below with Oliver Murphy.

Thank you to Oliver Murphy for organising and to Hilary Dorgan, Andy Quinn and all the 4th, 5th and 6th year volunteers who helped run the event.



Oxford Debating



Congratulations to 5th year students Edward DeBono and Lucy Cronnelly who travelled to Oxford in March to represent the school at the Oxford Union Debating Finals. 120 of the best performing teams from four continents were selected to take part after months of regional trials.

After so many debates moving online during the Covid lockdowns, this was the first opportunity for the students to debate in person. The debate took place in the world famous Oxford Union chamber with over 100 teams from across 4 continents taking part in an intense and long day of debate. Through their four rounds they covered motions on Universal Basic Income, parent and child inflated expectations, social media, and won first in their room for their handling questions of Citizen Journalism.

Reaching this level of competition in debating is an incredible achievement and a wonderful opportunity to experience one of the world's most prestigious universities. We are immensely proud of both Edward and Lucy. Special thanks goes to David Connolly, Head of Extracurricular Activities in the school for his support and encouragement.



Lucy Cronnelly 5th Year

My Oxford Experience

The Oxford Schools Debating Final was truly an amazing experience. Oxford is definitely a place I will never forget. The atmosphere on the morning of the competition was electric, there were students roaming about, chatting, eager to get to know the different teams. The rounds and the debating itself was really engaging, we participated in 4 rounds - each motion given to us just fifteen minutes before hand, as well as what side we were on and where we would be speaking.

Our first debate was in the Union itself which was daunting as well as extremely exciting. We debated topics such as the benefits of child friendly social media, the issues of citizen journalism, and the effectiveness of implementing a universal basic income. The standard of debating was really high. The points and insights that some of the students had on topics like philosophy, economics and current affairs were really advanced.

It was amazing to watch how some students structured their lines of analysis and presented a point logically. And of course they were really excellent at arguing their case, being aggressive at all the right moments to throw the other team off or using dramatic opening sentences and even banging their fists on the table in rage!

Oxford itself, the village, the architecture and facilities were magnificent. What seemed to be the buzz of the students in the town really contributed to the optimism and animation felt when walking around. The judges, who were themselves students in Oxford, gave us some really great feedback after each debate. They definitely tuned myself and Edward into certain debating techniques, such as improvements in the structuring of a speech and how to use certain lines of analysis to effectively convey a point. These tips have already helped how we debate. The competition's Semi-finals and Finals were amazing to experience in person; the debaters were really articulate, logical and precise in their points.

I found that the competition has really motivated me in terms of improving how I debate, in taking a keener interest in current affairs and in many of the contentious issues around me. It was a stellar experience which has really broadened my academic and vocational horizons.

STUDENT SPOTLIGHT



Lailatul Rahman 6th Year



Well done to 6th year student Lailatul Rahman who achieved much during her time at the Oxford University Summer Course 2021 in the UK. During the course students were given an assignment during their “Human Health” module. For this, Lailatul created a document focusing on Cystic Fibrosis, specifically the role of anaerobic bacteria. Among her peers also on the course in the University, her assignment was highly regarded. Recently it was also recognised by the Programme Directors and lecturers at the University in Oxford and Lailatul had received an “Excellence Award” for her work. This is a huge achievement for Lailatul, to have her work recognised in this way by the faculty of one of the most prestigious and highly regarded universities in the world.

Below Lailatul gives an account of her time in The Institute of Education and in Oxford.

I really enjoyed my time as a 5th and 6th year student at The Institute of Education. My time here has been nothing short of exceptional. Coming in, I had so many subjects to choose from, but I chose to do all 3 sciences and art as my old school didn't have the option for us to do such combinations. I appreciate all of my teachers equally, but it's really nice when a teacher

manages to make you laugh and learn all in one class. When making my timetable at the start of both 5th and 6th year I decided to start all of my days from 8:30am to maintain consistency and would end each day at 3:30 or 4:30pm. After my classes, I'd make my way to the study hall to continue my studying, getting things like homework and study for upcoming tests and exams, completed. The atmosphere in these halls is exactly what you would want during your path towards your aspirations. Everyone is quiet, considerate, and focused with absolutely zero distractions.

Outside of academics, The Institute has upwards of 20 different extracurricular activities available throughout the academic year. Personally, I didn't get the chance to take part as I never seemed to have time after academic study and HPAT study. Luckily, I did avail of The Institute's 10-week HPAT course which I found of upmost help as I could ask for help on any section or even a specific question that I couldn't figure out! Many of my friends do tell me that they enjoyed the extracurricular activities as it gave them a break from the academic pressure and provided an opportunity to learn and expand in other areas of interest.

Overall, my time here has been a phenomenal experience. My physics teacher once said that “the amount of work put in should be directly proportional to the final grade a student wishes to receive” and I wholeheartedly agree! Of course, with the help of The Institute I hope I can achieve my goals while also having fun at the same time!

In the summer of 2021, I had the honour of travelling to Oxford, UK to attend and study at the world renowned and highly regarded, Oxford University! I was one of 6 international students in the undergrad Medicine programme. Here, I truly had the chance to see and appreciate the works of a doctor and the journey towards getting the title Dr. placed before your name. At Oxford, we had completed modules ranging from Anatomy & Physiology to Behavioural Science, all taught to us through lectures by Oxford University's own medical professors and lecturers. We went on trips around the city and visited Oxford University's Medical Sciences Teaching Centre where we got insight into the life of an Oxford med student. In our human health module, we were given an assignment, for

this I created a document focusing on cystic fibrosis, specifically the role of anaerobic bacteria. I'm delighted to announce that earlier this year, I received news that my document had been recognised by the faculty and I received an Excellence Award for my contribution. I'd like to thank everyone at The Institute for their huge support and kind words!



Aisling Wood 6th Year



Well done to our entrepreneur Aisling Wood who apart from studying hard for her upcoming Leaving Cert exams, has been busy developing her new start up business 'Bean Around'. The new company makes sustainable exfoliating skincare products using coffee grinds that are collected from coffee shops.

Describing her business journey, Aisling who plans to study Business and Japanese at DCU says, 'I have always been very aware of environmental and sustainability issues and I try to do everything that I can to prevent waste and reduce my impact on the planet. At the start of Covid, me and my family started to develop a number of exfoliating skincare products using coffee grinds that we collected from coffee shops. We received initial research funding from Enterprise Ireland which allowed us to work with scientists from the Technological University of Dublin to further develop and test our exfoliating soap and body scrubs. Our products come in a range of great smelling fragrances and are perfect for removing fake tan and leaving skin feeling silky smooth. Our exfoliating soap bars are on sale in coffee shops in Dun Laoghaire and in May our Bean Around coffee body scrubs will be on sale in all of the stores of a well-known supermarket across the Country.'

Keep a look out for Aisling and Bean Around in the press over the next few weeks as they will be featured in a nationwide advertising campaign. Apart from the early success of her new start-up company, one of the things that Aisling is most proud of is that Bean Around offers consumers a real sustainable choice. Aisling concludes by saying 'Bean Around is at the forefront of the new emerging circular economy. Bean Around offers consumers the choice to use their purchasing power to reduce waste and help the planet.' You can follow Aisling and her company Bean Around on instagram at [beanaround_ie](https://www.instagram.com/beanaround_ie)

STUDENT SPOTLIGHT



Kate Lynch 4th Year

Well done to 4th Year student Kate Lynch who spoke at the Comhairle na nÓg AGM event in November 2021. Kate is Vice-Chairperson and Media Spokesperson of South Dublin Comhairle na nÓg. She spoke about the work of South Dublin Comhairle na nÓg which includes its influence on the Department of Environment's Climate Action Plan, Comhairle na nÓg's "BIN IT TO WIN IT" campaign to promote proper waste disposal in schools and their inter-agency relations with CYPSC, LCDC and the County Council.

In terms of Kate's own work, she spoke about her involvement in the CYPSC, where she represents the Comhairle in the Economic Security and Opportunity sub-group with a focus on youth homelessness and also how she organised a Climate Action Week Event in Rathfarnham Castle Park in September, where they had an informative video (about waste disposal, part of the 'BIN IT TO WIN IT' campaign) that they created. This was launched by Mayor Peter Kavanagh. A special mention also to Jagoda Ennis, 6th Year, Comhairle na nÓg's outgoing chair, for her hard work and input.

Well done to Kate also for being elected as a representative for Dáil na nÓg's event in March 2022. On the right Kate has written an account of her experience as South Dublin's delegate at Dáil na nÓg and is pictured at the event.



Fiche Bliain ag Fás



Equality. It is a word that has passed the lips of some of the world's greatest minds and leaders. Influential figures from the ancient days of Socrates to the world-changing administration of Barack Obama have had their declarations about the meaning of equality written in the stars. Theses that will remain in the minds of humankind for the rest of our existence. Frances Wright (lecturer, writer, freethinker, feminist, utopian socialist, abolitionist, social reformer, and philosopher) best articulates what the word means to me. "Equality is the soul of liberty; there is, in fact, no liberty without it".

This is what I had in mind on Saturday the 26th of March as I walked along the Dublin Docklands in the pleasant, smiling sun. I walked past the Jeanie Johnston, The Famine Memorial Statues and The Irish Museum of Emigration: EPIC. All seemed, fittingly, like powerful symbols of Ireland's fight for equality throughout her history. I was making my way to the Convention Centre for Dáil na nÓg 2022, the theme of which this year was Equality- an important topic to every young person across the nation.

Dáil na nÓg is Ireland's official youth parliament. 250 delegates from around the country gather for one event biannually to vote on the issue that the upcoming National Executive will aim to create a solution for on a national, governmental level. The National Executive is the group of elected young people with representatives from every county council in the country. As Vice-Chairperson and Media Spokesperson of South Dublin Comhairle na nÓg, I had the honour of being one of our five elected representatives at the event. This year was a big year as it marked twenty years of Dáil na nÓg!

The day started the moment that we arrived, the entrance hall was full of the excited, passionate energy that anyone who has ever partaken in a youth politics event will understand instantly. Being in a room full of ambitious teenagers who are anxious to have their voices heard and prove themselves as future leaders is a feeling that cannot be fully summed up in words. The room is buzzing with the voices of delegates who, following a small photoshoot, are all getting to know each other, making new friends or valuable new connections.

Each delegate was given a group that they would be put with during the workshop section of the event. Each group was given a coloured badge so they could be easily identified. I had been put in the Gaeilgeoir workshop- we had a white badge- and I spent the introductory mingling session trying to spot other white-badged delegates- without looking like an espionage agent from a James Bond film.

The event really began to ramp up when a loud drumming sound ensued. A man was shouting tribal noises. Everyone stopped talking abruptly as the noise started. People were turning in circles, trying to find the cause of the sound but the drummers couldn't be seen. The noise made my heart pound in my chest. I swear that the huge, curved glass windows of the Convention Centre's front were about to shatter with the sound. That is when the drummers emerged from a hallway off the side of the entrance hall. Dressed in leather suspenders and combat boots, four drumming men emerged, each shouting incoherent, threatening yells. They walked through the crowd which opened up to make a pathway for them. They kept walking on and the crowd slowly followed and all 250 attendees were led into the Dáil Chamber- the only place outside of Leinster House that the Irish government has ever met for official proceedings. Once the drumming act had finished, the opening ceremony could commence. The entire event was chaired by outgoing members of the National Executive who introduced the speakers and ensured that everyone knew what was going on. The first incredible speaker was Rachel Diyaolu, a former member of the National Executive who recently evacuated Ukraine where she was studying medicine. Her speech was so impactful and her story really highlights the kind of incredible things that young people can do. I was truly very moved by how she spoke and the bravery that it must have taken was inspirational.

The opening ceremony also included a video of the past Dáil na nÓg events and a premiere of the video created by the outgoing National Executive of their youth travel card which became the first National Executive project to be a part of the government's official national budget this year. Then we were all herded into the workshop room for a day packed with discussions on the topic.

This is where I joined the other Irish speakers at a table in the

furthest corner of the workshop room. Each table had a bunch of coloured balloons on it. The balloon colours corresponded to the coloured badges that everyone was given at the beginning of the event so it was really easy for everyone to organise themselves into their seats.

The workshop section of the event was, in my opinion, the most interesting part of the entire event. We brainstormed all sorts of issues on the topic of equality from access to education, the RSE course in schools and gender equality. Every topic and presented solution on the issue was discussed and debated and everyone had their voices heard- mostly through Irish, but with a little béarlachas too.

Of course everyone was ravenous after all this hard work so after a well earned lunch break, we returned to the workshop room for the final vote and I can proudly say that I was the very first delegate to cast my vote. I was totally giddy with the excitement of having a real say in the issues that directly affect me and my community.

After all the votes were cast, the attendees were again herded back into the Dail Chamber for the closing ceremony- a bittersweet end to a truly incredible day. The closing ceremony began with a short Q&A panel, chaired by Kevin McCarthy (Secretary General in the Department of Children, Disability, Integration and Youth). There were four incredible speakers- Yemi Adenuga the first black woman to be an elected public representative in Ireland, Stephen Byrne an RTE 2fm radio show host, Tanya Ward the Chief Executive Officer of The Children's Rights Alliance (CRA) and Alice Price a member of Disabled Women Ireland. All the speakers were so moving and powerful but for me, the highlight of the panel was having the opportunity to ask Tanya Ward my own question. I was shaking with nerves as I stood up from my seat and was handed the microphone. The spotlight was projected down from above me and that made me all the more anxious. I was able to overcome my moment of stage fright however and managed to ask my question as confidently as I could. It was really important for me to have the chance to talk to Tanya as, when I was younger, I wrote a handwritten letter to the CRA and got incredible support from them- it was like crossing paths with an old friend again. My question was about child homelessness in Ireland and how young people could lobby the government to do more to help the homelessness crisis. Tanya's answer was incredible and she spoke to me even more after the event. I was totally thrilled with it all!

