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THE INSTITUTE OF
EDUCATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
02	03	04	05 Every Thur- Details Below    	06 Every Fri- Details Below    	07	08
09  Wellbeing Week: MEDITATION: 3:30pm BGR (2-3)  Every Monday Drama 11:30 (Convent Pl.)  Every Monday Fitness 3:30 (Convent Pl.) Philosophy 3:30 (LG-2) Volleyball 3:30 (G-8)  Every Monday Maths Tutorial - Drop in H Level 3:30 - 4:30 (AQU) (3-5)	10  Wellbeing Week: QUIZ: 11:30 - 12:30pm (2-3)  Every Tuesday Fitness 11:30 (Convent Pl.) Table Games & D&D 11:30 (Art Rm.)  Every Tuesday Study Support (ONIS) 11:30-12:30 / (LG-1)  Every Tuesday Chess 3:30 (Music. Rm.) Film Studies 3:30 (LG-2) MUN 3:30 (LG-1)  Every Tuesday Spanish Tutorial - Drop in 3:30 - 4:30 (BDLF) (1-3)  Lifesaving Block Two 	11  Wellbeing Week: POETRY: on screens today & all week  Every Wednesday Music App 11:30 (Music Room) Civil Discourse 11:30 (LG-2)  Every Wednesday Basketball 3:30 (G-8) Bridge 3:30 (G-4) Badminton 3:30 (G-3) Table Tennis 3:30 (Convent Pl.)  Every Wednesday Spanish Tutorial - Drop in 2:30 - 3:30 (BDLF) (1-3)  Webinar - 4:00 Link is on your Moodle Live online  Mondello Driving 	12  Wellbeing Week: MOVIE: 11:30 - 12:30pm (2-3)  Every Thursday Film 11:30 (LG-3) Fitness 11:30 (Convent Place)  Every Thursday Future Medical Students 11:30-12:30 / (3-8) Student Study Support Group  Every Thursday Kick-boxing 3:30 (Convent Pl.) Photography App. 3:30 (Comp. Rm.) Creative Writing 3:30 (LG-2)  Every Thursday History Tutorial - Drop in 10:30 - 11:30 (SCA) (G-3) Art Tutorial - Drop in 2:30 - 3:30 (PCR) (Art Room)  MasterClass - Biology (WHA) Live online 6:00pm  Bookclub Project Room (2-7) 3:30pm / "The Hunger Games" Suzanne Collins / All Welcome  Every Thursday 8:30am - 6:00pm (19-20)	13  Wellbeing Week WEAR YELLOW TALK: 11:30 - 12:30pm AQU (2-3) CONCERT: 3:30pm (Music Room)  Every Friday Irish Club 11:30 (L1-1) Drama 11:30 (Convent Pl.) Walking / Social Club 11:30 (LG-3)  Every Friday Debating 3:30 (LG-2) Football 3:30 (G-3) School Choir 3:30 (Music Room)  Every Friday Maths Tutorial - Drop in H Level 2:30 - 3:30 (AQU) (HG-0)  Every Friday 8:30am - 4:30pm (19-20)	14	15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN	
<p>16</p> <p>   </p>	<p>17</p> <p> Lifesaving Block Two </p> <p>   </p>	<p>18</p> <p> Mondello Driving </p> <p> Guidance Webinar - 4:00 Link is on your Moodle <i>Live online</i></p> <p>   </p>	<p>19</p> <p> IAMTA Junior Quiz 7:30-9:00pm to enter email omurphy@instituteofeducation.ie</p> <p>   </p>	<p>20</p> <p>   </p>	21	22	
<p>23</p> <p>   </p>	<p>24</p> <p> Lifesaving Block Two </p> <p>   </p>	<p>25</p> <p> Guidance Webinar - 4:00 Link is on your Moodle <i>Live online</i></p> <p>   </p>	<p>26</p> <p> MasterClass - Biology (WHA) <i>Live online</i> 8:30pm</p> <p>   </p>	<p>27</p> <p>   </p>	28	29	
<p>30</p> <p>   </p>	<p>31</p> <p> Lifesaving Block Two </p> <p>   </p>	<p> WELLBEING WEEK- EVERYONE IS WELCOME TO ATTEND ALL EVENTS</p> <ul style="list-style-type: none">  Quiz: Students can come along on their own and will be added to a team or they can create teams with friends. The winning team will receive a prize.  Meditation: Meditation practice relaxes the mind and body, leaving us in a calm state, there's no better way to start the week than to join Brian Gregan in this guided Meditation.  Movie: Join us for movie time to help relax, destress and have some fun!  Talk: Andy Quinn is giving a Nutrition talk and all 4th & 5th years are encouraged to attend.  Concert: Student Concert - it is well known that music stimulates the body's natural feel good chemicals. Come along to lift your spirits and support your fellow students.  Poetry Competition: Email your positive poems to studentwellbeing@instituteofeducation.ie. We were so impressed with your writing skills last year. These poems will be rotated on the digi-screens throughout the week and there will be a prize for the winner who will also be featured in the Yearbook.  Wear yellow: On Friday the 13th of January we ask all students and staff to wear something yellow in support of wellbeing - to remind everyone there are always brighter days ahead. 				