

Reflections

2023-2024

THE INSTITUTE OF
EDUCATION



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PRINCIPAL'S ADDRESS

Dear Students,

Welcome to Reflections 2024. With another school year ending it is important to take a moment, reminisce and ultimately marvel at what an outstanding year it has been!

You are an exceptional group of students who have illuminated the corridors and classrooms from the moment you stepped through those yellow doors. You have each, in your own ways, added to and enriched the life of the school. I continue to be in awe of your optimism and your dedication to your goals which brighten even the greyest December morning. I am, as you should be, proud of your efforts.

This year has seen our students excel in both academic and extracurricular spheres once more. The Buzz's 'Student Spotlight' was populated with the astoundingly diverse achievements of our students. Each issue was as much a revelation as a reflection. If each spotlight is just a glimpse into life in the school, then the future looks bright!

This is our first full academic year as part of the Dukes Education family and it has been heartening to be welcomed so fully to a community in tune with what this school has always represented. Having peers in pursuit of excellence inspires us all, to strive to achieve our fullest potential. The manifold Dukes Education programmes offer wonderful opportunities for our students. For example, our 4th year students had the chance to complete the Duke's Careers School Programme. Dukes Plus visited the campus in March to speak to our 4th and 5th year students about applications to the UK and USA. Furthermore, a group of students will travel to London this summer to participate in the Dukes Education TEDI year 12 event.

Careers events, STEM initiatives and new resources to access universities are just some of the opportunities on offer. We



look forward to the many opportunities available for students as part of the Dukes Education family.

I sincerely thank Liam and Hugh, our Year Heads, for their tireless devotion to our students and our school. I also thank our wonderful teaching staff, our Pastoral and Guidance team, the administration staff in our offices and all other ancillary staff who, together, ensure that the school remains a unique learning environment where the starting point and the finishing point is the student. All the parts move together with the sole aim of enabling, empowering and encouraging you, dear students, to be your best selves and to flourish.

Special mention must go to Angie Crowe, David Connolly and the Reflections editorial team. They have worked indefatigably in order to produce the yearbook. I congratulate you on creating a vibrant, holistic record of the past year.

In 'Reflections' we look back over the past year with pride and joy while having one eye on the future. We look forward to following the study and career paths the class of 2024 navigate and we also look forward to another year of wonder and achievement for our continuing and incoming students.



On behalf of everyone at The Institute of Education, I wish you a wonderful summer.

Kind regards,

Yvonne

ACADEMIC COUNCIL

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

Yvonne O'Toole Principal		Hugh Brett Deputy Principal	Richard Whealans Retired Principal
			
			
Orla Ní Shúilleabháin Study Skills Mentor & German Teacher	Helen Casey Guidance Counselling & Resource	Liam Dingle Deputy Principal	

MESSAGE FROM THE TEAM

The great world spins on its planetary course and once again we find ourselves leafing through the pages of this year's dazzling Reflections!

Thanks to your dauntless enthusiasm and effervescent optimism, Reflections is a rich tapestry woven from all the good things you have brought, over the course of this academic year, to the life of our school.

Reflections captures and documents your educational and personal journeys. It has been an enriching experience for us to have borne witness to your personal and educational growth and the Yearbook 'reflects' your achievements.

We imagine that, in future, you will dust the Yearbook down and leaf through these pages...indulge in a pleasant, nostalgic hour as you stroll down memory lane!

Soon we will be bidding a fond farewell to the class of 2024 as they embark on the next chapter of their lives and looking forward with anticipation to our new 4th, 5th and 6th



Hugh Brett
Deputy Principal



Dee Kelly
Head of Pastoral Care
& Safeguarding



Liam Dingle
Deputy Principal

year groups' journeys over the course of the next academic year. We trust you will enjoy leafing through these pages. You are the future and that future is yours to forge.

Liam & Hugh

“ I am
the master of
my fate,
I am the
captain of my
soul. ”

- William Ernest Henley

MUSIC



talents of students from all years, inviting students and staff to the music room for some musical balm at the end of busy first week of term. 5th year students worked very hard on a song composition project during our second term and ten groups of students presented their original compositions to their friends at the end of the 6 week project. Finally, our International Cultures Concert was a truly spectacular musical celebration of the wonderfully diverse musical talents in our school, from traditional Chinese opera performances, to Persian songs, to Irish trad, there was something for everyone!

Student Achievements

We are very proud of our music students who continue to amaze us with their talents. This year 5th year students Grace Colville and Lucille O'Mahoney released their first EP and second single as part of the three piece band The Malefactors, while 6th year Michael Maloney released three more singles this year following on from his debut releases last year. 5th year students Ai Lin Sun and Danny Morris were awarded the Whitefriar Street Church Organ Scholarships this year, and have been attending lessons and masterclasses throughout the year. Finally, there was Feis Ceoil success for Ai Lin Sun (organ), Zoe Yu (flute and piano) Katie Doran-Stapleton (piano) and Joanne Shaw (Viola) all of whom were placed in their respective competitions. Congratulations to all!

It has been a very busy and exciting year for the music department between choir performances, student recitals and individual student achievements.

Choir news

The choir continues to go from strength to strength, with a record 40 regular members this year. Our first performance of the year was at the school Open Day in November, where we entertained the visitors with something for everyone, from the Beatles, to Irish folk songs to some Brazilian samba! At Christmas, in addition to our new tradition of performing carols on the steps of the school, we performed at the inaugural Christmas Fair, singing a mixture of carols old and new, as well as the ever popular Snowman and Home Alone themes. The next outing was at our wonderful concert for International Cultures Day, where a rousing choral version of Óró Sé Do Bheatha Bhaile was the perfect end to a concert showcasing so many different musical styles from around the world. At the time of going to print we are working hard on the highlight of the year which will be a performance at the school graduation ceremony in May.

Concerts

In addition to in class performances throughout the year we had three main concerts this year. Our first concert was run in conjunction with Wellbeing Week where we showcased the



GEOGRAPHY

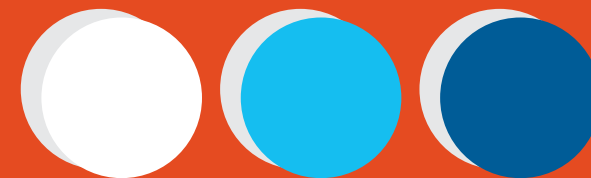
6th Year School Trip to Killiney



GEOGRAPHY

6th Year School Trip to Killiney





Pictured above are left to right: Jiali Hong 6th Year, Brian Scully and Jingyuan Chen 6th Year. Jiali and Jingyuan solved a problem that their Math's teacher Brian said had perplexed him "ever since I learned statistics in college". They really enjoyed solving this and told us "we believe that this is one of the most precious interactions that teachers and students could possibly have". Jingyuan wrote the full progress report below:

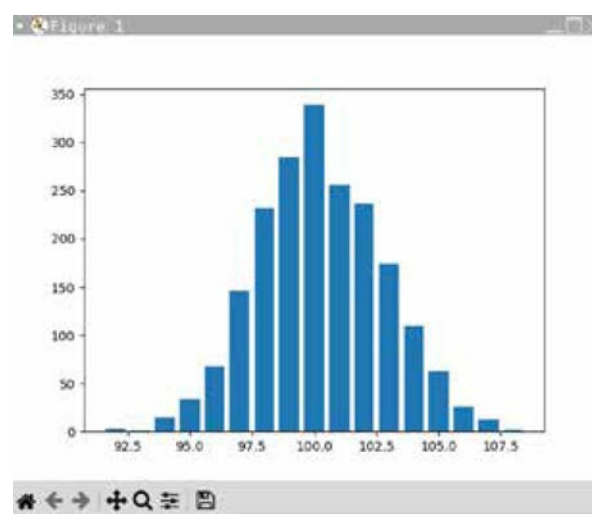
When I was taught the Central Limit Theorem in statistics, my mind was full of questions on the subject. Brian aided me in my comprehension and asked me the same question I asked myself: What is the Central Limit Theorem really? After some thought, I realised that I could replicate it in a python program, using the knowledge I learned in computer science. To speed up the process of writing the program, I invited my classmate, Jiali, to dive into a computer, and work on some code together.