Then, after watching a slideshow of pictures taken at the event, it was time to leave. I had a newfound sense of what equality truly means to me but also what it means to so many other young people all across Ireland and that even after 'fiche bliain ag fás', we have still got miles to go- but we're up for the challenge.

STUDENT SPOTLIGHT



Essay Competition 5th Year

This year we ran an essay writing competition which was open to all 5th years. A panel of our English teachers compiled a shortlist of essays which were then submitted to an external judge. The rules were to write a maximum of 3,000 words and students were free to write in any genre or on any topic of their choice.

Congratulations to our winners Amy Johnston (1st place), Jack Casey (commended) and Donnchadh Hargan (commended).

Below are pictures of Sean Casey (top picture) and Donnchadh Hargan (bottom picture) receiving their prizes from their year head Hugh Brett. Pictured on the top right is our winner Amy Johnston.



Winning Story



According to the judge with Amy's winning story "There is a real sense of a voice at work here, a young writer finding a way to tell a story. The narrative is well-structured, evocative and atmospheric with a mounting sense of tension throughout. The writer has the ability to create the moment, to paint a picture with a (seemingly) minimum of effort." Read Amy's story below.

"Untitled" by Amy Johnston

Annie hated her upturned nose. She hated her thin mouth as well. She hated it's resemblance to her mothers.

"Smile more," Annie's mother would say. "The corners of your mouth turn down when you don't."

"Yes mother."

"And do keep you shoulders back," Annie's father added. He always looked so proper. Neck extended, shoulders pulled back, his left foot placed slightly before the right as if he were preparing to take flight.

A splintered ray of sunlight bounced off the mirror before her. It's summer. You can feel it in the heat that viciously nips at your heels and sends waves lapping at your back. Fraying your never. The full glare of the sun blasts through the thick glass

of the ferry. It scorches your skin until you can feel your heart strain against every pump of blood. It encloses around you searching, probing, suffocating. You can barley breathe around the weight. You can see it in the strained face of a traveler, desperately, but failing to fan their red hot cheeks.

Somewhere near the cool breeze of the sea lush flowers bloom. The smell of freshly cut grass permeates the air and, the dawn rises with the promise of a warm, cloudless summer day. Somewhere an inquisitive neighbour steps out of their home to check in on the thoroughly ordinary Thompson family.

The loud speaker rasps an alert for "all passengers to please remain seated while the boat docks."

A conductor clad in azure from head to toe, with a sailors cap embellished with gold begins rounding up stray passengers. He latches on to Annie's forearm and maneuvers his way through the thinning crowd. Propelling her forward to a little plastic seat cushioned by two plump ladies. One sat cradling her wailing baby swaddled in a grimy lace trimmed blanket. The other staring vacantly through Annie and lazily waving her electric fan.

"There's not long left now," the mother soothed. "Soon the boat will dock." She grasped the babies arm that had escaped from the swaddle. Five delicate fingers reached out to curl around their mothers. The sight made Annie's head pound.

"How old?" Annie felt compelled to ask.

"Just five months." The mother crooned with a smile, tilting the babies flushed face towards Annie. Instantaneously the baby let out a single shrill shriek followed by a long howl.

"Gosh, do they ever shut up?" Annie sighed, turning back towards the window. The ferry had clawed its way through the sea. You could almost see the awakening city of Dublin, shrouded in the orange-brown sky of a city lit up by the light of a thousand iPhones.

A silence fell amongst the passengers as a low hum emanated from the loud speaker. The woman's fan continued to whizz and the baby's cries carried on. Yet, through the noise Annie could hear the relentless ticking of a clock, muffled by shallow breaths and miles of sea.

Somewhere that same resolute clock ticked and tocked.

Muffled by the sound of an inquisitive neighbor knocking hard on a door. The clock knew what Annie did last night. The clock heard the sirens long before Annie did.

Annie stepped into the sparkling platform of Dublin station. Everywhere people rushed towards signs lit up in neon green. Crowds flowed from the mouths of trains, trailing suitcases behind them. With every step Annie heard the tick and tock of the clock. She could feel it behind her eyes. It pounded throughout her head. It mimicked her heart beat which pulsed tick, tock. The sound was deafening. Until, a loud pop sounded through her head and a brief, beautiful silence settled upon her. Interrupted only by the distant wail of a siren fast approaching.

What you have to understand is that Annie is not crazy. No. No. It's not her that's crazy. It's the clock. The clock that ticks and tocks. She needed it to be quiet. She needed to be silent. They wouldn't stop. It was their fault. Them. They did it. They pushed her. No. No. It's not her that's crazy. It was hot, too hot. She could feel the heat lurk beneath her skin. It needed to get out, to bleed the heat out. It hurt. They hurt too. She wanted to help. All she did was help. When it was done the clock stopped. She couldn't hear a tick or a tock. Annie felt euphoric.

Now she felt despondent. Rotating swirls of light danced along the station walls. She let her bag slip from her shoulder. There was no point in fighting the arrest. Annie was guilty. Two men emerged from the vehicle brandishing batons. They moved like a wave of black, parting the sea of denim shorts and summer prints. Annie was a deer in headlights, with two feet frozen to the floor. She began to raise her hands, feeling her heart leap in her throat. The faster if the two gave a lurch in Annie's direction. Then, impossibly, against all laws of nature, he fell to the left. The small bespectacled man beside her was lying face down with his two hands pinned to his back. Annie let out a sound, somewhere between a laugh and a yelp.

Annie had done it. She was free! She moved for the exit, feeling the warm wind tickle her exposed arms. This rain misted the city streets. Dublin came alive in her eyes. Annie could her the black tarmac singing that this would be a better life. So Annie set out through the streets of Dublin, free of her parents, free of the police and trailing an imperceptible line of blood from her suitcase.



STUDENT SPOTLIGHT



Math



Well done to 4th year I-Kai (Eric) Huang who has passed the first round of selections and was invited to attend math enrichment classes held at UCD in preparation for the Mathematical Olympiad. Below Eric tells us about his love of Math:

When calculations and formulas become less of a pain, you will notice the sheer number of versatile applications that mathematics serves to make life more predictable. That is, mathematics comprises an abundance of ideas that transcend purposeless calculations yet are too abstract at the beginning to be understood and tolerated.

It's poor context. The meaning is stripped away when mathematics becomes no more than a parade of numbers or equations on a bleak piece of paper. Many textbooks fail to provide interesting context. Math is everything we encounter in life from "how fast do I need to run to get to school on time" to "what is the probability of rain today". Even when crossing a road, you solve a partial differential equation. In a fraction of a second, your brain must assess the acceleration, relative velocity between you and the vehicle, and the time it takes to reach your position. In order to get a better understanding in mathematics, I decided to participate in math competitions and try to learn more in the math enrichment classes held at UCD. In January, I was invited to attend an enrichment class for passing the first round of selection. The sessions covered many interesting topics such as combinatorics, primality, number theory, etc, to prepare for the International Mathematics Olympiad. It was a unique experience as the classes are designed

to develop an understanding of mathematics that overlaps only slightly with the mathematics taught in school. Every Saturday I go to the O'Brien Science Center where the professors teach us problem solving skills and introduce interesting concepts. I hope I can pass the second round of selection and add another achievement to my life as a student.



Bebras Challenge

Congratulations to the following Computer Science students who qualified for this year's National Bebras Finals in March: Brian O'Mahony and Damir Elliot (4th Years), James Leonard, Jack Henderson, Ben Corcoran, Aoife McCarron, Thomas McCarthy, Cormac Wheatley and Michael McLoughlin (5th Years), Alex Zhao, Anjika Nayak, Jacky Tang, Helen Jiang, Kevin Reilly, Leo Heinen, Niall Maguire and Mark Kirwan (6th Years). The Bebras Computing Challenge is run in over 60 countries and introduces computational thinking to students, by allowing them to solve interactive tasks. Well done everyone!



Millie McCabe 4th Year



Congratulations to Millie McCabe who was chosen as a finalist for the Leinster region in ActionTalks. ActionTalks is a national speech writing competition run by ActionAid and open to all students aged 14 to 17 years old. Millie was one of five chosen out of 134 students to take part in the regional final. Millie wrote a powerful speech that was both sincere and artful. We suspect that we will be hearing more rousing words from Millie in the future!



Kilkenny Design



Well done to 4th years who took part in the Kilkenny Design gift wrapping for Safe Ireland. Below Katie Brady tells us about the experience.

In the months leading up to Christmas it is always a busy time for everyone, especially retail workers. In my short time helping in one of town's biggest stores, I feel I can say that statement with a lot of confidence.

I, along with several other classmates, volunteered to wrap Christmas presents and help around the store in Kilkenny Design. The shifts were only a few hours long each, and we volunteers were never given too much responsibility, but still felt the pressure of a shop worker around Christmas.

The queue to my stand where I wrapped the gifts never boasted less than ten people. My hands by the end of the day were tired and ached. My face was tired having to smile at every customer all day and my feet were exhausted and longing for a rest! However, it was a rewarding experience as every time I finished off a wrapped present with a bow, the customer would tip my donation box with all proceeds going to Safe Ireland.

When I wasn't wrapping gifts I was restocking shelves. This was a challenge in itself as I was often asked to direct customers to items that I had not even heard of, never mind knew where they were stocked. Despite some harder aspects of the 'job' I had a genuinely enjoyable time volunteering. The real retail were helpful and nice, and there were very few customers that were neither. It was also my first time getting experience in a job-like situation which definitely helped me in my real jobs later. Doing it all to help a good cause in the charity Safe Ireland meant it was a really rewarding experience.



Eileen Curran 6th Year



Congratulations to 6th year student Eileen Curran who recently won the prestigious Walton Cup at this year's Feis Ceoil.

The Walton Cup is awarded for senior brass instrumental playing. The competition is open to performances of French Horn, Trumpet/Cornet, Trombone, Tuba/Bass & Euphonium/Baritone. Eileen won first prize for her performance on the French Horn.

The Feis Ceoil is Ireland's largest classical music competition. It promotes excellence in the learning and performance of music across all ages, levels and disciplines. Well done!

STUDENT SPOTLIGHT



Congratulations to Kate Lynch and Fearne Morrissey who are both finalists in this year's Press Pass Awards. Press Pass is NewsBrands Ireland's Transition Year news literacy and student journalism programme. With the full support of the Department of Education, Press Pass seeks to improve news literacy and critical thinking skills while helping students to develop a deeper understanding of news media and how it communicates about the world around them. The awards take place this May with special guest Catherine Martin TD, Minister for Media in attendance. We wish them both the very best of luck and below you can read the impressive feature news writing pieces that won them their place in the finals.

Kate Lynch 4th Year

**"Heard of breaking the glass ceiling?
There isn't just one. There's layers of them."**

An Interview with the first female Provost of Trinity College: Professor Linda Doyle

The historic grounds of Trinity College Dublin have been walked by some of the most iconic characters and personalities, from the very real Jonathan Swift, Oscar Wilde and Bram Stoker to Sally Rooney's brain-children Connell and Marianne and Erika McGann's hungry cat Pangur Bán. Walking through the wide entrance arch, it's difficult not to feel some connection with the university's famed 430 year history.

I was on my way to meet Professor Linda Doyle. The first woman to hold the position of Provost in Trinity. My mission was to find out what it is like being the trailblazing matriarch of such a significant part of Ireland's history.

I waited in a comfortable seating room, decorated, to my surprise in a modern fashion, a strange contrast to the medieval building through the window above the plush yellow armchair. An ink print on the wall read "sisters quench thy thirst but not thy rage" and a book on the paintings and memory of Jack B. Yeats rested nonchalantly on the timber hall stand. The office of the Provost herself had the same sense of modernity to it and I was sitting facing Professor Doyle at the sleek, white meeting table.

She spoke fondly of her parents. Her father had to leave school at 16 and her mother even earlier than that. She said education is something her mother always thought was really important. Prof. Doyle described coming home from an open day at UCC and hearing speakers talk about engineering. She thought "that's really interesting. I want to do that". I asked her how her parents felt about her entering such a male dominated field and in her own words, "in some kind of maybe naive, but lovely way, they had no preconceived notions". She described that as empowering. The times being different then, she didn't even realise the overwhelming majority of males in the subject. She made it clear that she knows not everyone has the same experience as her, saying she hates "people to make statements and expect that to be the experience for everyone" but how she found engineers to be people who just want to solve literal problems, "they're driving for the solution, and they don't really care who's suggesting it". She told me that Trinity has changed an awful lot in the past decades and despite there being many more opportunities than there were then, it can be quite helpful in all pursuits (even leadership ones) when you just care that the job gets done, not about who is doing it.

In the Professor's experience running for Provost, in a historic election of three female candidates, she told me "it was very interesting, and people realised it was time for there to be a woman". She told me that not only were they great candidates but "it both removed women from the equation and put the women in the forefront at the exact same time". She described this effect as a "parallel" that in the end was "quite useful" as had there been a mixture of male and female candidates, "they would have spent all the time asking the women, you know, what do you think about being a woman versus being a man?". We spoke about the symbolism of being a woman in such a position. "I think it's hugely important symbolically", she told me, she seemed

to rise with a sense of pride as she said "I think it also symbolises a modernity or 'modern-ness' about Trinity". Her powerful conclusion for the impact on other women was "If you can't see it, you can't be it". For her however, it was less about the symbolism, she told me "I just think of myself as a person who has a job to do and wants to do that to the best of their ability."

