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This Wednesday, September 21st, the first of five wellbeing talks for 6th years will kick off. These talks will take place in room 2-3 at 12:30.

The theme of this week's talk is *Back to School Stress Management & Developing Resilience*. All talks in this series will be delivered by psychotherapist Arnaud Bongrand, with the goal of giving you the skills needed to maintain positive wellbeing through all the challenges 6th year students will face.

Come along on Wednesday to room 2-3, have lunch and relax while gaining important life skills for wellbeing.



Reminder: There are UCAS tutorials for 6th years, every Monday, at lunchtime in the project room for all of this term. Please bring your laptop - and feel free to bring your lunch.



NEW CLUBS & GROUPS!



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Do you like discussing interesting books with interesting people? Join our new Institute book club. We will announce a book and then a month later the group meets to discuss the themes, characters and most gripping moments. The next meeting is Thursday October 20th, 3.30 in the 2nd Floor Project Room. The book is "Midnight Library" by Matt Haig.



Do you want to discuss contemporary topics with your peers in a polite, non-competitive environment? The Civil Discourse Club seeks to provide a welcoming forum where students can provide a variety of nuanced perspectives and gain deeper insights in a setting devoid of "point scoring". The first topic for discussion is AI art. It starts next week on the 28th of Sept – and is on every week, Wed 11.30, Room LG-2.



6TH YEARS D&D

Do you have opinions about hobgoblins and the worrying rise in Owlbear numbers but can't make it to the 11.30 lunch clubs because you're in 6th Year? Meet fellow adventurers in LG-2 this Thursday the 22nd at 12.30. N.B. This is not a weekly event - This is a chance to meet people with similar interests to organise games at different times. There will not be the full set of dice and campaign books in the room.

FUTURE MED STUDENTS

Are you hoping to study medicine at third-level? Have you been looking to talk with equally motivated students to share insights and offer study support to each other? It starts this week, Thursday the 22nd and is on every week - Thursdays, 11.30 & 12.30, R3-8.



HELLO STUDENTS,

Hope you've acclimatised to the new school year; if we can help you with anything don't hesitate to come to see us. A reminder to please make a note of the day and time when you make a guidance appointment and don't forget to cancel if you can't make it. Remember that we also have a drop in clinic every morning between 8.30 and 9.30 with no appointment necessary.

HPAT

The HPAT course for 6th years will start this Friday, 23rd of September. Sign up with Margaret in the school office.

WEEKLY WEBINARS



HPAT

Thanks to all who came to our very informative webinar on UCAS on Wednesday. It was great to hear all about the process of applying to study medicine in the UK and especially to hear recent past pupil Sreehari Pillai give his account of how he was successful in his application. We wish Sreehari every success with his studies as he embarks on studying medicine in UCL next week. For anyone who missed it, please make sure to look at the recording on Moodle. Any 4th or 5th years who are thinking about applying to UCAS in 6th year, now is the time to get informed – it's a very lengthy application process. Successful applicants start the process at least a year in advance of deadline. This week's webinar will look at the HPAT and the ins and outs of studying medicine in Ireland.

UCAS

UCAS

Please note that the deadline for applying for admissions tests is this week. Please update your UCAS application with the correct deadline (Oct/Jan) and your group (referee). Remember that there are UCAS tutorials every Monday this term in the project room at the back of room 2-8 – bring your device.

Have a great week, Aoife & Helen



> MASTERCLASSES



This Monday, Sept 19th, we have a Masterclass in English with Clodagh H. **It is for 5th & 6th years** and will be live online at 7:00.





a Masterclass in Maths with Louise Boylan. **It is for 6th years** and will be live online at 6:30. Topic: Indices & Logs.

This Tuesday, Sept 20th, we have

This Thursday, Sept 22nd, we have a Masterclass in Biology with Wesley Hammond. It is for 5th and 6th years and will be live online at 6:00.

THE ECONOMISTS' CORNER

by Junjia Li, 6th Year

A SILVER LINING

Russia's invasion of Ukraine has hugely impacted the trajectory of global economic growth. The global economy is forecast to shrink by 4.1% this year, compared with the pre-war forecast of 3% growth. Both countries are major exporters of agricultural products and natural gas. Due to economic sanctions and the closure of transport networks, there has been a disruption to supply chains. The supply shock has resulted in massive price surges within global markets, which caused the inflation rate and the cost of living to increase.