Jiali and I thought about how we would simulate Brian's explanation of the Central Limit Theorem in the python program in class. With the use of variables, loops and functions, the Central Limit Theorem would make the graph appear as a bell-shaped curve. The problem is, we would need to find out

why the distribution of the underlying data has no effect on the shape of the curve.

First, Jiali and I started with a normally distributed sample of an underlying IQ database, which was generated from a website called socscistatistics.com. This database would serve as our main collection of data, from which samples could be drawn at random. Let us imagine the following scenario: "There is a survey carried out in the country, in which 2000 schools are asked for the IQ scores of 30 random students in their school. Each of the schools calculated the mean of the IQ scores of 30 of their students, and this mean is passed as a number to the survey centre."

In our python program, the 2000 schools are the number of samples, the 30 random students is the sample size. Our python code gave the following graph for the 2000 means of these IQ scores:



This is the result we would obtain from a normally distributed sample of data. Yet the theorem also states that if the data we had were abnormally distributed, we would, nevertheless, obtain a bell-shaped curve. This is a point that particularly piqued our interest – and Brian's.

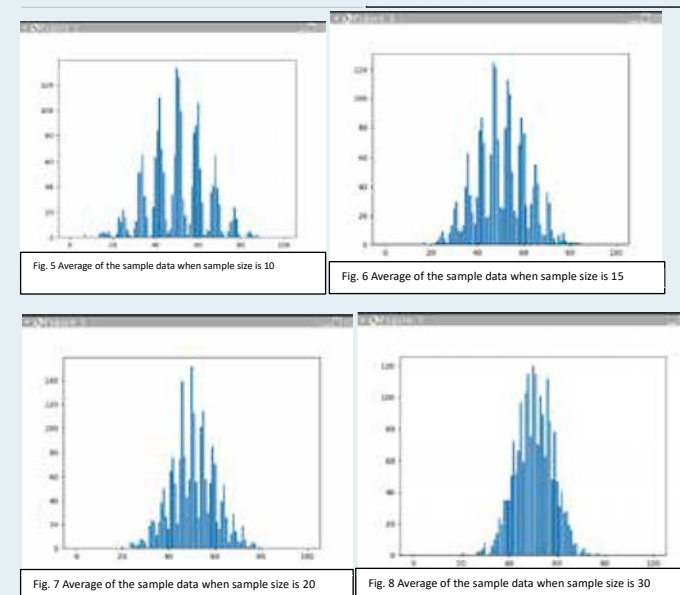
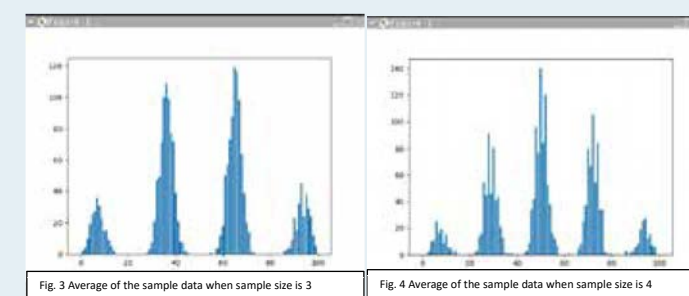
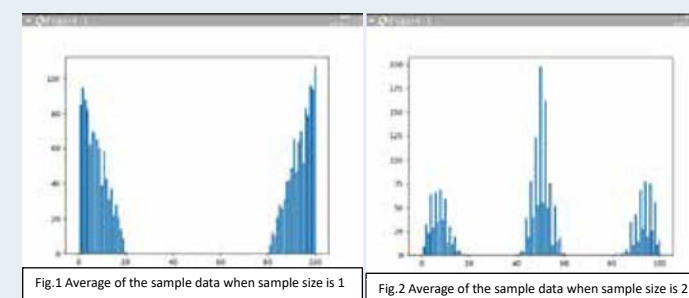
To be able to understand this, and to demonstrate it, I made sketches on a piece of paper to aid my thought process. The following is a demonstration of the result:

I came up with a set of data that is extremely abnormally distributed. The underlying database – which in the previous case was the database with all selectable IQ scores – is the following:



(incidentally, there are twenty "1"s, nineteen "2"s, eighteen "3"s, etc., until we find one "20". Then there are no data from 21 to 79. After that there is one "81", two "82"s, three "83"s and so on, until we find twenty "100"s. See fig. 1 for a rough idea of what this database might look like. Note: Fig. 1 is not an exact graph of this data above!!)

After obtaining a perfect bell curve with the abnormal distributed underlying data, I decided to increase sample size one by one to observe the formation of the bell-curve progress.



After looking at the graphs, I quickly realised why abnormally distributed data form a bell curve. The following are my thoughts:

Let us define the following:

When selecting a random data for a sample, if the value of this data is ranging from 1 to 20 inclusive, call this data small (s), otherwise if the value of this data is ranging from 81 to 100 inclusive, call this data big (b).

For sample size 2 (fig. 2) all possibilities for a sample will be:

[s, s]
[s, b] [b, s]
[b, b]

The average of [s, s] will be close to 10;

The average of [s, b] and [b, s] will be close to 50;

The average of [b, b] will be close to 90.

Therefore, 3 spikes will appear on the graph with the middle spike 2 times higher than those beside it.





Let’s discuss the sample size 3 (fig. 3) scenario.
All possibilities for a sample will be: (commas omitted)

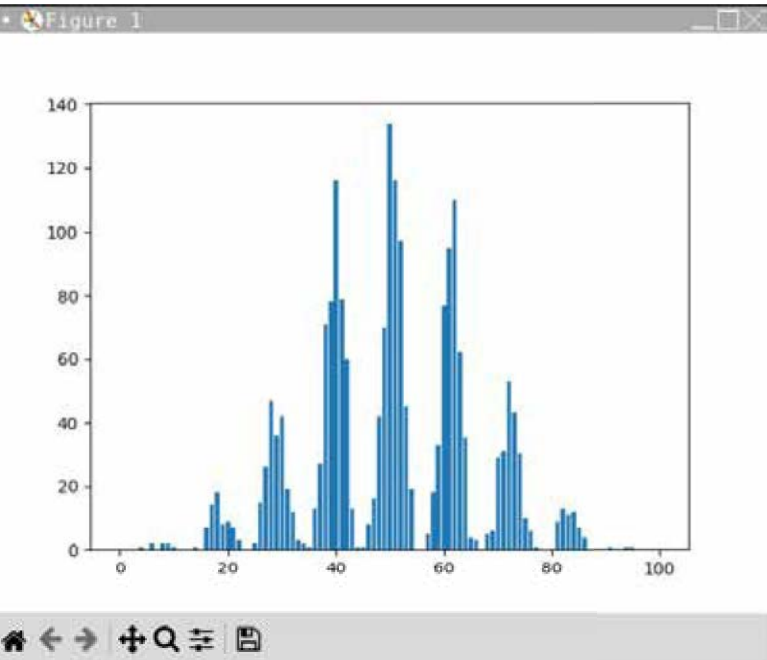
Possibilities:	Approx. average:	Relative height of spikes:
[sss]	10	1
[ssb][sbs][bss]	37	3
[sbb][bsb][bbs]	63	3
[bbb]	90	1

Sample size 4 (fig. 4):

Possibilities:	Approx. average:	Relative height of spikes:
[ssss]	10	1
[sssb][ssbs][sbss][bsss]	30	4
[ssbb][sbsb][bssb][sbbs][bsbs][bbss]	50	6
[sbbb][bsbb][bbsb][bbbs]	70	4
[bbbb]	90	1

We can clearly see a bell-shaped curve at the “possibilities” section. As sample size increases, there will be more spikes with different heights. The spikes would eventually merge into one another (As seen in Fig.6 and Fig.7), and a bell-shaped curve will eventually appear.