As a young woman myself, it was important for me to ask what the Professor's advice would be, for other women, young and old, who have ambitions and dreams to achieve. Gesticulating passionately, she said "I think women and young women are very, very good at joining dots and big picture stuff and an awful lot of leadership is about that kind of thing". She looked me right in the eye and told me definitively "don't be afraid to put your hand up". This to me, felt like the main message. To all out there who face adversity daily, Professor Doyle, the new "mother of the university" is an example of someone who isn't afraid to put her hand up. And shatter through layers of glass ceilings.

Fearne Morrissey 4th Year

**Preserving the Promenade,
a Tidy Towns Tutorial with Donna Cooney.**



Spring would still happen in Dublin 3 without the help of local Counsellor Donna Cooney, but it would be a decidedly less splendid one. The flowers planted by her Tidy Towns unit proudly bask in the sunlight on one of the first true days of spring, their technicoloured heads cheerfully adorning the Clontarf promenade. Cigarette butts, plastic bags and crisp wrappers are now almost uncommon on the seaside walkway, dutifully snatched by Donna and her assiduous team of volunteers and placed inside their blue bin bags whenever possible.

I sat down with the council member after an hour of volunteering with the Tidy Towns group she leads. If it wasn't such a beautiful day, the last sixty minutes could be considered taxing work. I became all too acquainted with the drinking habits of my local community, to the extent that my reeking bag tore from the stress of carrying the collection of beer cans I found stashed in a lane less than a hundred meters from the picturesque promenade.

I'm assured by Donna, over the cup of hot chocolate she graciously bought me, that this Saturday's haul was not a reflection of the amount of litter we'd usually pick up, as we were cleaning a day after the St Patrick's Day bank holiday. Overall, Donna is proud to see a general reduction in waste since she started the community's Tidy Towns group over lockdown.

"We used to have to change our bags after walking maybe 50 to 100 meters because you couldn't carry your bag with the weight of it. It's

nothing like that now, sometimes we just have a little bit (of waste) at the end of a bag. Generally, I think there has been a reduction and I think it (Tidy Towns) has had the effect of reducing waste." she beams.

Donna Cooney has played a role in gradually transforming attitudes towards littering, both in her advocacy within the Irish political scene as a member of the Green party, and on a local level in her work with Tidy Towns. As a constituent of Clontarf, I have seen our grassy seafront or "horizontal park" a term Donna used to describe it, actively improve from a dumping ground for boxes of fish and chips, to a community area that residents now treasure.

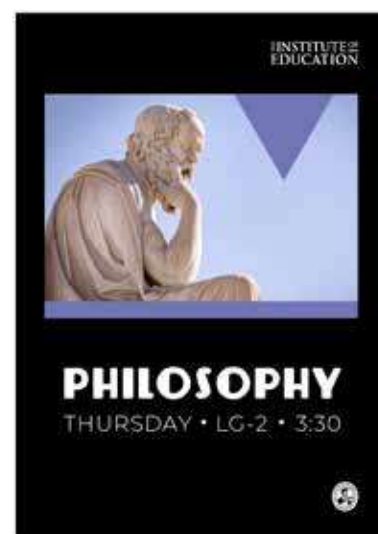
People actively change their behaviour because of Tidy Towns, she tells me. "I've actually physically seen people look at us (the Tidy Towns group) and make sure that they're hanging on to their litter, making sure it doesn't blow out of their hands in the wind!" Donna laughs while telling me this. Engaging with the community is clearly a role the councilwoman relishes. Over the time I spent with the volunteers, I witnessed several constituents exchanging respective "hellos!" with Donna as they pass by. Our interview was even interrupted by a man stopping to compliment her hat, a blue cap decorated with a yellow flower, a nod to the colours of the Ukrainian flag.

This sense of wider community belonging is a feature of Tidy Towns Donna finds rewarding. She tells me that "it's about making friendships, it's about different generations and different ages. There're not many things that are so intergenerational that have people interested in their local community and their local environment. That knowledge exchange that you get from talking to different people from different ages with different experiences, it's all very positive."

A view held by a portion of society is that tidying up the area should be the task of Dublin City Council alone and that by paying taxes all social responsibilities are fulfilled. Donna Cooney looks to challenge that perspective. Being a local councillor, she sees the budget and knows that despite litter and waste management being the biggest expense, the council is unable to clean the entirety of Dublin City. "We can't keep putting all our resources into that (litter and waste management) because that leaves less money for other things.... they (constituents) might want the lamppost painted or the pavements fixed." Donna feels to ease the burden on the council, citizens should actively play a role in litter reduction within the community.

With summer just around the corner, people will flock to outdoor areas such as the Clontarf promenade in increased numbers. Enjoying a meal or a drink in the sunshine is an essential and positive way to spend time with friends and family but an overall increase in foot traffic in natural areas will inevitably lead to more litter. After my conversation with Donna, I would ask everyone to consider getting involved with your local Tidy Towns to preserve the beauty of your area for everyone to enjoy.

EXTRA CURRICULAR



OUR ACTIVITIES

This year we were delighted to have a full list of extracurriculars back - in person - after the limits the pandemic placed on activities last year. Below is the full list of clubs and extracurriculars we enjoyed this year.

Lunch Clubs

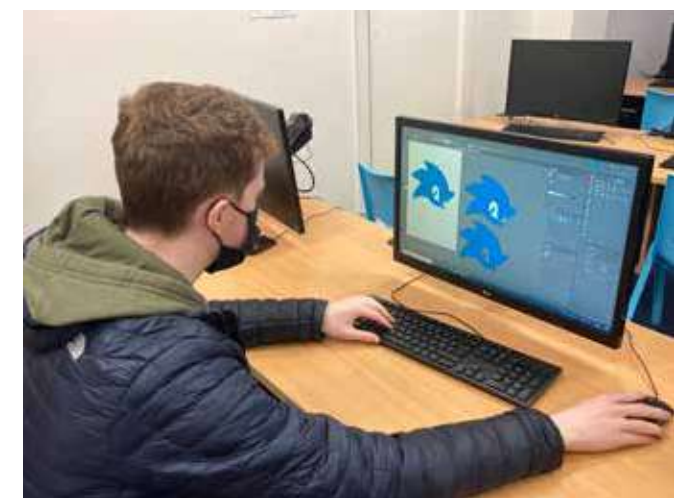
- Drama
- Coding
- Circuit Training
- Film Club
- Music Appreciation
- Tabletop Games
- Language Club - French
- Language Club - Irish
- Language Club - Spanish
- Social Club
- Walking Club

After School

- Bridge
- Chess
- Creative Writing
- Debating
- Entrepreneurship
- Film Studies
- French Debating
- Graphic Design
- Life Coaching
- Philosophy

After School Sports

- Badminton
- Basketball
- Football
- Hockey
- Self-defense
- Table Tennis





Tabletop Games

Benjamin McNamara Pedersen 5th Year

Dungeons and Dragons or DnD is an amazing tabletop role playing game filled with crazy adventures, brain scratching puzzles, blood thirsty encounters and of course charming or corrupt non player characters (npcs) all in a fantasy world of the dungeon master's (dm) own creation.

It inspires creativity and cooperation between party members as each action they take directly affects the world around them. Solving each roadblock through guile and charming wit or with a more direct approach with daggers pressed against throats and threats whispered into whoever's unfortunate ears crossed their paths. Down in the art room every Wednesday afternoon heated discussions take place on what to do next. Plans are formed, executed and the story progresses just that little bit further.

However, it won't always go smoothly for it all hinges on the lucky roll of dice. The core of the game. It adds that element of unpredictability to the story and creates an atmosphere of intense anticipation felt by everyone in the group as the dice slowly crawls its way across the table. When it finally halts it will be met with either cheers as the party once again pulls off a supernatural stunt in the face of unconquerable odds or groans as a crucial role goes awry and the plan's success crumbles before their eyes.

But who are our party members? Gavyn Grell, a clumsy charlatan rogue who makes it his business to rob everyone in sight, yet his escapades don't always go so smoothly. Kezia Amarzian, now ex police, works hard to regain her former status as a peacekeeper. Kay, a human rogue heavily in debt to the mafia residing in the city of London now works to either pay off his debt or crush the mafia once and for all. Quelanna, a sorceress of untold powers burns through each obstacle with brutal effectiveness as she seeks to escape the witch hunters hot on her trail. Konrad Hapka, a bard and owner of a brothel, works to destroy his adversaries leaving him with a monopoly on what occurs in the red-light district of this god forsaken city. Kai, a halfling bard immigrant working hard to gain their citizenship. Human, a tiefling sorcerer strives towards blending in with society and finally becoming his namesake.

This motley crew form our party who work their way through 1600's London. Overcoming whatever I as dm throw at them be it close call encounters, solving my puzzles or extracting crucial information from NPCs to figure out where the missing civilians have gone, who could have done this and why has no trace of the victims been found in a city full of eyes? They all work towards their own separate character goals while still working together to finish and complete the over arcing main quest to resolve this thrilling adventure of my creation.

If you think this incredible hobby may appeal to you, come to see one of our sessions and hopefully your hunch was right, and we will gain an amazing new party member to add to our ranks. Yet regardless of what you decide may the dice roll in your favor and we all hope to see you down here sometime in the future!



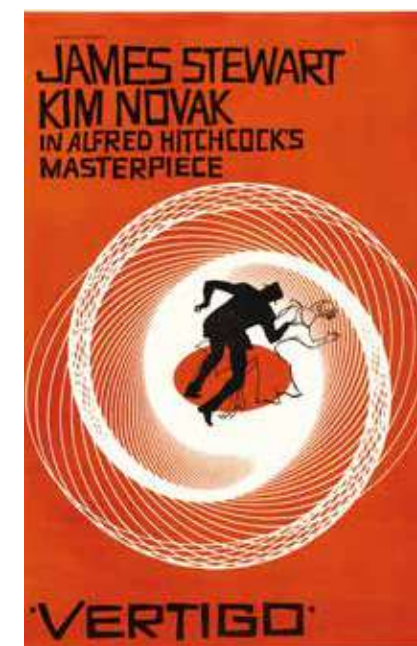
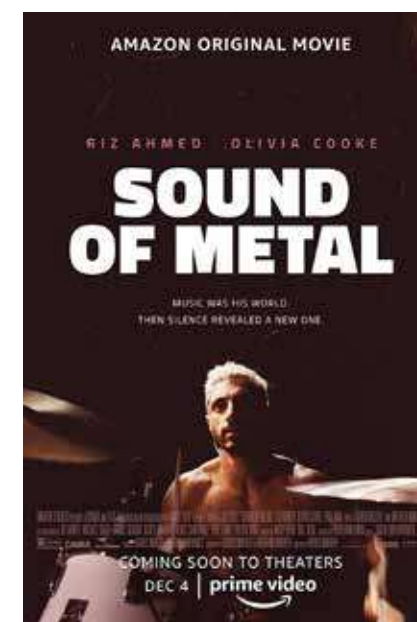
Film Studies Jenny Delahoy 6th Year

The world of film is beautiful. It is witty and dynamic, poetry in motion. Film studies every week in LG-2 is the same. It was a cathartic experience sitting in the darkened, cool room, learning the names of camera angles and audio techniques, then watching clips and scenes from movies.

From analytically dissecting award winning masterpieces like Vertigo and Sound of Metal, to giggling at the ludicrous absurdity of the woeful editing of Plan 9 from Outer Space (almost starring Bela Lugosi!), Film Studies has something special for everyone. While watching these movies, you could make them your own. You could scrutinise every frame and search for hidden meanings everywhere, or simply sit there, and let a director's kaleidoscopic dream wash over you.

My favourite part of the studies was learning all of the techniques exclusive to film and videography. For example, the term diegetic is a sound that occurs within the context of the story and is heard by both the characters on screen and the audience, such as dialogue, whereas non-diegetic audio is heard exclusively by the audience and not the characters, like the opening crawl for the Star Wars films. A Dutch angle is a type of camera shot taken while the camera is tilted on its side. This enhances a sense of unease or highlights disorientation in a scene. Rack focus is a camera based technique wherein the focus in a shot changes from one subject to another. The effect can be overt or subtle, rapid or slow. This technique is used for stylistic and visual storytelling purposes.

It was wonderful to be able to learn all of this unique information. It has changed and enhanced the way I watch films now. I have learned that films are all artificial, just a series of choices made by a director and crew, but in these choices, an entire synesthetic landscape is created. This is the beauty of film.





Self-Defence

Emily O'Beirne 5th Year

Many economics and business students were shocked when our teacher, Keith Hannigan, told us that he has a black belt in a Korean martial art called "Tang Soo Do" and that he would hold a class after school on Thursdays to teach anyone who was interested in learning self-defence skills. Needless to say, we flocked to Convent Place to gain some insight into what to do if attacked, to have fun and to improve our fitness levels.

We put on our boxing gloves and began with the basics: jabs, uppercuts and front kicks. Keith taught us these moves through simple routines that he curated to fulfill our goals of what we wanted to get out of the classes and what we enjoyed most. Week by week, he added a couple of new moves to allow us to become more versatile - hooks, roundhouse kicks and axe kicks- to name a few!

