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WELCOME 4TH YEARS

We are delighted to welcome 4th year students to the school this week. We have an exciting year planned full of outings and personal development opportunities and we encourage you all to make the most of all the opportunities on offer.

This Friday we will head to Causey Farm for our first group outing of the year. This outing is jam packed full of farming fun and is a great opportunity to make friends as it turns out there is no better way to bond than getting stuck in the bog together! We remind all 4th year students attending the trip to be in room 1-1 at 8:30 on Friday morning.

The 4th year team (Hugh Brett, Luke Rock, Ryan Bolton, Angie Crowe & David Connolly) will all be available this week and throughout the year to help you find your way around and answer any questions you have. If you have any questions as you settle into your new school over the next few weeks, please don't hesitate to drop up to the first floor office, talk to myself, or contact the team at 4thyear@instituteofeducation.ie

Have a great week, *Luke* 4th Year Tutor

LET THE CLUBS BEGIN!

Last week, as 5th & 6th years wove through the warren of corridors and stairs to find their classes, they brought the school to life. The halls that were once silent in anticipation thrummed with first introductions and joyous reunions. This week we welcome 4th years and welcome the next phase of your school life that is available - the extracurriculars!

This week the lunchtime and after-school extracurriculars clubs begin and there are more of them than ever before! These are free for any student to join and sitting in on one session does not commit you to the whole year. Sample anything that catches your eye or imagination. Love film? Meet fellow cinephiles over lunch with Film Club or learn to analyze the techniques of the silver screen in Film Studies. Do you have a competitive streak? Out-think your opponent in Bridge or Tabletop Gaming or best them with nimble manoeuvres in Table Tennis. Maybe you want to indulge a passion for creativity and culture? We have Creative Writing, Music Appreciation and Photography Appreciation. These are just a few examples of what is on offer and you should pick whatever kindles a spark of excitement in you.

The after-school clubs are available to all years, while the lunchtime clubs are limited by your timetable. If you are in 6th Year and wish to hone your language skills in a relaxed and informal environment the lunch clubs are perfect for you and will have you feeling more assured for Orals later in the year.

The full time-table is on your monthly calendar which has been given to you in your Orientation Pack, it is on the noticeboards throughout the school and it was also emailed to you and put on the iSams portal - we have covered all angles of communication! More activities will be introduced throughout the year so keep an eye on the monthly calendar. We look forward to meeting you all!



🔁 GUIDANCE



HI STUDENTS,

We hope you're settling in well and are enjoying the new school year so far. We are really enjoying meeting you all. Don't forget that whatever year group you are in or whatever you need help with, you can sign up for an appointment with Aoife or Helen. No query or question is too big or too small; we will always do our very best to help.

HOW TO MAKE A GUIDANCE Appointment



Here at The Institute you are welcome to make as many guidance appointments as you wish. You shouldn't miss class to attend a guidance appointment so please make an appointment for when you have study, lunch etc. There are sign up sheets on the guidance noticeboard outside office 2-6A for Helen and 1.6A for Aoife.

We also have a drop in clinic every morning from 8.30-9.30 for quick appointments with no appointment necessary. If for any reason you can't make an appointment, please don't forget to cancel by either crossing your name off or emailing your guidance counsellor. Thank you.

WEEKLY WEBINARS



The Guidance Department run weekly webinars every Wednesday at 4pm. These will be starting next week on the 14th with a talk on UCAS applications concentrating on Medicine. If there is any topic you would like to hear more about this year, please let us know in the Guidance Department.

Have a great week,

Aoife & Helen



UCAS TALK

This week we have a UCAS talk for 6th years. It will be held in room 2-3, on Wednesday at 12:30pm. Feel free to bring your lunch.

All 6th years applying to UCAS please make sure to attend the meeting. All of you who are applying to Oxford & Cambridge, as well as Medicine, Veterinary and Dentistry all over the UK should have their UCAS applications well under way to make the October 15th deadline.

There is lots of important information on the guidance noticeboards. Most urgently, the information and links for applying for aptitude tests is on the board so please make sure to check that out. Registration opened during the summer and as places are limited, we urge you to register as soon as possible.





This Tuesday, Sept 6th, we have a Masterclass in Maths with Louise Boylan. **It is for 6th years** and will be live online at 6:30. Topic: Algebra - Basic skills (manipulation of formula, factoring, solving equations)



This Thursday, Sept 8th, we have a Masterclass in Biology with Wesley Hammond. It is for 5th and 6th years and will be live online at 6pm.