We also noticed that the relative height of spikes in each table (the last column of the previous 2 tables) are in each row of Pascal’s Triangle. If we take a random row, say row 8, the graph will look like below:



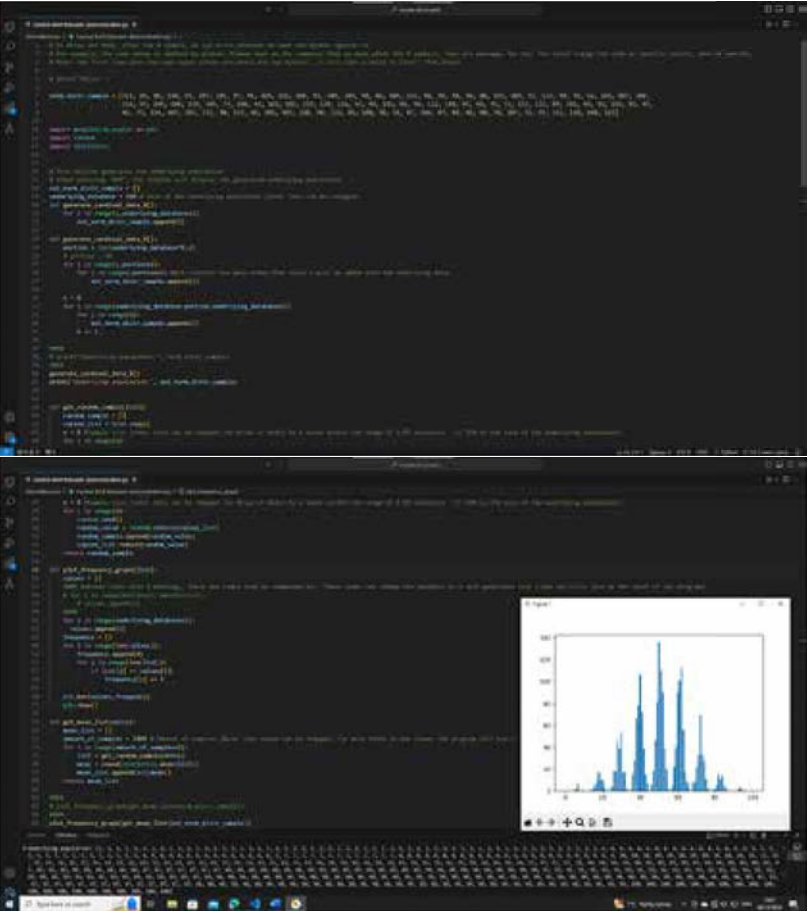
Graphical representation of each spike	Pascal’s triangle row 8 (height of each spike)
1	1
12345678	8
1234567891123456789212345678	28
12345678911234567892123456789312345678941234567895123456	56
1234567891123456789212345678931234567894123456789512345678961234567897	70
1234567891123456789212345678931234567894123456789512345678961234567897	56
1234567891123456789212345678931234567894123456789512345678961234567897	28
12345678	8
1	1

Fig.9 row 8 of pascal’s triangle, each line has the number of characters equal to the number in that line.

We can clearly see a bell-shaped curve in the above “Characters” column.

And that concludes what we have understood from the Central Limit Theorem. Jiali and I presented our findings. Brian and Andy were the maths teachers who listened to our presentation, of which they enjoyed tremendously. We were eternally grateful for the support and gratified by their enthusiasm.

Code:



GERMAN



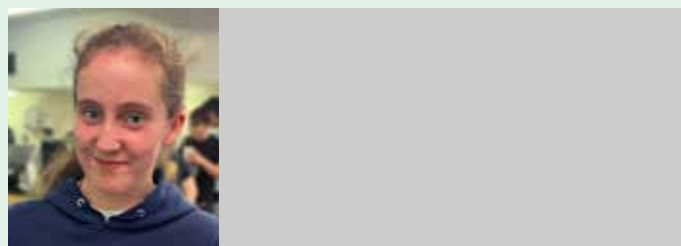
CHINESE



Sondor Khasochir 6th Year

Before joining The Institute, I had only two things: next to non-existent German and determination. Determination to land in Germany and soak in all its glory of music, nature and culture. Alas, all these dreams come crashing down if it weren't for one thing – language. Language is the golden thread weaving foreign hands into one society, one spirit. I was taken by surprise in my first lesson with Orla. In just 60 minutes, I had learned near everything there was to present tense verbs, vocabulary I had never laid eyes on and an entire breakdown of Leaving Cert German. My biggest personal issue boiled down to writing German independently. Google Translate was no stranger to me and thus I was struck with concern. Rest assured, everything you could think of is provided. Past and mock paper comprehensions, full notes on the written sections, developed grammar textbooks, to name a few.

Should one take advantage of this and continue to exercise exam skills, well, you'd be on the road to a top grade. Naturally of course, learning a new language isn't always so glamorous. It's the weekend, the last thing on any student's wish list is to revise an essay on "Berufspläne", but that's just part of any language learning. It's the satisfaction however, of even understanding the signposts on German streets, or being able to speak with the waiter that is unparalleled. It's this sensation that fuels the drive to keeping progressing, regardless if you have to start the engines a few times.



Ele Brady 4th Year

Learning German in 4th year was an experience that I thoroughly enjoyed and an experience that assisted me in growing immensely. I

lived in Switzerland for two years and have learned German over there through exposure to the language and some German classes. Though I had learned to speak the language I had little to no grammar and foundation. Going back and reviewing the basics solidified my understanding and strengthened my confidence in German. This foundation will allow me to have better German for my Leaving Cert. In the leaving cert the basics are imperative.

My journey in learning German during 4th year was incredible and I definitely learned a lot and feel it has opened opportunities for me to study German in college which I didn't think would be possible for me because I didn't have good grammar or foundations.



Sophie Geitz 4th Year

I'm Sophie, a 4th year German student. As I reflect on the many great opportunities given to me in this year, I'm grateful to say that having the chance to progress in German has definitely been one of them.

Our regular vocabulary expansion as well as the conversational and listening work we did, has helped build a solid foundation for 5th year. It also proved rewarding when we got to participate in the *Fit in Deutsch* exam with the Goethe Institute. This was a really good way to showcase our knowledge gathered throughout the year.

In addition, the practice in class for *Fit in Deutsch* involved group discussions and exchanges. These activities improved my language skills and were also fun and engaging. As I look back on the past year, I realise that learning German is so much more than memorizing vocabulary and phrases; it's about connecting with the culture too.

Yun Wu Chinese Teacher

The opportunity to watch students from varied backgrounds find common ground through language is a privilege. Their enthusiasm and dedication to mastering Mandarin have motivated me daily, reminding me why teaching is such a rewarding profession. Here are just a few of our projects and highlights during the year:

6th year street interview project by Jingyuan Chen, Yuelang Xu:



Group project by Ranxi Wen, Xinyi Lin, Ana Samano Wang, Erica Jiang, Rita Chen:



Picture Above: Students participating Chinese calligraphy in class

Congratulations to Yufei Shao 4th Year, Suey Wu 5th Year and Enya Wang 4th year who all won awards at the Aihua Cup Chinese Essay Competition 2024. Pictured below are Yufei Shao and Enya Wang receiving their awards in Cork City hall in February 2024. And all three winners are pictured below also from left to right: Yufei Shao, Suey Wu, Enya Wang.



APPLIED MATHS



Eric Huang 6th Year

Funny, erudite and supportive, such a way cuts Oliver Murphy's teacherly character among the scholars of applied maths. Throughout the academic year, Oliver has been an invaluable mentor, offering immense support and guidance in our journey through Applied Mathematics. Now, let's hear about some feedback from our sixth-year students who have worked on their research projects:



Jiali Hong 6th Year

For me, for long, Oliver has transformed the learning experience into something special: a journey in the mind, where along the way we gather packets of chocolate, like little packets of mathematical knowledge. These scatter as flowers along the route, waiting to be revealed in a beautiful manner.

What is your project about?

Applied Maths and Theme-Parks? Before my applied maths project, I never thought the two could be commingled. However, my assignment was to discover the mysteries behind the building of a roller-coaster. If you think about it theoretically, roller-coasters' fundamental component is a giant steel gliding train dependent on nothing but forces like gravity and friction! Imagine the terror of rushing down that 87.5° vertical drop in Alton Towers' "Oblivion", what thrilling speed could that produce?