We eventually progressed from practicing on a passive person, to having them try to attack us! We all got a shock the first time, but now, we are able to think quickly and critically under pressure. Everyone in the class is very friendly and enthusiastic, in large part due to Keith creating a positive learning environment, that allows us to learn whilst enjoying ourselves.



Football

Jack Keaney & Sal Valkuntam 5th Year

Between the mesmerizing feet of Ben Corcoran and some enthralling encounters with the 6th Years, the 21/22 season was one to remember. The season started in the beautiful September sunshine, when we drew the opening game 2-2. Through the leadership of Anthony and the left foot of Ben Coffey, we went on a winning streak of three games, picking up 2-1, 5-4 and 4-2 wins.

The festive period brought about some very close games and as a group we embraced the chance to play. The free-flowing, exciting brand of football continued after Christmas with the likes of Adam Loscher, Adrian John, Surya, Dylan, Saket, Paddy, Sri, Saketa and Avyay all putting in standout performances.

Football on a Friday added excitement and created memories that help make 5th Year the amazing year it was. We would like to thank our coaches Keith and Daniel for making this amazing year possible.



Fitness

Jack Maloney 5th Year

I started Fitness class relatively late into the year. Initially I was kind of concerned that I'd be playing catch up; learning the stretches, circuits and cooldowns while the experienced attendees enjoyed their activities. Upon my arrival my hesitation evaporated as our fitness coach, the brilliant Brian Gregan, showed us newcomers the ropes and soon had us up to speed with the rest of the class.

I had signed up for the module as I understand the importance of sports in school. It is not only beneficial to a student's physical health but also our mental health too. I saw this as a chance to socialize, learn new skills as well as a chance to improve myself. It was a gradual process, going from 5 to 6 to 8kg weights we worked on strength, stamina and agility. However we all saw a noticeable improvement in both body and mind. This year's class was a blast and I have to recommend it to any student hoping to diversify their timetable. The benefits are undeniable and I hope to see the next cohort enjoy the experience as much as we did.





Bridge Club

Faye McGarry 5th Year

Bridge is one of the most intellectually stimulating extra curriculars I have ever had the pleasure of partaking in, guided by the excellent Oliver Murphy, an experienced player with a true passion for the game evident in his teachings that reflect in his avid students. Bridge is an incredible opportunity to meet new people, gain a skill that will stand to you for a lifetime and incorporates many different elements that contribute to an overall magnetic and energetic experience every week, building up the rules and understanding the mechanics behind the game.

I have no doubt at some point you will have heard the lively and boisterous activity that takes place every Wednesday afternoon in G-4. My own curiosity was piqued about the activities that took place whenever I had a class seated next door and could hear the electrified atmosphere and excited cheers from Oliver whenever someone performed a particular skill. When I first saw bridge on my timetable in TY, I was wary as I had never been particularly fond of maths and knew this was a primal aspect of the game. However, I took to it at once and found it tested different skills such as quick thinking, logic, teamwork and inducing adrenaline every time your team won a trick.

It's an incredible game that isn't acknowledged nearly enough and had I never taken the chance to visit that first class, I wouldn't have made the friends and memories I have today. Regardless of skill or lack of mathematical abilities (myself included), bridge is an activity that caters to anyone and everyone with an incredibly enthusiastic teacher who will guide you every step of the way, allowing you to develop your skills from a total novice to an advanced player, leaving you laughing regardless of your score with a chocolate prize in hand.



French Club & French Debate Club

Aya Al Marsoomi 6th Year

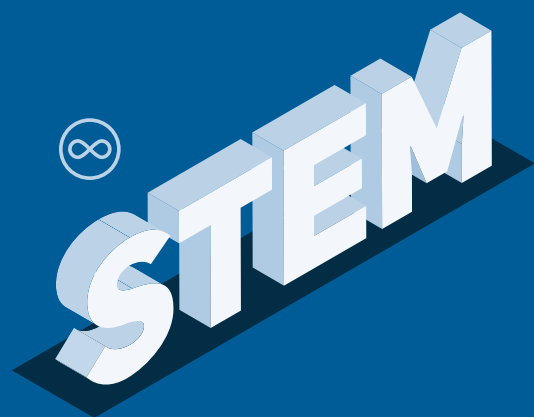
It's half past nine on a Monday morning. You walk into your first class, French, after sweating up three flights of stairs. Mondays are for grammar. All the classes in the week abide by a strict schedule in order to cover all the content on the Leaving Cert. There's absolutely no wiggle room for exploration. No time to discover the culture, no time to discuss the quirks of the language and certainly no time to chat about your French Indie music recommendations. This is where French Club and French Debate Club step in.

When I first started studying French in first year, like many of us I sat up in my room writing out the endings to -er -re and -ir verbs and reciting MRS VANDER TRAMP to myself. I probably sounded like a maniac to my family. Those methods were fine, and even necessary, for understanding the technical aspect of the language. But what about the cultural aspect? What about the aural and oral aspects? We all know that a language and the culture it's rooted in aren't mutually exclusive, so why should we treat them as such? I quickly realised that if I really wanted to excel in the French language, I'm going to have to immerse myself in French culture. Plus it's a lot more fun than google translating my réaction the night before it's due and calling it "study".

That's when I discovered the French Club held at lunchtime and French Debate Club. Both are run by Patrick, un vrai francophone, and it was absolutely the best decision I made during my years of studying French. Enfin, I found a little community of people just as passionate about French culture as I am. At first, I was a bit nervous about speaking in French. Soyons honnêtes, the 12 minutes of learned off material we memorise in class doesn't get us that far in the real world. Qui l'eût cru?! Patrick was there to help us the whole time, correcting us on our garbled mix of English and French, amusingly nicknamed « Franglais » by our pals living in l'hexagone. During the lunchtime club we would share and listen to our favourite French songs, watch clips of YouTube videos about life in France and even explore the streets of Paris via google maps. Everything from the structure of the French education system to how to make 'une raclette' was explored. After school, we had heated debates on topics relevant to both Irish and French society. In true French fashion, philosophy, politics and ethics font tous partie de nos débats. Some of my personal favourite titles included, but were not limited to, « Le changement climatique est la menace la plus grave dans le monde », « Il faut que les jeux vidéos soient interdits » et « Les stéréotypes ont des racines dans la vérité ». These interesting titles didn't just get us thinking, but also speaking and hearing 'le français'.

Au bout du compte, je tiens à souligner qu'il est vachement utile, voire nécessaire, d'incorporer la langue dans ta vie quotidienne. Ces clubs me tiennent à cœur, donc je voudrais remercier Patrick et je vous encourage à venir!





Anjika Nayak 6th Year

We love hearing about the interests and achievements of our students outside of their academic studies and extracurriculars with us, below Anjika tells us about her interest in STEM.

Trinity Walton Club was the turning point in my life. It introduced me to the wonderful world of STEM, and I owe my love of STEM to it. The four years I spent as an Alpha (anyone that attends the club is called an Alpha!) truly shaped who I am as a person and who I will become.

Trinity Walton Club (TWC) is a unique learning hub which is based in Trinity College, Dublin for secondary school students who are passionate about Science, Technology, Engineering and Maths. It provides an interactive educational experience which gives a deeper understanding of the above-mentioned subjects. TWC is designed to challenge learners to work collaboratively with peers, think creatively and create solutions, while enhancing their STEM knowledge, skills, and curiosity

Flashback to 5 years ago, I was a student who was indifferent to STEM. My ideas about this field were vague and scary. In short, the world of STEM was intimidating to me. As a naive second year student, I was exposed to the wonderful world of STEM via Trinity Walton Club. Attending the inaugural ceremony itself was captivating. It was at that moment that I wanted to learn more about the world of STEM. And I was surrounded by curious minds like me.

We met every week on a Saturday and started our journey. One after another, STEM concepts were introduced to us via lectures and hands-on experiences. We learned many topics - some advanced, others detailed. We designed, developed, and



rendered multiple projects in STEM. With all of these, I learned how to do research, data analysis and write up reports.

The years that I spent as an Alpha and the exposure and experiences I gained at TWC have greatly influenced me and my academic decisions. I have worked with everything from the physics of bridges to the math of matrices. I have built biopolymeric masks and delved deep into research on a sustainable solution for travel. Each one of these sparked my deep interest in science and expanded my knowledge of the research process.

As part of the Club, we had to showcase our Projects and present our findings and research to a large audience. We had parents, guardians, teachers, and multiple professors from Trinity to address to. I learned how to present to a larger audience, as throughout the four years, we were given the opportunity to stand in front of multiple groups.

At TWC, we were always encouraged to freely express our curiosity, creativity and innovation. It really helped us to think creatively for many problems and come up with solutions. We worked our way through the technological area applying the concepts of science and mathematics. It really gave me a great base for my academic learning.

And STEM became one of my strengths. Last month was the culmination of Trinity Walton Club for me, and the four years ended. I was extremely emotional as I gave the closing speech reflecting on my experiences. I am proud to call myself an Alpha and Trinity Walton Club was an unforgettable experience for me. As we say, 'Once an Alpha, Always an Alpha until you become an educator (at TWC)'.

MUN

Jeremy Browne 5th Year

I found the St. Andrews International Model United Nations and the Wesley College Dublin Model United Nations event to be fun, creative and a great experience. The conferences, involving delegations from schools around Ireland and abroad, were between two and three days long.

The first section was made up of lobbying and debate in committees varying from the Human Rights Commission to the Security Council with the final day being the General Assembly where all delegates had a say in the resolutions we would pass.

During the St Andrews International M.U.N. The Institute were asked to represent Israel, and I was placed on the Economy and Finance committee where delegates of nearly every country had to discuss, draft and debate topics ranging from combating poverty in the elderly to the global fuel crisis. I really enjoyed the committees, especially the lobbying phases where we would get into groups of different countries and try reach agreements that would benefit everyone's nations through creative thinking. It was great seeing everyone working together and this showed me the strengths of teamwork and diplomacy.

I would recommend the Model UN conferences to anyone that enjoys things like current affairs, public speaking, or even just a fun weekend, because at the end of the day, that's the whole goal of the event, fun! Thank you so much to David Connolly for arranging for the school to go to the two conferences and I'm really looking forward to future MUNs!



INTERNAL COMMUNICATIONS

We strive to communicate clearly and regularly with students and to do so in the most engaging way possible. All year we have had a weekly newsletter, "The Buzz", which covers a wide range of school news to keep students and parents connected. We have a monthly calendar, so that students can easily track important information from study times to tests and masterclasses. We also connect with students online, on noticeboards and on digital screens throughout the school, with highlights and reminders, of all matter of important activities in our busy school. This year the staff and students regularly cheered us all up by sending in wonderful pictures showing their talent for photography and love of their pets, which we share on the digi-screens.

LIFE COACHING

ON TODAY!
3:30PM
1-0

F1 IN SCHOOLS

TO TAKE PART
IN F1 IN SCHOOLS:
EMAIL:
DAVID CONNOLLY

CODING CLUB

ON TODAY!
11:30AM
COMP ROOM

INTERNATIONAL & FRIENDS

ON TODAY!
10TH DECEMBER
12 - 1PM / G3

CONCERT ON TOMORROW!

TICKETS ARE FREE & CAN BE
COLLECTED IN THE 1ST FLOOR OFFICE
FRI 14TH HALL BLOCK AT 2:30PM

LIMITED NUMBER

OF SCHOOL HOODIES
STILL AVAILABLE
To get one - call into the First Floor
office and ask for Karen.

MASTERCLASS
Irish with Micheál Casey
5:30PM Online - 6th Years
Link is on Moodle
TODAY!

MATHS TUTORIALS

Maths tutorials are structured as individual Maths help.
Drop in for help with your homework or studies.
Wed: 3:30-4:30pm / All Years / (L3-0)
Fri: 11:30am-12:30pm / All Years / (L3-0)
Teian Kelly / Ordinary Level

MASTERCLASS
Maths with Louise Boylan
Coordinate Geometry
6PM Online Link is on Moodle
6th Years
TODAY! ★

Merry Christmas

Merry Christmas

Merry Christmas

GUIDANCE TALK
ON TODAY
Studying in the USA with Crimson Education
11:30 / 2-3 / 4th & 5th Years

GUIDANCE WEBINAR
ON TODAY!
▶ Studying in Northern Ireland
4PM Online - All Years Link is on Moodle

GUIDANCE WEBINAR
ON TODAY!
▶ Careers in Science
4PM Online - All Years Link is on Moodle

THE BUZZ
NEWSLETTER @ THE INSTITUTE OF EDUCATION • 15.11.2021

WELLBEING
Sparking Joy is here!

Sparking Joy - Something that made me smile.
unicef
Get a Vaccine - Give a Vaccine

ESSAY COMPETITION
5TH YEAR
Competition Details:
Maximum 3000 words
They are free to write on any topic or on any topic of their choice
Competition closes January 1st 2022
Get a Vaccine - Give a Vaccine

THE BUZZ
NEWSLETTER @ THE INSTITUTE OF EDUCATION • 15.11.2021

WELLBEING
Sparking Joy is here!

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unicef
Get a Vaccine - Give a Vaccine

STUDENT SPOTLIGHT

Sparking Joy - Something that made me smile.
unicef
Get a Vaccine - Give a Vaccine

THE BUZZ
NEWSLETTER @ THE INSTITUTE OF EDUCATION • 25.11.2021

WELLBEING
Sparking Joy is here!