Some fear this war will leave a permeant scar on the global economy. Nonetheless, I believe this deterioration is only temporary and could be a turning point for world trade. Already, existing regional gas suppliers are incentivised to replace the dependency on Russian gas, which creates the chance for new natural resource exporters, (e.g. Norway or Algeria) and transitioning to a more renewable energy supply. The government and firms will reassess their chain of production associated with geopolitical risks, and trade with like-minded partners, which will strengthen the resilience of domestic production and supply chains.

STUDENT'S PAGE Editor Kate Lynch

THE ETHICS OF PUCK FAIR: King or captive?

Words & Photo By Kate Lynch 5th Year



For three days every year, the quaint and quiet village of Killorglin on the Ring of Kerry is transformed into a bustling marketplace. The streets are crammed with canvas tents, filled with handcrafted jewellery, woollen jumpers, and organic soaps, where local business owners have set up shop for the festival, hoping to catch the attention of both curious tourists and indifferent locals. The smell of fried fish hangs in the air, drifting from the local fish shops and the sounds of traditional musical and screaming children only adds to the hectic atmosphere.

The town is celebrating its self-proclaimed "Ireland's Oldest Fair", known as "Puck Fair", the mythical origins of which date back as far as the Cromwellian Conquest of Ireland during the 17th Century. Local legend has it that a local goat escaped from his herd to warn the townspeople of Killorglan of the advancing "Roundheads" of Cromwell's army which had already pillaged the surrounding countryside settlements in Shanara and Kilgobnet, at the foot of the McGillycuddy Reeks. The arrival of the goat alerted the people, allowing them to defend the town.

In order to commemorate the town's victory, every August, the people of Killorglan capture a wild goat from the mountains and bring it back to the village to be crowned "King Puck" by the "Queen of Puck" (who is often a young girl from one of the local schools). The

goat is then elevated on a high stand for three days, on the last day he is released back into the mountains.

However, the fair has been a contentious issue among animal rights activists due to the way King Puck is held captive and suspended in a cage above the village. A spokesperson for the NARA (National Animal Rights Association) described the fair as "barbaric, archaic, incredibly cruel and an embarrassment to the country", the spokesperson then went on to say, "it needs to be stopped at once, and permanently banned". This year, on the final day of the fair, King Puck was taken down from the stand due to the high temperatures and so wasn't present. However, this didn't stop animal rights activist Ali Brady from continuing with her protests. Sitting in a painted square, which had the words 'I WANT TO GO HOME' written beneath it, Ali was defended from the sun by a yellow parasol and was surrounded by plastic water bottles, many brought to her by kind locals.



Ali, agreeing to be interviewed by me, said when she first learnt about the fair was "shocked", "I thought, how can this be happening?". She continued to elaborate on her feelings, saying, "the people are clearly not wilfully trying to harm the goat, and everyone is like oh no the goat is treated like a king, but the goat is being held captive". She then passionately explained to me why she was protesting the way she was, referring to the painted box she was confined in, "I have water, shelter, food but I have a voice, the goat does not". Ali argues that despite claims that the goat is healthy, checked on by a vet and not mistreated, he is still held captive "with adrenaline coursing through his veins".

Ali seemed hopeful for change however, saying "it's a beautiful town with a friendly atmosphere and you know, traditions can evolve". She suggested, celebrating, and honouring the goat in a different way with a "community arts project or a museum in the village with educational information, that way we can thank him and respect his sovereignty". The official Puck Fair website maintains that the goat's welfare "is of utmost importance to all involved in organising and running Puck Fair... we have strict protocols in place to ensure this welfare and they are overseen and checked by an independent veterinary surgeon" and the full goat welfare statement is available online.

The 400-year question, however, still lingers; are we King Puck's subjects or his captors?



Any budding writers or journalists amongst us? - If you would like to contribute to our new student's page of The Buzz, please send your news item to acrowe@instituteofeducation.ie This page will be edited by Kate Lynch who won the Student Journalist of the Year, last year. We are delighted Kate has taken on this role.