How high must the roller-coaster train afterwards rise to decelerate sufficiently? What if it were on the moon? Considering these questions, we went through the solution iteratively, wherein we logically

proceeded from simplicity to complexity through the iterations; abstracting away one variable, then considering it in later iterations; we improved accuracy hierarchically, until gradually approaching the results of engineers. Along the way, using methods like the Conservation of Energy and Euler's.

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

What surprised me during my research was finding an exact 3-dimensional simulation of "Oblivion" - a train gliding on the roller-coaster of its own accord! Engineers are creators of realistic miniature worlds. The experience of doing this project uncovered the sublime beauty of the natural world. For me, it re-triggered a lost childlike curiosity and prompted me to think about the hidden mechanisms invented by brilliant minds of the past. Oliver often said, that learning Applied Maths is learning how to think - a skill that will last for a lifetime, or perhaps even longer than that.



Orla Murphy 6th Year

What is your project about?

My project was to investigate mathematically if it is possible to ride the roller-coaster 'Superman The Ride', in Six Flags, New England, if there were no seat-belts. To do this, I calculated the G-force experienced over the course of the ride.

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

I was fascinated by the idea of weightlessness, and why we seem to float when going over hills on roller-coasters. Unsurprisingly, I found that seat-belts are very important! I loved having the freedom to conduct my own research, and the satisfaction when the calculations worked out was indescribable. But at the same time, Oliver was there every step of the way, supporting us and offering advice. For that, I am extremely grateful.



Nini Sui 6th Year

I truly think that Applied Maths is a fascinating subject which deals with solving real-life problems using mathematical models. This is evidenced by the modelling project.

What is your project about?

For my project, I delved into the realm of estimating the range of G-Forces experienced by humans when undergoing a loop on the Blue Fire roller coaster in Europa Park located in Germany. As I took into account more and more variables including friction and air resistance through iterations, surprisingly I was very close to the figures on the websites. I have to admit that starting a project from scratch was extremely difficult. But luckily, we had Oliver who spared his lunchtime to support us individually. He pointed out potential mistakes and allowed us to compute a solution ourselves, which strengthened my ability to solve problems.

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

Throughout the project, I have made interesting discoveries about the safety hazards of roller coaster loops. For example, I found out that when a coaster enters a loop, it experiences a rapid change in acceleration and direction, subjecting riders to intense gravitational forces. If not designed and executed properly, these forces can lead to discomfort, injury, or even loss of consciousness. That's why roller coaster designers often opt for more gradual or slightly elliptical loops to minimize these risks while still providing an exhilarating experience. For me, Oliver was not just an educator and mentor but also a trusted companion. Whether it was during competitions, projects, or voluntary class presentations, he was our biggest supporter who consistently brought out the best in us.

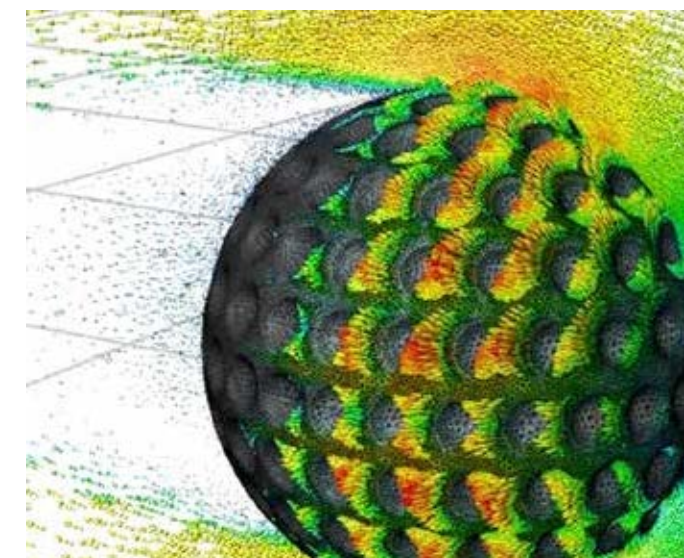
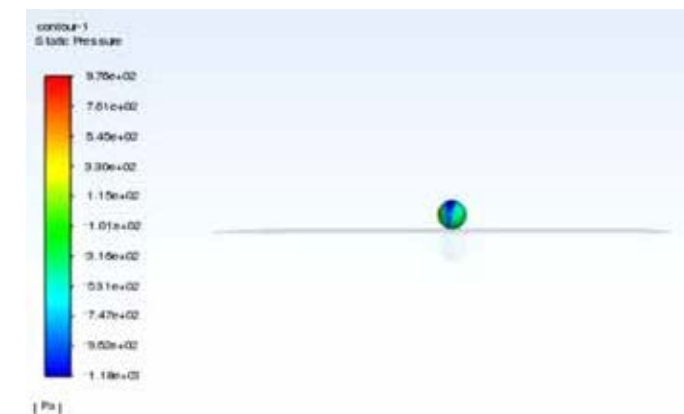
Eric Huang 6th Year

Motivated to go above and beyond, I investigated the impact of the Magnus force on projectile motion. It was truly surprising to discover a third force that played alongside air resistance and weight, significantly altering the ball's trajectory. With Oliver's invaluable support, I took on the challenge of presenting this complex topic, extending well beyond our standard syllabus.

The Magnus effect, named after the German physicist Heinrich Gustav Magnus, describes the phenomenon of a spinning object in a fluid experiencing a sideways force perpendicular to the direction of its motion. Unlike the regular case in class, this force is to be understood

through fluid dynamics principles. To study this phenomenon, I utilised 3D modelling software and computational fluid dynamics (CFD) simulations to investigate how different rotational speeds influence the behaviour of air molecules, affecting the generation and strength of the Magnus force.

From my initial observation, the object experiences a force due to the difference in air pressure on its two sides parallel to the direction of its motion. As air molecules adhere to the surface of the ball, they create a layer known as the boundary layer. This boundary layer separates and deflects the airflow, leading to a pressure differential. Eventually, the object moves in a direction perpendicular to its original motion, and the fluid reacts by moving in the opposite direction, resulting in the Magnus effect. This finding complements Bernoulli's theorem, where both phenomena (combined with Newton's third law), contribute to the Magnus effect.

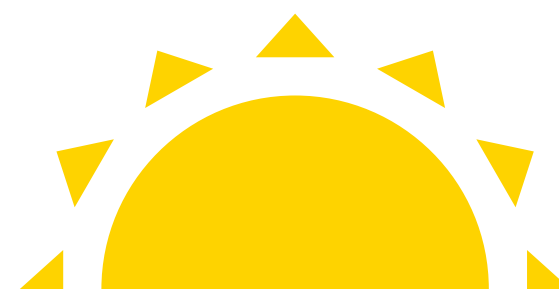
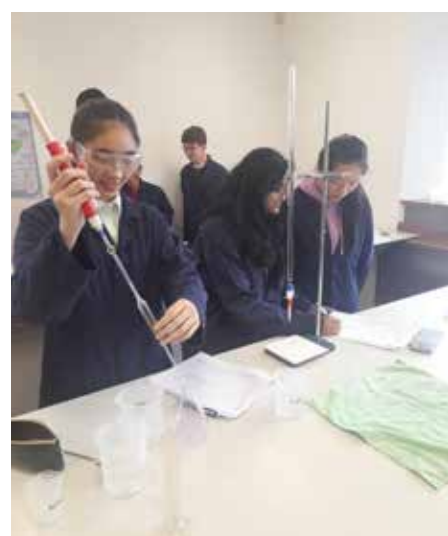
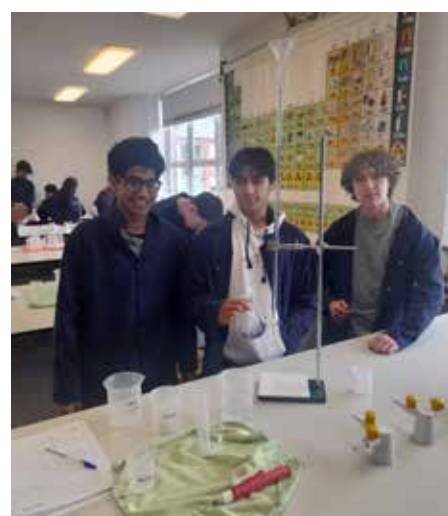


CHEMISTRY

5th Years learning titrations in the lab



FRENCH



Que ferez-vous cet été?