Sparking Joy - Something that made me smile.
unicef
Get a Vaccine - Give a Vaccine

ESSAY COMPETITION
5TH YEAR REMINDER
Competition Details:
Maximum 3000 words
They are free to write on any topic or on any topic of their choice
Competition closes January 1st 2022
Get a Vaccine - Give a Vaccine

Happy New Year
& WELCOME BACK!

Happy New Year
& WELCOME BACK!

Happy New Year
& WELCOME BACK!

DECEMBER CALENDAR
6TH YEAR
INSTITUTE OF EDUCATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
27	28	29	30	31		

APRIL CALENDAR
4TH & 5TH YEAR
INSTITUTE OF EDUCATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
1	2	3	4	5	6	7

DECEMBER CALENDAR
6TH YEAR
INSTITUTE OF EDUCATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
8	9	10	11	12	13	14

APRIL CALENDAR
4TH & 5TH YEAR
INSTITUTE OF EDUCATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
11	12	13	14	15	16	17

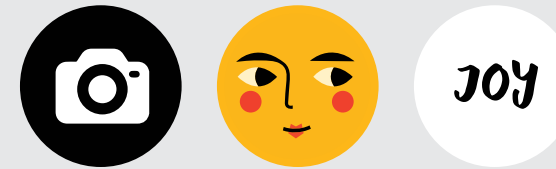
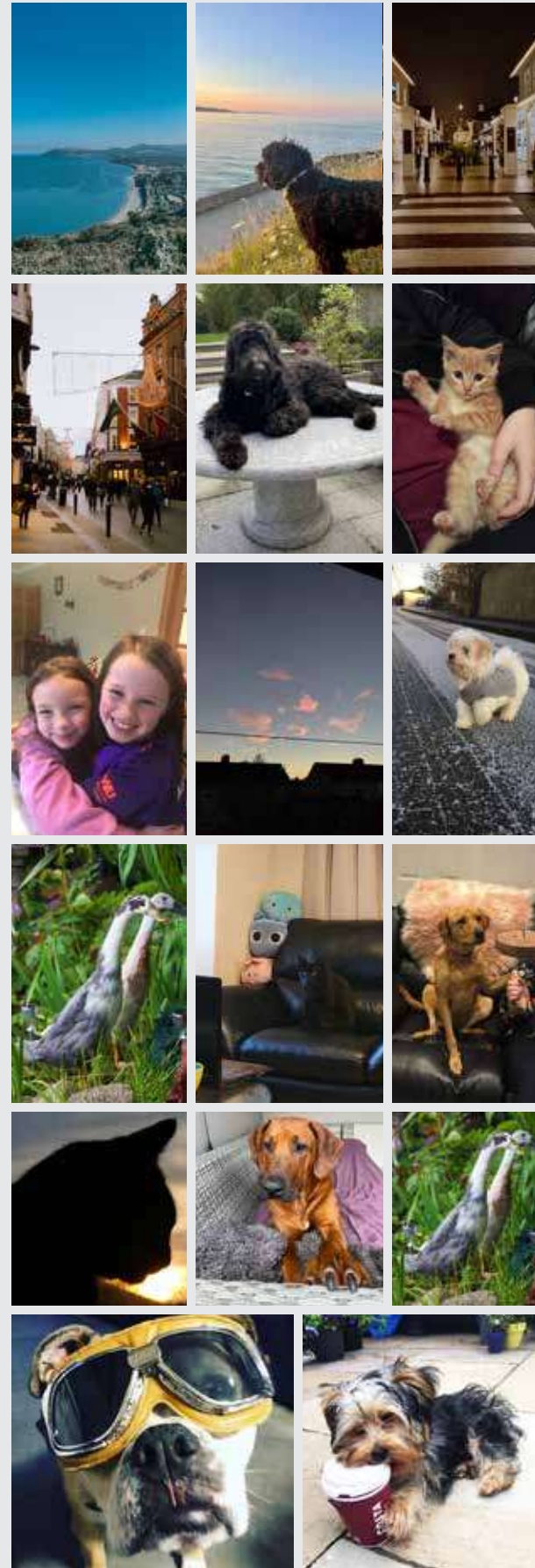


This year, weekly wellbeing events took place organised by our Head of Wellbeing, Luke Rock (pictured above) and supported by our wellbeing committee. This student-led committee supported wellbeing throughout the school at our social club, walking club and all other weekly events.

Throughout the year students could attend talks that focused on wellbeing with systemically trained psychotherapist Richard Hogan, nutrition talks with our nutritional expert Andy Quinn and guided meditations with our health and wellbeing Guru Brian Gegan.

As well as these talks, other wellbeing initiatives included yoga sessions, photo and poetry competitions, and our first Wellbeing Week which took place in January.

We were also delighted to support a number of charities including UNICEF, Pieta House, Safe Ireland, and the Team Hope Shoebox Appeal. It is well documented that neurons in the portion of the brain associated with a sense of satisfaction start firing when we give back. We share an intrinsic motivation to make the world a better place. We could see and feel this satisfaction amongst our students who happily volunteered to help these deserving charities throughout the year. Read on for further details of some of this year's wellbeing initiatives!



Sparkling Joy

In November, students submitted photos to our positive photo competition with the theme **Sparkling Joy - Something that made me smile!**

Students and staff were encouraged to let their imagination and creativity flow and the wellbeing committee was very open to their interpretation of the theme.

For two weeks we enjoyed, on the digital screens around the school, pictures of whatever students and staff felt brought a little joy into their lives. It definitely brought joy into our day and it seems pets are one of the quickest ways to get us all smiling!

On the left are some of the entries we displayed on the digital screens during the competition and below and right are the winning photos which were printed on canvas and exhibited in the school. Thank you to everyone who brightened up our days by entering and congratulations to the winners - pictured left to right: Alexandra Brys 6th Yr *Ghost Dog*, Karl Gilmartin 6th Yr *Leaping Dog*, Iakov Lagutin 6th Yr *Rainbow*.



WELLBEING APPEALS



Get a Vaccine - Give a Vaccine

In October, we held a fundraiser in support of UNICEF's Get a Vaccine - Give a Vaccine campaign. The fundraising was facilitated by student volunteers. There was a bucket collection before and after school and at lunchtimes. The school matched the amount collected and we raised **€4441.70** in total. This translated to **888 Vaccines!**



Hope Show Box Appeal

In December, the school once again contributed to the Team Hope Shoe Box Appeal. Students supported the appeal by working on their own or in groups to put together shoe boxes with toys and other important items for children in need. These boxes were gathered in the school and collected by Team Hope just before Christmas. A special thanks to our Home Economics teacher Sandra Cleary who has run the appeal for a number of years.



Pieta House

On Friday, December 17th we had a Christmas Jumper Day in support of Pieta House. Students and staff alike donned their favourite festive gear to support the important work of Pieta House. 'Twas the season to be jolly, and the school was filled with Christmas spirit! The total raised was **€4,170**.



Ukraine Appeal

On Thursday, March 10th, we held a fundraiser to help UNICEF to support those who have been displaced or affected by the conflict in Ukraine. Thanks to the effort of our exceptional student collectors and the support of the whole school community, we collected a total amount including cash and online donations of **€7,312**.



WELLBEING WEEK



January 10th - 15th 2022



In January, we ran our first school-wide Wellbeing Week to help us develop the life skills that will support us all in experiencing positive wellbeing throughout our lives. There was yoga, meditation sessions, movie time, quizzes and nutrition and wellbeing talks.



Throughout the week we ran a positive poetry competition and all entries were shared on the digital screens around the school. Our first Wellbeing Week was a great success, whether you prefer to relax with music, movies or meditation or by flexing your brain at a quiz! - there was something for everyone. On the last day, students and staff came together to promote positivity by wearing yellow clothing and the yellow ribbons made by our 4th year students. The week concluded with a student concert - a special thank you to all the students on the programme below who participated and gave us all a wonderful experience.



THE INSTITUTE OF EDUCATION

WELLBEING WEEK CONCERT PROGRAMME

Keelan Reilly
Andersen Etude No. 3

Joshua Prince & Richelle Ann Yabut
Chasing Cars

Leo Luo
Apologise

Yichang Wang
Mr. Tambourine Man

Junjia Li
Fireworks

Aoife De Sales
Happier

Feminizer (Hope & Jack Casey)
With Respect to Time (Original Composition)

Faye O'Rourke
Runaway

Chloe O'Malley
30/90



The Night Train

there's peace on the night train,
the odd white silence
of the muffled engines
putting ones mind to rest

interrupted only by
the clack clack of the tracks
and intermittent stops
at stations dimly lit

the night train gives solace
to the weary commuter
peacefully, sleepily waiting,
for their destination.

By Ruairí Bray

Congratulations to 6th year student
Ruairí Bray who won our poetry
competition with The Night Train.



Random Acts of Wildness

For two weeks in March we invited students and staff to share images from routes they had taken outdoors, as we all supported and encouraged each other to get some spring air into our lungs!. We all know the benefits of getting outdoors but sometimes it helps to get a little motivation to do what is good for us!

What better way to practice your photography skills than getting out into nature, enjoying some fresh air and exercise in the process. Thanks to everyone who submitted to our Random Acts of Wildness campaign and helped bring some nature into the school.

We loved seeing all your photos on the digital screens. It is great to see staff and students getting out of doors and taking a moment to stop and enjoy their surroundings. Below and right were some of our favourite submissions



MASTER CLASSES AND TUTORIALS



Michael Casey



Breege Henry



Wesley Hammond



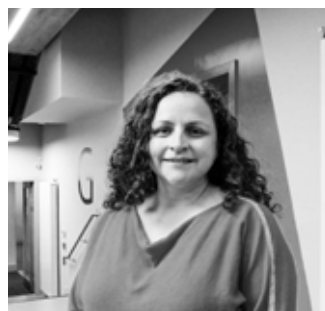
Cian Hogan



Liam Dingle



Aidan Roantree



Louise Boylan



Stephanie Mulligan

Masterclasses

Our masterclasses continued to run online this year and this format has proven very successful. The classes are held outside school hours, so having them online allows students to more easily fit them around their busy schedules so that they can benefit from attending them live. This year we added new subjects and teachers to the Masterclasses timetable covering English (Cian Hogan & Liam Dingle), Biology (Wesley Hammond), Geography (Breege Henry), Irish (Michael Casey) and Maths (Aidan Roantree, Louise Boylan & Stephanie Mulligan). They continue to focus on 6th years and the Leaving Certificate Exams but 5th years were also able to get some Mastery into their timetables by attending Wesley's Biology and Cian's English Masterclasses.



Andrew Kenny



Emma Greal



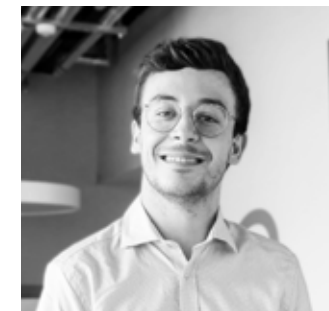
Jean Kelly



Luke Rock



Lesley Aslin



Patrick Fitzsimons



Neil McKnight



Caitriona Hendry

Tutorials

Tutorials are available every week for students looking for extra help or guidance. Tutorials during school hours were in person this year and students were welcome to drop in without an appointment. This year we had an increase of subjects covered and students could attend tutorials and revision in English (Emma Greal), Economics (Neil McKnight), Geography (Lesley Aslin), Irish (Luke Rock), Spanish (Patrick Fitzsimons), Ag. Science (Caitriona Hendry) and Maths (Jean Kelly, Andrew Kenny & Adam Goodwin). Tutorials were a great success this year - they were student lead, with students requesting certain topics to be covered and bringing their homework to the class for individual help.

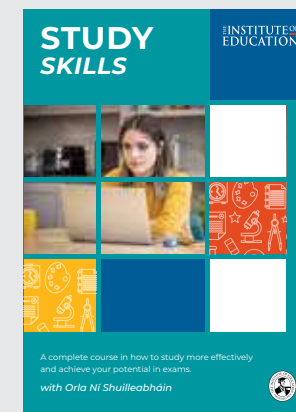


Orla Ní Shúilleabháin

Study Skills with Orla Ní Shúilleabháin

The school year started with a Study Blitz Day in September for 4th and 5th years to give them the necessary tools and skills for study motivation and for making the most of your study time when you do feel motivated to get started! The Study Blitz ran all day to give everyone the chance to attend.

Orla covered important topics such as Classroom Skills, Improving Concentration, Motivating Yourself, Setting Goals, Revision Skills, Taking and Making Notes, Homework Skills, Revision



Techniques, Exam Techniques, Memory Techniques, Reading Skills, and Stress Management. Students were also supplied with a comprehensive Study Skills book (pictured left), worksheets and blank timetables so that they could practice the skills with Orla and then put them into action for real afterwards. Learning how to study is invaluable to students who can be overwhelmed with new subjects and exams and may dive in, not realising there are ways they could save time and energy and learn easier and better!

Orla ran seminars for 6th years, also in September - start the year as you mean to go on! Orla was available to students after the seminar - to offer individual help and to arrange future appointments so that they felt supported and guided in the learning process.

GUIDANCE



Aoife McArdle



Helen Casey



Ingrid O'Connor

A BUSY YEAR - AS ALWAYS!

The Guidance team have had a busy year, as always, between individual student help, talks, seminars, events and weekly webinars. The school year brings many challenges from CAO and UCAS deadlines and choosing the subjects that will help students on their education journey to the smaller details and stresses of the day - the Guidance team are here to support and help the students through all of it. We are available from 9:30am-3:30pm every day by appointment (the appointments are easy to make by signing your name on the sheets on the noticeboard) and every morning from 8:30-9:30am for unscheduled drop-in sessions and we encourage everyone to make the most of this excellent service.

The Institute of Education Wednesday webinar has become a staple in the weekly calendar and a vital part of our students' college research process. Each week we take a different area of study and explore it with contributions from academics, industry professionals and current students. At the request of students, we had more contributions from students this year and we had a few webinars where we explored studying abroad as that has grown in popularity over recent years.

We had webinars on so many popular topics from Media studies to Medicine. We covered all the staples of Law, Science, Business, Social Science, Arts, Medicine, Computer Science, etc: Here are some of the highlights of the webinars this year:

DARE

Aoife and Helen discussed the Higher education access route to education (HEAR) and the disability access route to education (DARE). Our own Helen Casey has been supporting students applying for DARE for many years and explained the process, timelines involved and how students should get started on their applications. There is nothing Helen doesn't know about DARE, so this was a very informative webinar.

CAREERS IN SCIENCE

We have large numbers of students with an interest in science here in The Institute. Students expressed a gap in their knowledge about career opportunities for science graduates. We looked at developments in Science and spoke to Industry professionals about their careers in science, what it's really like to work in a lab (spoiler alert – it's not repetitive and monotonous!) and different opportunities available to science graduates. Marise Grehan from Forensic Science Ireland talked about the fascinating contribution scientists make to crime solving and Fionnuala Walsh talked about her varied career across many scientific strata.

STUDYING IN ULSTER

There are a number of allied healthcare courses at Ulster University that are FREE! That's right, lower entry requirements and free fees. We found out from speaking to Ulster University's Conan Meehan as well as some current



students. From paramedic studies to podiatry, pharmacy to physiotherapy, Ulster has a huge selection of courses.

ARCHITECTURE

In this webinar, we heard from UCD's Laura Walsh as well as current TUDublin student Niall Byrne, who gave us a great insight into studying architecture at TUDublin, as well as what the suitability interview entails and what a successful portfolio looks like.

CULINARY ARTS & HOTEL MANAGEMENT

A first for students from The Institute, we heard all about studying culinary arts and culinary entrepreneurship at TUDublin as well as the fascinating option of combining a hands on training in Hotel management while receiving a business degree from NUIG at Shannon College of Hotel Management.

FINE ART

We have a vibrant thriving art department here at The Institute under the tutelage of our amazing art teacher, Declan. With creativity in demand from employers, it's no surprise that there's an interest in pursuing further studies in art. This week TU Dublin's Ronan McCrea gave us a great insight into the breath of artistic courses at the brand new art facilities at Grangegorman.

APPLYING TO UCAS

For this webinar we were joined by consultant Roxanna Harrap. Roxanna has been helping students to apply to UCAS for more than 30 years so we were delighted to hear her advice for students on what makes a great UCAS application. She gave great insight into writing the personal statement and how best to prepare for the application process.



STUDYING ABROAD

The student's perspective. Increasingly we are seeing students attending university abroad, so there was a lot of interest in this webinar. We were joined by Dr. Richard Tyrrell, a doctor at Beaumont hospital who completed his undergraduate studies at the University of Pavia in Italy. We were also joined by current students, Lorraine who is a 4th year student of veterinary medicine in Warsaw, Ciara who is studying Liberal Arts and Sciences, majoring in Law at Utrecht in the Netherlands, and two students who are studying Medicine in Bydgoszcz, Poland.

SCIENCE AND HEALTH

Dr. Siobhan Daly from TUDublin gave us a wonderful webinar on the suite of science and health courses on offer at TUDublin. We have a lot of students who are interested in pursuing careers in healthcare, but what options are there beyond medicine and nursing. Dr. Daly gave great insight into biomedical science, clinical measurement, diagnostics, pharma, optometry and many more. The Q&A from this webinar was particularly riveting with Dr. Daly giving her predictions for the future of skills shortages in the science arena.

WHAT'S NEXT FOR THE CLASS OF 2022...

The alumni of The Institute of Education possess an impressive record of achievement and the class of 2022 are no exception. More than a hundred students have a conditional offer to study in the UK, many more are planning on studying in central Europe, mainly the Netherlands and Poland, and a few will head across the Atlantic.

On the following four pages, the Guidance team catches up with a snapshot of the class of 2022 to ask about their plans for after the Leaving Cert?.....



Denis Gilevskiy

Denis Gilevskiy will be starting in Harvard in September 2022. Denis has been playing squash since the age of five. In 2017 Denis won the most prestigious squash competition in the world, the British Junior Open at U13, and came 2nd in U15 in 2019 before COVID put a pause on sporting events. Harvard has a 3% acceptance rate so getting a place is a huge testament to Denis's hard work and talent both as a student and as an athlete.

What made you want to apply to Harvard?

I know a few people from squash circles who went to study in America and heard great reports from them about the experience. My brother went to Cornell on a squash scholarship and loved it.

Harvard are the current national squash champions, so it's an amazing opportunity for me to get both excellent squash training and of course the name Harvard speaks for itself in terms of education.

Are you nervous about the standard of education expected?

Yes of course; I'll be surrounded by other students who will have been the smartest in their schools. But Harvard wouldn't have accepted me if they didn't think I was up to standard and I'm looking forward to the challenge.

To what do you owe your success in your application?

I've had amazing help from the squash community, my coaches

and my family. My parents supported me by encouraging me to work hard throughout secondary school which was important because Harvard looked at reports from 3rd year and all my results and reports from the last four years were important.

Moving to The Institute was also a big part of my success. The regular assessment here was very important and helpful. Being in this academic environment surrounded by students who are all working hard and want to do well has really helped, as well as help from the amazing teachers and my guidance counsellor.

What advice would you give to current 4th & 5th years about applying to the US?

Find an interest – show you're well rounded. American colleges are looking at a person who will contribute to their community on many levels, not just sports or academic. Do your best throughout school.

They don't take Leaving Cert grades into account so every single test you do is important. Time management is very important as you need to balance study, sport and other hobbies and interests.

What are you most looking forward to about life in Harvard?

Everything really. I'm looking forward to moving to America and having new challenges and new experiences. I'm looking forward to growing as a student, an athlete and as a person.

What's the dream?

The immediate plan is to make the most of my opportunity to get a good degree and great squash training over the next 4 years. Going pro would certainly be a dream but I also want to make sure I have qualifications and opportunities for when my squash career finishes.



Ewan O'Mahony

Ewan O'Mahony has accepted an offer to study Law at Cambridge University.

What made you choose to apply to study Law at Cambridge?

I applied to Cambridge for two main reasons: the University's collegiate system, and its "supervision" system with respect to teaching. Cambridge is divided into 31 colleges. Students live, work and socialise within their college, and this community feeling really appealed to me.

In Cambridge, teaching is done through a combination of subject lectures and "supervisions", a small group talk between a few students and an academic. This interactive discussion seemed to me an ideal springboard to engage more deeply with Law, and to challenge one's viewpoint on legal issues.

What preparation did you do for your application?

The Cambridge admissions process can be quite rigorous, as it combines the steps required for your general UCAS application, plus extra tests and interviews exclusive to Cambridge. The first step I took was to familiarise myself with the UCAS application process. For Cambridge, I also had to sit an entry test.

For admission to universities in the UK, the focus is very much on demonstrating your genuine interest in the subject you're applying to study. Top universities value 'supercurricular engagement' highly i.e. your research into university-level topics beyond your school curriculum. This shows admissions

officers that you're truly passionate about your chosen topic and are willing to go above and beyond your school studies to find out more about it. I took the approach of centering my Personal Statement around three main areas of the Law that I had researched in my spare time. I discussed interesting case law around these areas that I read about in legal books, and what insights these cases gave me into the study of Law.

Having sat my admissions test and submitted my UCAS application, I was invited to an interview. The interview is a half-an-hour discussion with an academic, during which you will talk about the academic aspects of your application and will be asked questions about your subject to make you think "outside of the box". I really enjoyed the interview – the academics who interviewed me were very friendly, and the topics of discussion were genuinely interesting.

Cambridge has a very low acceptance rate – to what do you owe your success?

I think that thorough preparation helped my application. I researched widely into UK Law, and incorporated aspects of Irish Law into my Personal Statement, to build a coherent narrative of how my extracurricular interest in various legal systems has developed.

In the interview, I attempted to put my thought process into words. Some of the questions can be quite difficult, and the academics by no means expect you to be able to deliver a perfect answer to them. In many cases, they can be theoretical questions to which there is no answer!

It is more important that you show your willingness to face up to the questions posed and demonstrate your genuine engagement with them. Instead of worrying about having a right or wrong answer, I focused on expressing my thoughts.

What are you most looking forward after the Leaving Cert?

I'm really looking forward to life at university. The great advantage of the research I did for the UCAS application process is that it has shown me that I am genuinely interested in Law, and that it's something I will find fascinating to study.



UCAS

As the time for the Leaving Cert draws nearer, I cannot help but think about life after it. One thing that I'm extremely excited for after the Leaving Cert is the ability to be fully present and enjoy good moments. One thing about Leaving Cert preparation is that as students we tend to find it hard to relax and take time to do something we enjoy without the nagging voice in our head telling us 'You should be studying!' So, I would say I'm SUPER excited for that voice to go mute!

Chloe Frederick-Eze

Chloe Frederick-eze will study Marine Engineering in the UK next year.

My main motivation for applying to study Marine Engineering in the UK was, due to the unique nature of my course, only one school in Ireland offered it. This was a major limiting factor to me, so I saw fit to look to the UK and hope that it gave me a broader axis, and to my luck it did. I started to mentally prepare myself for the UCAS application journey, as I knew it was not going to be easy.

My UCAS application was a rollercoaster to say the least, but finishing it was an accomplishment that I will remember forever. I have received multiple offers. I owe all my success first to God, for giving me the strength to complete it, my father, for putting up with my multiple draft reads (sorry Dad) and finally the guidance counsellors of The Institute, particularly Ingrid and Aoife, for being so supportive, real, and helpful. I do not know how I would have done it all alone!

For any 4th or 5th year students that may be reading this, if I could give you one piece of advice about your UCAS application, it would be to start now! 6th year is incredibly stressful as it is, so if it is possible to do something that can make the application process more bearable, why not?



Zainb Daoud

Zainb Doud has been offered a place to study pharmacy in Robert Gordon University in Aberdeen.

What made you want to apply to study pharmacy?

I like sciences so I knew I would like to do a course with a chemistry basis and I was keen to study abroad. I considered dentistry at first but on reflection decided on pharmacy.

What preparation did you do for your application?

The first thing I did was get some experience. I spent two weeks in my local pharmacy, learning as much as I could about the job of a pharmacist. I worked hard on my personal statement. I thought about what would make a good pharmacist and made sure to include information on those qualities. I did a few drafts

and got lots of feedback from my guidance counsellor Aoife, who was very helpful.

To what do you owe your success in your application?

It was a team effort. My family were very encouraging. The application is a big undertaking so having the right support is invaluable. As well as my family, my teachers, my friends and my guidance counsellor all played a part.

What advice would you give to current 4th & 5th years applying to UCAS

Start early. It's not possible to do a good job if you leave everything until the last minute. Do your research. Work hard on your personal statement, it's a hard ask to get everything into 47 lines of text so it requires lots of drafts. Having work experience, volunteering etc. is all important.

What are you most looking forward after the Leaving Cert?

I'm looking forward to living independently and the lessons that will bring. I'm looking forward to meeting new people and new cultures.



UCAT

Sami Khan

Sami Khan came to the Institute in 5th year and has been offered a place studying medicine in Plymouth University. He scored in the 90th percentile in the UCAT.

How did you prepare for the UCAT?

I subscribed for Medify in the summer of 5th year. I practiced a lot and did a lot of drills during the whole month of August. I sat the UCAT in the first weekend in September so it didn't interfere with getting a good start in 6th year.

Why did you choose Plymouth?

My brother is studying medicine in Plymouth and loves it, so it was on my radar. I wanted to expand my range of possibilities to study medicine so I applied for Exeter, Newcastle, Kings and Plymouth.

What advice would you give to current 4th & 5th years?

Well obviously the first hurdle is the UCAT so make sure to prepare well for that. Sit the UCAT as early as possible. The start of 6th year is so busy and important; if you have the UCAT on top, it could be very detrimental to your studies and the rest of the things you have to do.

As well as having a good UCAT score, I'd say make sure to have a well-rounded application. Work experience is so important both for the personal statement and interview. I did experience in a GP's clinic for a few weeks in 4th year, so I had learned a lot about what it entails to be a healthcare professional.

What's the dream?

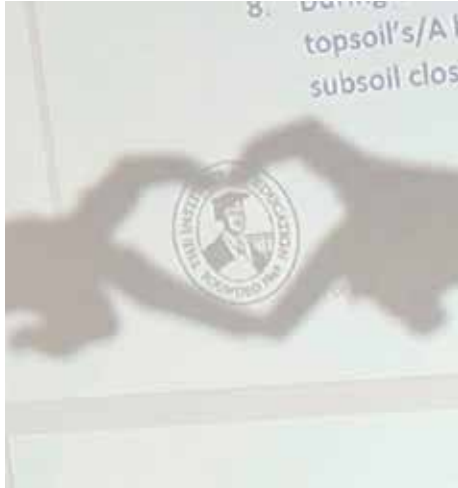
I'm open to what specialism I take on after I graduate but right now I'm very interested in becoming a GP or a Psychiatrist. I like how broad a GP's medical knowledge is and I also find the whole area of mental health is very interesting. I'm looking forward to a rewarding medical career.