Nicky: Bien que j'adore mon travail, j'ai hâte d'être en vacances. La semaine après la fin des cours, j'irai à Lanzarote pour une semaine de détente. Je lirai beaucoup de livres et je ferai des promenades sur la plage tous les jours. J'espère qu'il fera beau. À mon retour, je passerai beaucoup de temps avec ma famille et mes amis et, bien sûr, je ferai aussi un peu de préparation pour mes cours de l'année prochaine. J'espère que tout le monde aura un repos bien mérité pendant les vacances d'été.



Arnaud: Pour mes grandes vacances, je pense que je vais prendre le ferry car ce sera plus pratique pour rendre visite à toute la famille. Pour commencer j'irai voir mes parents qui habitent dans le centre de la France. Ensuite j'irai probablement voir mon frère en Bretagne ainsi que mon grand frère qui vient de déménager dans les Pyrénées. J'ai également prévu de passer deux jours en Dordogne car pour mes 50 ans (il y a 2 ans!) ma sœur m'a offert deux nuits dans un château! J'ai hâte d'y aller car c'est une très belle région.



Carole: J'irai à Antibes dans le sud de la France. Je viens de Paris mais ma famille habite maintenant à Antibes, même ma grand-mère qui a quatre-vingt-dix-sept ans. Je me baignerai et me bronzerai, et je mangerai plein de pans-bagnats, d'énormes sandwiches qui sont une spécialité de Nice. Je travaillerai aussi sur mes notes pour la rentrée, ce que j'adore faire, et je repeindrai toute la maison.



Patrick: Cet été, je me rendrai à Leeds pour voir une amie que je n'ai pas vue depuis longtemps et fêter son anniversaire. On va s'éclater ! Ensuite, je compte partir à Madrid pour pratiquer mon espagnol. Rien de tel que l'immersion totale pour faire bosser le cerveau. Puis en juillet, j'irai à Londres pour célébrer l'anniversaire d'un autre ami. On aura un fou rire! Si tu pars en France cet été, fais en sorte d'aller dans les boulangeries et de commander en français ... !



Corinne: Quand je pense à mes vacances d'été, j'imagine tout de suite la route que je prendrai en arrivant à l'aéroport. Six heures de route avec un paysage semblable à cette photo! Donc, comme chaque année, je partirai au Texas car mon fils aîné habite là-bas. Il me tarde vraiment de faire la connaissance de ma petite fille, Hope, qui aura 9 mois! Bonnes vacances à tous :-)

THE ART ROOM

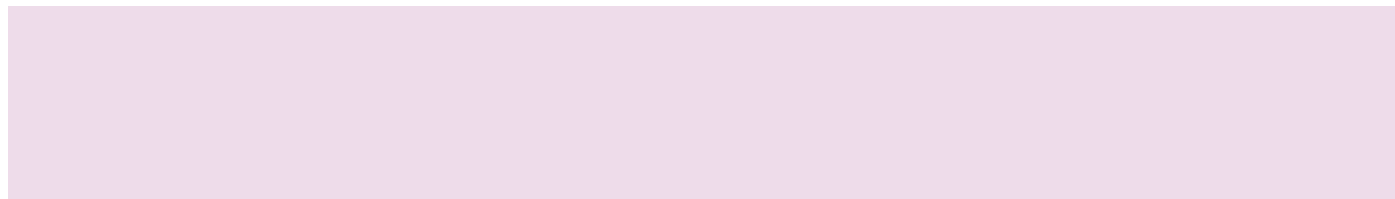
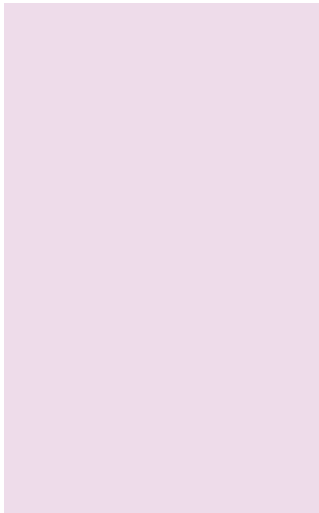
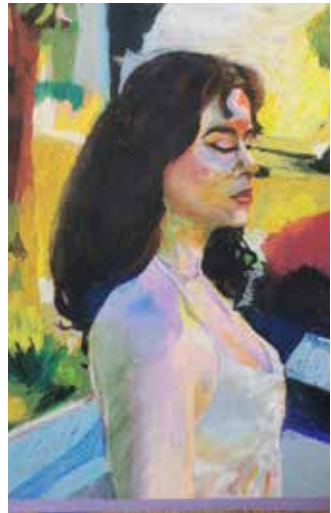
Finished Pieces





THE ART ROOM

Finished Pieces



THE ART ROOM

Finished Pieces





Essay Competition 5th Year

For our annual essay writing competition 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, in any genre or on any topic of their choice. Thanks to Emma Grealy for organising and to all of the English teachers who helped make it a success.

Congratulations to our winners Nare Paronyan (1st place), Devlin Murphy (highly commended), Lina Hassan (highly commended) and Asia O’Riordan (highly commended). We were very impressed by the variety of writing this year, not to mention the record number of entries and would also like to congratulate Matthew Cherry, Sam Clements and Stephanie Creedon for their excellent writing.



Nare Paronyan- 1st Place



1692, Massachusetts, United States of America.

His bicorne hat sat skewed on his bald head, the wind angrily slapping it back to its position every time he reached his stubby fingers to readjust it. But his usual short temper had disappeared, and his eyes fixated on the woman with amusement. As he turned to face the crowd, his bellowing voice raising anger in the townspeople. Shouts and shaking fists blurred, with a demanding beating thundering in her chest. Her eyes darted from familiar face to the next, to the cook, the merchant, the tailor. Her hands shook against the back of her dress, staining her wrists and the faded linen a bold red.

“Filth!” echoed in her ears.

“You’re wrong! You’re wrong!” she shook her tangled hair out of her face.

“Be quiet, woman,” he spat, riling up the crowd. “You know what you are.”

“Filth! Scum!” they chanted, stomping boots in the ground. Beady eyes looked her down in distaste.

The wood under her feet creaked with every shiver that ran down her body, the thin cut of dark oak moaning under the weight it wasn’t supposed to carry. She turned her head frantically, searching for the eyes of the man a few feet to the right. His hand wrapped around the rope, his gaze at his shoes, and the burning guilt pink in his ears. He wouldn’t dare look her in the eye.

“Witch! Filthy witch!”

She observed the man. She could easily bring him down if it came to it. He looked light. If she hit him over the head and pushed him off the platform, she could run. Nobody stood on the hill behind her, and nobody would be brave enough to climb it. If she passed the tree at the top, and sprinted down to the lake, she’d be able to reach the woods. She knows those woods – they don’t. Just a few miles more she could run, and then she’d get home. They’d never guess where to find her.

“Witch! Devil!”

Elizabeth Bullock was far from a witch. On the contrary, she was the first one in and the last one out of the chapel each Sunday, counting her sins and clutching her blessings to her chest. Uninvolved in the town’s activities, she hiked up and from her cottage every noon and every night, earning her own living wage to provide for her daughter at home, in the place of her late husband. But it was one early spring morning, that the suspicions arose. The townspeople had always suspected her of some unlawful activities – she was a lone mother, but she seemed to always wear her linen clean and her hair tightly pinned and her apron ironed straight. She managed to keep the smoke coughing up from her chimney and the buttery candle lighting from the windows. It was when she had travelled to the baker’s, to buy some bread, that the constable’s bushy eyebrows raised in surprise and his meaty legs followed her into the bakery.