AROUND THE SCHOOL



Thank you to everyone who sent in pictures for this section - it is great to see you and your friends celebrating birthdays together, enjoying the park at lunch and lavishing Bodhi with attention!



AROUND THE SCHOOL



AROUND THE SCHOOL



AROUND THE SCHOOL





My Titanic

Two days in, all looks grand.
Icebergs are nothing, while I'm
retouching.
Then of course my ship has holes.
At 12:18, last word gets out.
No more moonlight, no more sight, as

I sink with my thousand things, and I
Cry myself to sleep, on a Monday morn.

- Michelle Jiaqi Yang

“Untitled”

It's there in the wind,
Wafting through the trees and hedges,
The undeniable smell of
Those spicy wedges.

The business teacher is rattling on
About needs versus wants
“Sir, can I go to the bathroom?”
I'm actually running to buy a croissant.

I miss getting a latte in the winter.
Without having to get drenched in the
rain.
Now I have to carry around umbrellas.
If I've any chance of getting caffeine.

Oh Lord, Good Lord,
And The Gracious Mary,
Why oh why
Did you get rid of the H-Block Gerry's?

- Katie Curran

Behind the Mask

Behind the mask we said hello,
Behind the mask we got to know

Folks from every corner,
A searcher, a learner and
A mourner.

Behind the mask,
Though constricted,
To the cover and shelter,
we became addicted.

In a time, when in large,
Of what was happening,
We were not in charge.

Behind the mask we are no more.
Instead, we now look to the fore.

To a future with all things new,
Places, people
A fresh canvas to create you.

Behind the mask we learned much,
But better things are to the touch.

- Aisling Murphy 6th Year

Cold and colder days

Are slowly thawed and softened
Better days will come

- Sarah Hannigan 6th Year

Something little

Something little followed me,
On my way, up the hill,
I cannot see its shadow
Trailing slow, by my will

Its footsteps light, like robins
Chirping light, in the morning sun,
I can hear heavy breaths
As my heart became undone

Then - I felt a drop on my head
I touched – a raindrop from above,
I looked up to see a blue varnished sky
And a little cloud - a little white dove

I cannot help
But watch in awe –
At this little something –
Something so raw

- Leah Wu 6th Year

“Untitled”

Oh, she is so beautiful
Her elegant prose
For no poet could speak
As definite as I know

What nothings I could say
What untimely life I could lead
What dreams I could fathom
What effects I could see
I saw visions without need

- Jack Casey 5th Year

Earth moon

I have been the light lovers danced under
I have been the light enemies fought under
I have been the light lovers turn to strangers under
I have been the light where people souls left the earth too
soon under

I have witnessed heartaches
I have witnessed laughter
I have witnessed pain
I have witnessed love

Yet still I am the only beaming light in the dark sky.
I shine my bright fluorescent light,
despite everything I have witnessed.

Be an earth moon.
Shine through the darkness.
Be the light in your own life.
And through losses and wins,
Just keep shining.

- Caoimhe White 5th Year

“Untitled”

reading a novel in a coffee shops light
heading to the beach when it's sunny and bright
catching up with friends or thrifting for clothes
or watching the river while it dances as it flows

our different comforts are what set us apart
things that make us smile or laugh from the heart
jogging through fields or jumping on hay
whatever can help us get through the tough days

it's important we do what makes us feel glad
especially after the tough years that we've had
whether it be swimming in the ocean
or watching from the dock
whatever makes us happy
whatever stops the clock

- Realtin Mahony 5th Year

Madness

My friend, will you look into their fiendish eyes
staring viciously at all but themselves; seeing not
their true self in the viper's venomous bosom, yet
in their miserable mind they rise above the Everest
of virtue. What miserable creature, with their spirits
corrupted and souls orchestrated, that they believe
they may be some utterly different species
in a twisted life reside?

O, do not stand bewildered with paralysation:
this opium of the mind stray'd many saplings, withering them
not by its toxicity, but with its sweetness in 'rebellion'
against their unchangeable natures. And those preachers,
druids infected with denaturing disorders, preach
with their iridescent wands in dominating indoctrination
like modern enshrinement of demagogical chameleons,
their evil camouflaged in such iridescence.

Hold onto our origin, dear friend, though they say it is nought
In this era where men devastate to defy their bestiality;
Still, from beasts we come, and deep in us primitivity's sought
forever, in the song of nature—her unchanging tranquillity.

- Yichen Wang 6th Year

Like the Waves

Emotions are like the ocean's waves, they come and go.
Sometimes the waves are calm, but sometimes rough.
Sometimes the waves are beautiful, but sometimes tragic.

The waves during the storm- are dark, painful and brutal.
The waves after the storm- are bright, airy and calm.

Beneath the waves there is one thing- which always remains.
Beauty beneath the scars and life beneath the feel of death.

So, when you are in a storm, and your waves are crashing
down.
Always remember, there is calm after the storm

- Caoimhe White 5th Year



Do you have a personal motto or piece of advice you live by?

Clodagh Havel (English) I was born to run.....

Declan Kelly (Art) Say what you do, do what you say!

Catriona Hendry (Ag. Science) Don't put off until tomorrow something that can be done today

Michael Casey (Irish) Ancient Irish Proverb: "I'd rather be dry, but at least I'm alive". Lots to learn from our Seanfhocail

Andy Quinn (Maths) The biggest risk you can take is to not take any risks.

Lesly Aslin (Geography) Regret the things you haven't done, not the things you have done.

Robert Kiernan (DCG) Work expands to fill the available time.

Chloe Griffin (Biology & Chemistry) Take life light-heartedly but don't take life lightly.

Arthur Russell (Accounting, Economics & Marathons) Do not go gentle into that good night!

What is your favourite part of the course and why?

Clodagh Poetry. Even though I know the poems well - I love when students' shine a new light or a new perspective on a poem I thought I knew inside out. The power of individual perception.

Declan My favourite part of the Art course is when students start to find artists that intrigue them and then combine these artists into a cauldrons brew, stirring it up and filtering it through themselves. It is always so exciting to see what the students/artists make!

Catriona The heart dissection is my favourite experiment. Evolution is fascinating and the heart is a triumph of form and function.

Michael Cáca Milis. A wonderful short film in which the hero, Catherine, teaches us a quick life lesson in cause and effect.

Andy Statistics. Improves our knowledge on health and also sports performance (nutrition/training methods etc.).

Lesley Population dynamics because it gives an interesting incite into society, culture and development levels around the world.

Robert DCG Project - Seeing the kids realize how much talent they never knew they had.

Tadgh McHugh (Classics) Personally, I love teaching the architecture elements of the Classica studies course. I find what the ancient Greek and Romans were able to achieve fascinating.

Chloe Chemistry course - volumetric analysis is one of my favourite parts of the course as a question comes up every year on Titrations in the exam paper. Once you understand the logic and the calculations you will be able to answer any titration question well.

Arthur Comparative accounts – give you good insight into the stock markets.

If you could teach any other subject, what would it be?

Clodagh Politics and Society - I am a political animal!

Declan There are other subjects?!? why? :) (oh yes, someone has to pay for the art!)

Catriona A language. I can't speak any well enough to teach, but I would love to be able to.

Michael Choreography and Lyrics from 90s music [editorial interjection - We have combed through all of the Department of Education's circulars, briefings, bins etc. and could not find a reference to this subject. Michael must have access to some classified education dossiers]

Andy Physical Education

Lesley Classical Studies

Robert Art

Tadgh I would love to teach English

Chloe English

Arthur Italian

If you could give any non-Leaving Cert. advice to the students, what would it be?

Clodagh appreciate those you love - and tell them.

Declan Do not worry so much about what other people think about you, the truth is, they are so focused on themselves that they are certainly not worrying about what you are up to. So go and enjoy yourself, express yourself and live a little!

Catriona Don't be too hard on yourself, there are plenty of

other people who will do that for you.

Michael Live in Wexford, life is better.

Andy Be yourself, care less about what other people think.

Lesley Travel - see as much of the world as you can!

Robert Work hard play hard. Earn your time off and spend it guilt free with no loose ends.

Tadgh Learn to budget. Put a third of your pay-check aside into savings each month and you will never go too far wrong.

Chloe Read as many books as you can, laugh as much as possible with friends, go outside to get fresh air at every opportunity, always save for a rainy day, try and be a nice/positive person to be around, work hard and remember you can make yourself miserable or happy - the amount of work to achieve either is the same.

Arthur Smile and the world smiles with you, weep and you weep alone.

Objectively, which is the best biscuit?

Clodagh KitKat. It is a biscuit AND a bar.

Declan Wars have been fought over less than this, the only question more dangerous would be involving cake, thankfully you have not asked that! The best biscuit is... Tunnocks Teacake! I know it will cause debate and controversy but no other biscuit holds a candle to the magical delights of those biscuit based fluffy mallow centres within a thin crisp layer of chocolate!

Catriona Chocolate hobnob. The oat biscuit is the most delicious, and there is chocolate too so an extra win. Bonus if dunked in black coffee.

Michael Unapologetically, the Danish biscuit. Everything else is inferior. Is it me? Am I the drama? I don't think I'm the drama. Maybe I am. Am I the Villain? I don't think I'm the villain.

Andy Double sided Jaffa Cakes (no longer produced). Special mention to plain digestive biscuits as the best for dunking in tea. [editor interjection – Ok, so we counted KitKats and Teacakes but Jaffa Cakes are not biscuits, no matter how incredible the double sided variety sounds. This was settled in the 1991 Customs and Excise case in the UK where the Jaffa Cake's own manufacturer argued they were a cake and won. We would have redacted the Jaffa Cake answer but it distracts from the madness of

choosing a plain digestive as the best biscuit...]

Lesley Fox's Milk Chocolate Rounds - crunchy biscuit with a very generous covering of chocolate, what's not to love?

Tadgh Custard cream.....perfect combination of contrasting textures.

Robert Tough decision - cookies, chocolate hobnobs or even the humble digestive - why limit yourself to just one type of biscuit?!

Chloe Caramel digestives. Crunchy and chewy and covered in chocolate, the best of both worlds!

Arthur Flapjacks. [editorial injection - Again, not a biscuit but we let this stand. Mainly because Arthur requested that instead of discussing biscuits, we discuss Guinness, Marathons and his sentiments towards other teachers. Rather than venture into such waters, 'flapjacks' was accepted and the interview concluded.]



GUESS WHO?

Teachers & Staff



Answers at the back!

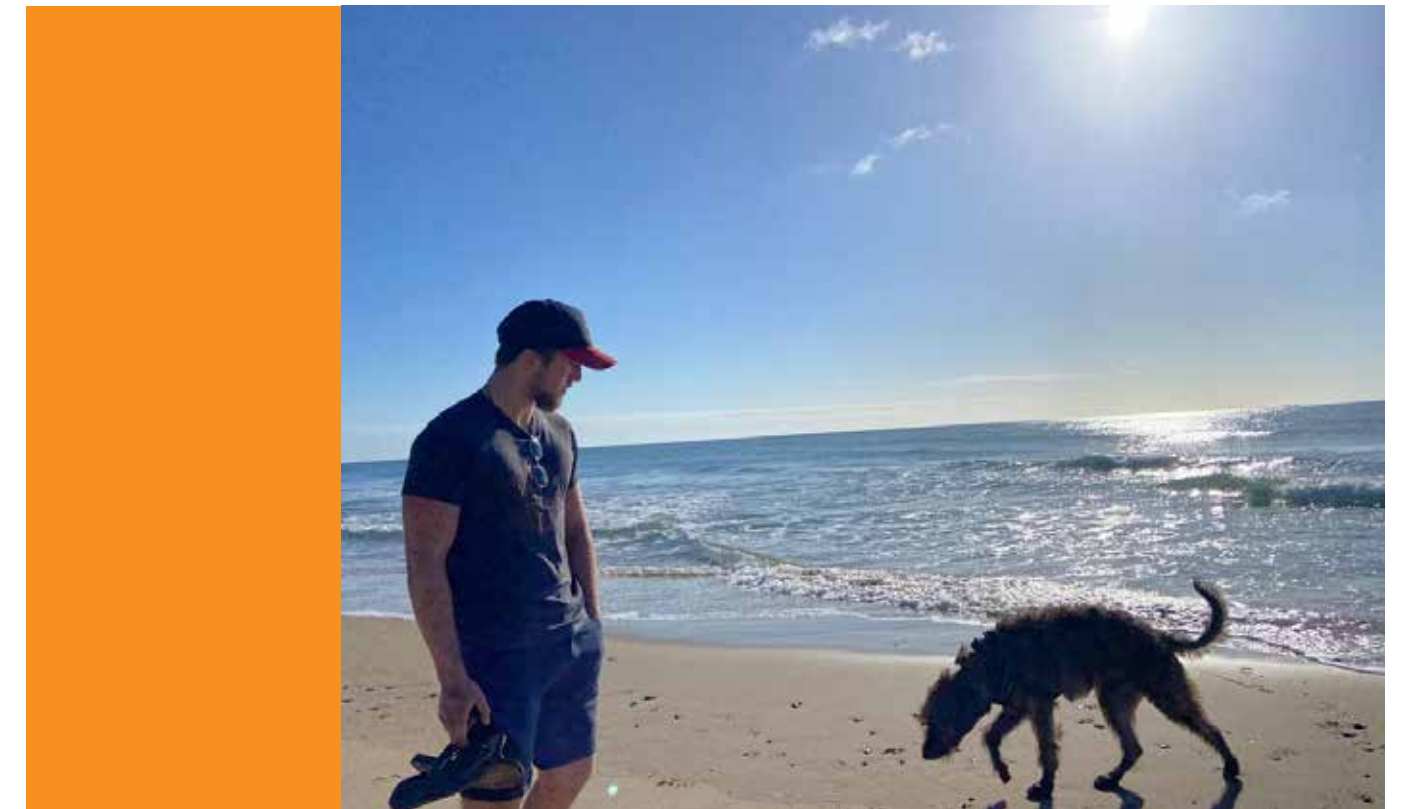


GRADUATING CLASS of 2022





MY SCHOOL EXPERIENCE



Henry Wilkinson 6th year

My school experience was never without hardship. It was the furthest thing from a smooth ride. Now, looking back at the end of this long road, I can see this was due to school being something I had to force myself to do. However, this changed when I joined The Institute.