“A ten pence loaf, please sir,” she gripped the coins in her fist. The baker

nodded.

“Ten pennies, missus?” the constable questioned.

Elizabeth did a small jump. “Oh – yes. Yes, sir.”

He tapped the counter in feigned deliberation. “Let me see then. I saw you buy those cow legs,” he pointed to her paper bag. “And then, I saw you buy your butter. And now, you need to tell me, missus, you plan to buy a ten pence loaf?”

Her cheeks burned. “Yes, sir.”

He brought his face closer to hers. “And where, are you getting this money from?”

“I work, sir. I work as a washerwoman in the inn.”

The constable looked at the baker and back at her, and smirked. “A washerwoman.”

That same smirk mirrored her then, snapping her back to the chaotic scene, those same fingers on his hip and the same eyes mocking her entire existence. It had seemed that the crowd had settled down. The shouts just mumbled like whispers with the air around her. The wind calming - the breeze brushing her dress pocket against her palm. The familiar weight of metal clinking against itself. She slowly slid her hand into her back pocket, softly running her fingertips over the needle of a pin. Bringing her head up to face the crowd, the townspeople’s mouthed opened in wide o’s and their angry eyes squinted back at her. The wind whistled so loud in her ears – that she could no longer hear what they threw at her. If only the Earth could be as it was in this moment. Quiet. Peaceful. Not a sound to be heard – just the gentle ticking of her heartbeat against her chest. In, and out. In, and out. Blood rushing into the valves and pooling into her fingers. Electricity trickling into her eyes. Was it that she had become faster? Or was the world slowing down? Elizabeth could see the twitch of hair on the mustache of the baker, in the fiery eyebrows of the merchant. A crow flew over the constable’s head. It stretched its dark wings, bringing them towards the sky, and pushing them behind its little body, slicing through the silence. She could no longer hear the whoosh of blood against her heart. Or the wispy breaths into her lungs. Just a crackling, tormenting nothing. Clutching the needle between her forefinger and thumb, she cut into the middle of the rope. The bond snapped and the strings slowly unravelled around her wrists, and the threads came loose. The blood rushed to her head. A red, angry storm.

Her hands raced to her neck, ripping the noose free and dropping her feet onto the landing.

The constable’s eyebrows raised comically as his fingers stumbled over the shotgun on his belt. But the woman was faster. She turned and sprinted for the hill, pushing her body off the ground with her hands. Her feet dragged over the grass and her dress, covered in dirt, trailed behind her scrambling body. The thuds of boots followed behind her, a few metres away –

A bang.

The smell of burnt grass stung her nose, the shotgun firing a patch next to her. Nevertheless, she carried her throbbing head over the hill, scraping into the dirt like an animal. The sounds of clicking triggers and fervent roars rang around her, but she could see the familiar little oak tree and her heart

banged against her ribcage in determination. The sound of another gun fire among the branches above her pushed her feet forward. She knew this road – she knew how to get home.

“Fire! Fire!”

Gunshots rained like hailstones on the earth around her. The breath caught in her chest as one skimmed the lining of her dress.

“Open fire! Stupid bastards! Kill her!”

Elizabeth reached for the tree with her fingertips, letting out a final breath as her knees wobbled beneath her. She dared to look back for a fraction of a second – and another fired at her hair. Gasping, and struggling for her life, she sprinted. Patting her hair, she found a singed piece of dark brown hair fall behind her. She left it. She left it all behind. Past the tree was downhill. They wouldn’t get her now. For some miles, she followed the route she knew so well. But it was just this time, as she stopped through the winding twigs and trunks that she noticed the individual trees. The leaves. The veining of each leaf, and the little insects on them. She noticed the gathering crows perking on top of the highest branches, turning their beaks to the sun. She noticed the dewy droplets the courteous ants sipped from.

She breathed – as she looked around. She tasted the cold air on her tongue, the life in her lungs. When it seemed as though the constable and his men were at no chance of being found – or heard – she stopped her pace. The unspeakable pain in her neck and her wrists ached her body, the thought of her baby at home drove her dirty fingers into the splinters in the tree bark. The road was endless. Her route was askew. Along the way she had lost part of her dress, the ripped remains hanging off her fatigued body. The road was unfamiliar and narrow. The day had turned to dark and the trees furrowed like caves around her. Delirious, dry at the tongue, she continued. The forest path went onto a stop. A little barren road. Pebbles and stones crunched underneath. Uneven, and sore. Elizabeth slowly turned her heavy head to her right. The road stretched for another possible mile. She let out a strangled huff of air, turning her head to the left. But there! There it was. There was her gate, her cottage. The white brick. The wooden door. The buttery candle light shone from the front window. At last, she made it home. It was just as she had left it, all bright and warm and safe in the casting moonlight.

Her eyes exploded into stars. Pushing the gate aside, she sees the glimpse of a tiny petticoat, cream and linen, hand-stitched. At the bottom of the steps she waits for the child to run into her arms, with a smile of unimaginable joy.

She could almost forget the smell of her burnt hair, the torn dress, the head that was slowly ripping apart from her neck – when she saw her little girl. Her Lily.

The little girl sprung forwards with extended arms. As she was about to clasp her sweet baby in her arms, to feel the softness of silky golden hair - a hot white light fires all around her. The sound like the shock of a million cannons.

There is silence.

Elizabeth Bullock was dead. Her body, with a broken neck, swung in the ravaging wind of Massachusetts, living her final moments as another convicted witch of the infamous witch trials that lasted from 1692-1693.

**Devlin Murphy- Highly Commended****Escape Artist**

Arthur stood frozen in place. A shiver rattled down his bones. His breathing was suddenly very, very shallow. He didn't know what to do: Which cardigan should he choose?

Arthur Pope was quite the curious creature. He was a man of about 30, slightly more rounded than he wished to be and his sandy, unkempt hair was already starting to run in short supply atop his head. Incredibly, wrinkles were already entrenching themselves into his forehead, and his eyes were like paranoid flies that zipped around his surroundings, searching for any impending danger. His hands had a curious habit of fiddling with anything that was within reach, and his laugh always seemed slightly unnerved. Just slightly.

Today was a big day for Arthur. A very big day in fact, for it is not often that he brought forth the Armageddon of his wardrobe: his prized cardigan collection. This brings us back to the matter at hand. Arthur stood utterly petrified in front of his wardrobe. How many cardigans were there again? Three? How was he supposed to choose? There was the red one... That was probably a bit too cocky... Yellow one... He felt slightly uneasy about the colour yellow in general, so not that... The baby blue... Blue was nice. Calming. But he might look like an overgrown baby in a baby blue babygrow... Such a baby...

For almost an entire five minutes, Arthur stood staring into the depths of his wardrobe. All three cardigans, it was like looking into a thick jungle...

Just as Arthur was about to choose a cardigan in earnest, he decided to abandon the matter and come back to it shortly. He couldn't rush something like that. He instead turned his attention to his trousers. Yes, no. They were fine. His shoes? Yes. He liked those shoes. Shirt? Well... Yes, it was okay... It'd do. Or would it...?

Before Arthur could recontemplate his choice of shirt, there was a knocking on the door. He sighed and braced himself. He knew who this was... Arthur walked to his apartment door and opened it. Low and behold stood Arthur's closest friend, Mr. Ikt.

"Arthur," a broad smile stretched across Mr. Ikt's face, its corners nearly touching both earlobes. "Won't you let me in?" Arthur reluctantly stepped aside gesturing inwards with his hand, and Mr Ikt strode in. He sat on Arthur's bed and looked him up and down. "You're not wearing that shirt, are you?"

If Arthur Pope was an unusual creature, Mr. Ikt was most definitely the most unusual creature. He was as slim as a Victorian lamppost, and nearly as tall as one too. His face was a sickly pale colour, that on closer inspection almost looked green. His smile could stretch freakishly across his narrow, gaunt face. His hair was a long, glossy black lion's mane, and his dark eyes could make anyone feel intensely claustrophobic. He also wore a top hat and carried a cane. His odd appearance and Victorian apparel made him something that would look wonderfully at home in one of Arthur's cartoons. "Is it bad?" Arthur asked patting around his torso, looking back into the mirror.

Mr. Ikt nodded solemnly. "It isn't exactly what I would go for Arthur..." "Good lord..." said Arthur. He immediately started into a frenzy and buried his head into his wardrobe to find a suitable shirt.

Mr. Ikt reclined on Arthur's bed, tending to his cuffs. "What time did you say you're going again?"

"In about half an hour" Arthur responded, head still in wardrobe. "Oh, very well..." Mr. Ikt, making himself at home, rose from the bed and strolled over to Arthur's desk. He peered at his friend's cartoons. Dozens upon dozens of inky pages of paper were thrown across every square inch of the desk and blue-tacked haphazardly across the wall. Some of them were actually really quite good.

"Still drawing eh?" Mr. Ikt called, not looking away from the sketches. He opened a drawer and found more illustrations.

"Oh, yes, yes." Arthur said, turning a different shirt over and over in his hands.

"Some of these are rather good"

"Ha, thank you! I put a lot of work in"

Arthur turned around. Now confident with his choice of shirt, he started buttoning himself in.

"Though I must say" said Mr. Ikt, sifting through some pages, cartoons from Arthur's private drawer. "You do paint quite the depiction of me"

Mr. Ikt raised a cartoon depicting him as a tyrannical puppeteer, laughing maliciously, streaks of ink etching his face with grim shadows. Arthur

immediately snatched his drawings out of Mr. Ikt's hands and stuffed them back into his drawers.

"They were private." he said "Don't even remember doing them..."

Mr. Ikt grunted and reclined back onto Arthur's bed. "Very well..." He took off his hat and started flicking away minute specks with his filthy, long fingers. Arthur sighed and went back to his wardrobe.

Now. Red. Yellow. Blue. Oh God...

Approximately 28 minutes later Arthur Pope came bursting out of his apartment block, running to his bus stop, donned in his daring red cardigan. He resembled a panicked flamingo (in a red cardigan) chaotically trying to run for the first time, its wings floundering dramatically behind it. Just about catching his bus, Arthur panted and wiped a few beads of sweat from his forehead as he fumbled for his bus fare. Some cardio.

Okay. Seated, Arthur made some final checks. Clothes? Yes. Fully clothed. Shoes, trousers, shirt, cardigan; the works. Money? Yes. Wallet was there. And... Yes. He had his phone. That was there too. Good. Arthur exhaled. Wait. The date? He checked his messages. Yes. Saturday, 27th. It was definitely the right date. And... Yes. He was also on the right bus. All in all, it was a very good start. Now he just had to wait for something to go awry. "Did you say you were going to the ice-cream parlour?" asked Mr. Ikt, suddenly sitting beside him. Arthur jumped slightly. He hated when he did that.

"Yes."

"Does she like ice-cream?"

"I'd imagine so"

"Are you sure?"

"I don't know anyone who doesn't"

"Hmmm" hummed Mr. Ikt disapprovingly.

Much to Arthur's annoyance, Mr. Ikt insisted on following him everywhere. Work, dinner, social gatherings. Especially social gatherings. Always there talking to him at social gatherings. Always nattering on about something or other... On one hand he detested it. On the other, Mr. Ikt did keep him grounded... but...

"I won't be having you talking to me this afternoon" proclaimed Arthur. He raised his chin up a little and squared his narrow shoulders in hopes of imposing some form of authority. It was quite adorable really.

Mr. Ikt chuckled. "Is that so, so?" He crossed his impossibly long legs, resting an ankle on its opposite knee. "Think you can handle things yourself?"

"I- I can manage."

Mr. Ikt smirked. "We'll see," he said. "I'll keep a close eye on you. Make sure nothing goes 'awry'"

Arthur was about to get the final word in when he realised it was his stop. He careered through the upper carriage of the bus, nearly flew down the stairs, landed in a puddle upon exiting the bus, sighed, and tried to walk gamely to the ice-cream parlour.

Putting it mildly, Arthur had a funny walk. His legs were just slightly too long for him, and his belly was slightly too round. He wasn't fat by any means, not even particularly pudgy or chubby, but his belly on top of his

long, skinny legs made his walk look improvised and poorly practiced. There was also something slightly mechanically off about it too. Like there was an out-of-place spring that made him jolt in an unusual manner. It was almost as though he too were something from his cartoons.

About half-an-hour early, Arthur arrived at the ice-cream parlour. This was good. He had time to prepare himself. Speaking wasn't a strong suite of his. Nor was interacting. Nor was any type of social engagement for that matter. What's worse is Arthur's already dismal social abilities were rendered utterly crippled when interacting with the opposite sex. No need to panic however! He had arrived early. He could bolster himself up.

He looked at his reflection in the window and puffed out his small chest. Should he have chosen the other shirt...?

No. Focus. Mr. Ikt isn't here: Confidence. Confidence.

Arthur paced up and down the pavement looking down at his feet. Conversation. Yes. Topics... He was a cartoonist working for the city newspaper... From this city yes... About 30... He muttered to himself anxiously. He could feel his insides tying themselves in knots. His brain was running at full speed like a train engine. He let out a nervous laugh.

Good lord. Why was he getting so anxious? This was ridiculous. He was just meeting an acquaintance in an ice-cream parlour. They would presumably talk. He was almost fully capable of this. They would presumably eat ice-cream. Arthur was definitely capable of that. Yes. Then they would each go home, upon which time Arthur could collapse into his bed. Until then, Arthur needed to remain conscious, and relax...

Just relax...

Relax...

Arthur closed his eyes and breathed in slowly and exhaled softly.

It was though a weight was lifting off his chest.

All that worry tied in knots...

That heavy moss clogging up his brain...

All slowly leaving him...

Arthur let out a gentle breath of relief.

Ahh.

That was nice.

Feeling slightly more enlightened Arthur opened his eyes.

Wait...

Oh God.

He could see her walking down the street. His brain immediately went back into overdrive and

his muscles bound back into knots.

No. He had this.....

No he didn't.

What was her name again?

What was his name again?

He worked as a...

Cartoonist yes.

Was she waving at him?

He should wave back right?

Wave? Wave not?

Yes. Wave.

Good God this was challenging.



Her name... Charlotte!

His name... Oh no, he didn't have time for that.

"Hi Arthur" said Charlotte smiling warmly, adjusting her round glasses.

"How're you?"

"Oh fine fine" said Arthur weakly, giving his best nervous smile "How're you?"

The pair, having exchanging pleasantries, made their way inside to order their ice-cream. Standing in line, Arthur became acutely aware of his rising body temperature. Was anyone else finding it really stuffy? My, was it warm...

"I like your cardigan" said Charlotte "Nice colour red"

Arthur jumped slightly, then beamed inwardly. "Oh, thank you..." The two moved up to the counter "I like your glasses. They work well with your... eh... face..."

Charlotte grinned. "Thank you"

The pair shared a look. Arthur reluctantly allowed himself to smile.

"Order?" asked the lady behind the till.

"Vanilla." said Arthur and Charlotte. Both at the same time.

Oh my God.

The two eventually found a booth, sat, and began a conversation. Much to Arthur's surprise, Charlotte seemed to be enjoying his presence. She even laughed a few times! Wow. Arthur was genuinely shocked.

So far, all in all, he was doing well. He was still conscious. This was a good start. No faux pas had been made as of yet. Was he sweating slightly? Yes. Definitely. But such difficulties were to be expected in such momentous times. In fact, he was starting to feel a little easier. He even ordered his drink without panicking! Arthur Pope was really on a roll.

Some time passed, and Arthur had even dared to tell an embarrassing anecdote from his school days, which got a laugh from Charlotte. As she laughed, her hand glanced off her coke, spilling its contents over her shirt. "Ugh" she said "Sorry, I'm a real klutz" She stood up and examined herself. "I'll just be a moment. Be right back"

As Charlotte walked off to the bathroom, Arthur relaxed back into his seat. A few minutes passed. He allowed himself to smirk. He was starting to become shyly proud of himself... He was actually doing really well...