I was able to rely on and entrust my education to people that would help nurture it into something great while giving me the space and time to look ahead. This experience has taught me a lot, most notably, that if you want to achieve something great then surround yourself with great people. That is what I found in The Institute. I found people that are willing to help, people that want to see me at my best and people that were always on my side, no matter how dark it got. For this I am forever grateful.

Even though my secondary school education to me was just a box that needed ticking, like with most school related things, it brought about unnecessary yet overwhelming stress and anxiety. I have been to 9 schools in 3 different countries over my

12 years of schooling and these negative emotions only faded once I found comfort in the support of this school.

Honestly, there is not much to tell about my "School Experience", as it was not an experience of school but more, I learned about people, life and most importantly the question of who I am by looking beyond the classroom. This is why I am so grateful to The Institute. By removing any worries and stress, they enabled me to take more time and head space to think about life instead of dreaded exams. After hearing of the unconventional path I had chosen the teachers and staff at this school were more supportive than ever and helped me realise my dreams.

Now, only weeks away from sitting the final exams, I have no worries about my future or outcomes. I am, however, overwhelmed by feelings of joy and gratitude towards the people that helped me gain a clearer vision on my life and its future. I cannot stress enough how monumental the role the people of this school played in me realising my own truth and reality. For all the resisting and protesting against my schooling, I am so grateful for the journey and the place it led me to and now I can go in peace. May this testimony be proof of the truly magical atmosphere this school holds.

MY SCHOOL EXPERIENCE

Moving to a new country ✈️



Shauna Anushya 5th Year

Moving to a completely new country to study a whole different system and curriculum definitely means that it will take time for one to adjust. What helps is to have someone walking you through it, which takes a load off your mind instantly. A friendly face always assures you that you're not in this alone. At first, I was nervous about joining because it felt like a new world, not just a new country, but everyone at school is incredibly friendly and I'd say that everyone has the same mindset as me. Being friends with individuals who have the same goals in mind is wholesome!

Compared to my school back in Singapore, the curriculum is really different, but the teachers are always here to make sure

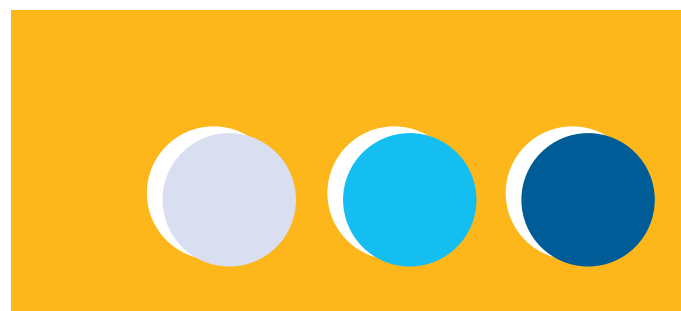
that you understand what they are teaching and will never abandon you to your curiosity. You can always ask questions and the teachers are always dedicated and available to answer them.

There are many assessments and tests, which does sound unpleasant, but it has helped me greatly in terms of my mentality. I no longer have the stress that I used to have before my tests or examinations and can focus more on answering the questions rather than worrying about whether I will do well or not.

We have study periods allocated in our timetable which is beneficial because we can get our study done during school hours before we head home to relax our minds for the rest of the day.

The Institute is huge but the learning environment is really relaxed and comfortable for focusing in class. As part of my day to day life at school, I see my friends, get to class and I never dread it because I love the subjects I am learning and the teachers that I chose.

Overall, I am glad that I chose the 2 year instead of the 1 year program because I needed time to get used to the new curriculum. The system is very different to Singapore and I wanted to do well. Now, I am more relaxed and can take the time to understand and make mistakes as I work towards my goal of studying medicine after the Leaving Certificate in 2023.



Jionglin Li 5th Year

At first, coming to Ireland was incredibly terrifying for me. I came by myself and I felt anxious and alone. For me it was a completely new experience, continuously learning about new cultures and meeting new people around the world. I had to adapt to a new and different education system in Ireland which was very different to the education system I was used to back in China.

One of the things I found most interesting about the education system here in Ireland, was the fact that you get to choose many subjects to your liking. The people here are all very friendly and helpful and they helped me to assimilate into my current circle of people. I met a lot of people with many different personalities and interesting backgrounds, and learned about their cultures. Now I have amazing friends - this gives me the feeling that I have a place here.

Irish culture is very new and vibrant for me. The people here are very friendly and enthusiastic, even a 'hello' from a stranger in the morning took me by surprise at first!

I went to see many museums and tourist destinations in Dublin and I liked every part of it! All in all, I feel extremely welcomed here and that came with the help of many people around me!

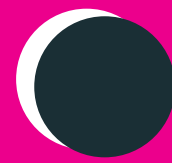


Kessiena Unuakpor 6th Year

I think it is safe to say that the last 3 years of the pandemic have been difficult for everyone. I moved from Nigeria to Ireland last year. A big part of me expected it to be as difficult as the years prior, if not more difficult. Fortunately, that big part of me was disappointed. Moving to a foreign country, alone, to a whole other continent at 17 sounds scary. It is, but only at first. In my case, I was too excited to be scared. I see life as an adventure and moving to a new country was just one of my many quests.

The journey to Ireland was one of the difficult parts. The airport drama, but let's not talk about that. The main thing is I am here now. When my last flight hovered over the Emerald Isle, something got in my eye, so it got watery. Just from that first glance I took of Ireland, I saw its overwhelming beauty. When I got down from the plane in that "warm" August, I was physically shaking. Shaking from the excitement but also because it was literally so cold. I should have worn my jacket, but I really wanted to show off my outfit. One thing I always say is "style over comfort". The months that followed were no different, Ireland is a cold place, but my body adapted so I'm good now.

Making friends was not a problem. I'm not saying that to sound cocky, the people are just really friendly here, especially at The Institute. Even the teachers are easy to converse with and that just makes the whole learning process so much easier. I am confident that moving to Ireland was a good decision. I think the outcome is going to be better than I expect it to be. The outcome being my Leaving Certificate results. With the support from the staff at The Institute, my teachers, friends and of course my parents and other family members cheering me on back home, I think everything is going to work out great.



Patricia Shevel-Bleikss

Leaving Certificate 2021

Leaving Certificate Exam timetables have been announced! I remember this nerve-racking time when every student was trying to make the most of exam preparation for the last few months left before it all began. There are few useful habits I developed that helped me to cope with the work/study load as well as with pre-exam stress and anxiety:

- **Daily to-do list is essential:** Set a list with tasks in order of priority and start the day off with the most important task. When you don't tick everything off, just rearrange your next-day plan accordingly.
- **Avoid "swinging":** it's when you do too much on one day and nothing or too little another day. Consistency and discipline are your best friends during exam preparation.
- **One page summary sheets:** Before an exam create a summary sheet: 1-2 pages with the most important information - vocab, keywords, formulas, plans, structure of an essay etc.. Before a test this really helps you stay focused and save time.
- **Use Social Media in a helpful, not distracting way:** Following study youtubers and instagrammers helps you understand that many people are working hard and that you are not alone in the Leaving Cert exam grind, plus you might gain some helpful study tips
- **Work-Rest Balance:** Continue with your hobbies and/or

activities such as sport, music etc. it is vital you continue doing what you enjoy, it helps you relax and recharge.

For Quantitative Subjects:

- Do as many practice questions as possible: Go through questions in The Institute notes and Studyclix. It's time consuming but helps see similarity across questions. Highlight difficult questions and revise them later.

For Qualitative Subjects:

- Write as many essays as possible: Read through the sample essays in The Institute notes and bring the best points from them into your answer.
- Quotes list for English and History: Organise them with subheadings i.e. by theme, this makes it easier to add into your essays.

For Language Subjects:

- Practise oral speaking as much as possible: Write sample answers, keep them well planned and structured, in principle the process is similar to essay planning.

At the exam, block out any fears, distractions and sounds. Do not hold back and lay out on the paper all that you have learned, all that you are capable of and all that you have been working so hard for.

Great advice from Patricia above, below is an excerpt from an article in the Irish Times last year. Patricia was interviewed by the paper as she was one of only two students in the country to achieve 9 H1'S!

Patricia Shevel-Bleikss (16) from Artane in Dublin said she could not believe her eyes when she checked her results online on Friday morning to find she secured nine H1 grades. "I didn't believe it at first, so I logged in about three times to make sure it wasn't a glitch. I expected high results – but not nine H1s," she said.....The 16-year-old – who turns 17 next week – is a student at The Institute of Education in Dublin and plans to go to University College London to study for a finance, economics and statistics degree.....She felt it was important to keep up her hobbies, throughout her studies. "You need a balance and a bit of fun, so I hung out with my friends on Fridays after school and had violin lessons. I play with the intermediate orchestra at the Royal Academy of Music, which is a nice social outlet."



WHERE ARE THEY NOW?

Nancy Anih

Leaving Certificate 2021

Just over a year ago, I left my home country, Nigeria to go to Ireland in pursuit of my passion for medicine. This was the first time I was traveling by myself and certainly the farthest I had been from my family. Like every new beginning, I didn't know what to expect. I convinced myself I was simply taking the Irish version of the WAEC examination I had previously sat and with this very false outlook, I took my first Chemistry quiz at The Institute of Education - and I failed.

The Irish Leaving Certificate Examination focuses on details and accuracy. It requires an extreme understanding of the topics and precise answers to questions which can be familiarised simply by listening to the teachers. My Chemistry teacher would repeat a phrase multiple times in the classroom and my physics teacher would make a joke about any new concept we learnt. It took performing poorly in a few more class tests, keeping an open mind and having faith before I realised why they did what they did.

One of the most incredible things about The Institute of Education is the amount of patience and support offered to students. They provided us with recorded lectures allowing us to revisit our lectures, detailed notes so we had little or no need for textbooks and past question papers which served as a window to the Irish Leaving Certificate. While WAEC mainly focuses on how much you know, the Irish Leaving Certificate concentrates on how well you know what you know.

Most nights after the night study session at The Institute, I would go home extremely tired and hungry. The host family I was living with at the time would have my dinner all laid out for me. This warm gesture is merely a glimpse of how kind and



welcoming Irish people can be. After a few months, I went on to live independently in student accommodation. What seemed like a scary idea turned out to be a great one. I always felt safe and happy. I got to explore the city and made new friends who became my family. Overall, the transition from Nigeria to Ireland was quite difficult especially having moved in the middle of a pandemic. Nonetheless, I could always rely on the international department at The Institute of Education. A staff member ensured I was living happily and comfortably, she saw to the tedious Visa application process and walked me through the medical school application process.

I used to be horrified at the thought of exchanging small talk with strangers and after applying to medical schools; I was offered interviews from two prestigious universities. I was frightened. Again, The Institute of Education came to aid. I availed myself of the mock interviews and showed up for the interviews prepared.

After much advice from the counsellors and international department, I chose to study medicine at the Royal College of Surgeons. My one advice to international students is to keep an open mind.

AS ONE CHAPTER CLOSES....



“Think where man’s glory most begins and ends, and say my glory was I had such friends”

– *William Butler Yeats*

AS ONE CHAPTER CLOSES....



“Great is the art of beginning, but greater is the art of ending” –

Henry Wadsworth Longfellow

Guess Who Answers:

Page 92 - Left to right from top: Susan Cashel, Patrick Fitzsimons, Tadgh MacHugh, Úna Kearns, Corinne Gavenda, Chloe Griffin, Clare Grealy, Enda Dowd, Louise Boylan, Luke Rock.

Page 93 - Left to right from top: Lesley Aslin, Andy Quinn, Derick Clarke, Angie Crowe, Erika Capello, Pat Doyle, Carole Oiknine, Clodagh Havel, Tara Lyons, Aidan Roantree, Yvonne O'Toole, Jean Kelly, Begona De La Fuente, Keith Hannigan.

DESIDERATA

Go placidly amid the noise and the haste,

and remember what peace there may be in silence.

As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly;

and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit.

If you compare yourself with others, you may become vain or bitter,

for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career,

however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery.

But let this not blind you to what virtue there is; many persons strive for high ideals,

and everywhere life is full of heroism.

Be yourself. Especially do not feign affection.

Neither be cynical about love,

for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune.

But do not distress yourself with dark imaginings.

Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive Him to be.

And whatever your labours and aspirations,

in the noisy confusion of life, keep peace in your soul.

With all its sham, drudgery, and broken dreams, it is still a beautiful world.

Be cheerful. Strive to be happy.

- Max Ehrmann



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