"Vanilla? Really?" came a voice from Arthur's left ear. Mr. Ikt had made his presence felt as he burrowed his way into the booth, sitting opposite Arthur. Arthur's pride, like a timid puppy, started shying away immediately. "You ordered vanilla?"

"I like vanilla" mumbled Arthur defensively.

"Hmmm" murmured Mr. Ikt, polishing the hilt of his cane. "If you insist on being boring Arthur..."

The two sat in silence.

"She didn't eat much of her ice-cream," pressed Mr. Ikt "perhaps she isn't enjoying herself"

"Perhaps."

"She's been gone for a few minutes now, perhaps she's trying to avoid you."

"Perhaps."

"She's probably trying to avoid you."

"She might be."

"But most probably is."

Arthur looked Mr. Ikt in the eyes.

"Hey," said Mr. Ikt, holding his hands in the air. "just saying"

"Thanks."

The two looked at one another, and Mr. Ikt gave one of his ear-to-ear smiles. He rose and patted him on the back. "Can never be too sure Arthur."

Mr. Ikt sauntered off, and Arthur started to regain that uneasy feeling. Mr. Ikt could be right... She was gone for a good few minutes now... Perhaps she was trying to avoid him. Minimize her time with him. That's reasonable. She could've just been laughing out of politeness. Probably out of politeness. His stories weren't very funny. She probably just complemented his cardigan out of politeness too. Probably didn't really like it... Probably... Most probably... Right? That would make sense, right?

No. This was ridiculous. He was letting that twerp mix the wiring in his brain again. He was over-thinking. All of this was ridiculous, needless over-thinking. All of it... Or was it? What if he was right? If he was right... Oh well... No. Jesus. Stop. All of it was stupid. Just stop.

Arthur fiddled with a button on his cardigan.

He should probably adjust his clothing. Make sure it looked all right.

He got up from his booth and hurried to the Gents.

He went in, closed the door, and looked himself up and down in the mirror.

God, did he really have to choose that shirt?

That cardigan? Red? Really? Did he really think he was that dashing?

Arthur anxiously sighed.

He felt himself deflating.

How his hair is growing thin...

How his arms and legs are thin...

His stupid belly...

Ugh...

Arthur rushed into a stall and locked the door. He slumped over the seat and held his head in his hands. His breathing was getting shallow... The stall was too small. The walls were too close. They pressed harshly against his shoulders. Breathing was getting difficult. The floor was too high. The ceiling was too high. This cubicle too narrow. His head started swirling. His breathing! Why was his heart pounding so loudly?

Oh God he's messed this up. All of it. It was all sorted nicely, all laid out nicely and he had to make a mess of it.

He was so ridiculous. All of him.

A sudden rage surged through Arthur. He leapt up and started battering the cubicle wall. Each kick dangerously rattling the flimsy partitions. Why was this so difficult?!

Oh... Good God... It was exhausting... All... Oh... He leaned his forehead against the wall, sapped of all energy. It was all so exhausting...

Arthur breathed in. And breathed out. He was too tired.

He felt a familiar tugging at his limbs. Slowly, slowly he was being dragged upwards. Left arm. Right arm. Floating in the air. His legs dangled below him limply. He looked up and saw a grandiose Mr Ikt towering over him. The size of five buildings, his sickly smile splitting his face ear to ear. There were strings wrapped around Mr. Ikt's filthy, long fingers. He was the puppeteer. And Arthur was the puppet.

Arthur tried rebelling against the strings of his cruel master. He furiously thrashed his arms around and around. Pulling. Pushing. All of it completely inconsequential. Mr. Ikt laughed maliciously, inky, grim shadows cast across his face.

"Come on Arthur," he chuckled "You've had your fun."

The room suddenly shrank back to its normal size, Arthur was thrown back onto the toilet seat. He took a moment. Exhausted, he lifted himself up, washed his hands thoroughly, and went into the parlour. Charlotte was back, sitting in their booth. She smiled when she saw him coming. "Arthur" she said "I was beginning to worry that you'd run away"

Arthur smiled sadly.

"Sorry Charlotte. I've got to go."



Lina Hassan- Highly Commended



"Run, run!" a parliament of little boys hollered til hoarseness. Hair covered in red clay bleached under the oppressive heat. small pieces of the night plucked and running along the whipping sand . Which beat against those streams of heat and light, pouring thick as molasses from the sun. the movement of little dunes, all ochre tinged and pulsing. Alive and rushing like that red Nile which flowed so urgently. small monsoons that tattered leather whips, lashed against those tiny hurricanes. It was deafening as it rang in his ear. But as natural as the violence of the sea undulating between brace and release. Our black cowboys undertaking a hopeless endeavour as they screamed and raged against the sand. Mules as their steeds and not a damsel in sight.

Kör noticed how Amun slipped out of the roaring crowd so easily. Every laugh stifled when he turned to an absent grin. He threw dried leaves into the dust devil as they jeered him on. Yielding his fathers whip, falling back after the rapture wore off. That voice called him, returning what felt like years later. They muttered greetings and his eyes tracked Amun's shirt. Traced with tiny crescents in the shoulder and hair tousled with humidity and age. He shrugged, eyes continued fixed upon Amun. As he trailed to the wayside, as he set himself down.

He followed the bounce of a leg, wordless, when he rolled a cigarette between shaking hands. He rubbed a coarse finger across a dry lip past the skin of his cheek.

Kör tapped his leg rhythmically in tow and sifted dirt between his fingers feeling for any sort of placation. They shared a silent tension, longing for the day to end and begin all at once. Quietly the boys patted their pockets, searching a match til Amun cursed and crumpled the tobacco back into his pants. "Damn this," he mumbled to himself while followed by the younger boy. He grew antsy and flicked his finger against his thumb.

Why pry?

He couldn't help mulling over every scenario in his head and Amun caught this and snapped, "Just go home."

He sat and so predictably watched him. His limp down the hill back to the village. He turned up, transfixed on the high sun and he skidded down the opposite direction away from everything. Until unaccompanied by the incessant hum of life and people.

The harsh arid nature of the plains slowly faded into the verdure and vegetation of the mountainous region. He courted a soft clearing, enclosed by steep walls of rock and littered with vignettes of people. Broken beer glasses, amun's old matchbox, the subdued red of an Ethiopian admiral's hat. He thumbed the once vivid fabric between his hands, hearing a soft crunch as if it could disintegrate if he thought of it, let alone held it. He slipped it on. Kör wandered in circles in search of a spot to place it. He braced himself at the bough of a tree, Scaling it artfully, fingers digging for security and grip. At the top he sat, tapping his fingers lightly bouncing his foot against a lower branch. Peering out toward the narrowing of the clearing he saw a necklace limply hanging, discarded. The hat fell off his head.

He moved in and examined, it was made of fraying thread, with blue stained beads knotted tightly onto it. The kind his grandmother had. Most at home didn't have two of nothing except for that. It was culture. It



was life. He thought of the stories, women in gilded robes and whistling jewellery whirring by, selling anything just for a taste of that spiritual opulence.

He shifted in closer but he felt as if he'd swallowed a peach pit and it dangled in his throat. Before it scratched its way down, to a sinking pit in his stomach. He barely pushed past the leaves before he saw the skin and battered face of a girl who couldn't have been more than two years older than him. He turned away sharply. Falling off his hunches to his back as he crawled away. He felt a deep sickness stirring inside of him. Like his stomach was trying to rip itself apart on the most base level. He broke into a profuse sweat, he didn't want to believe this was where Amun had been while he chased those dust devils. it couldn't have been. His face contorted into an incredulous grimace. The newfound caprice of his friend seemed to layer into this as well. He felt as if he was about to fall into a catatonic state, but instead he ran.

A bird of paradise crooning from a rotting cage.

Dusk settled over the flat plateaued silhouette of the clusters of homes and farms. He palmed the cool underside of the clay door sifting past the wooden beads. K r placed himself at his grandmother's feet. She addressed him without looking, focused on needing the dough she worked between her hands but the corners of her lips upturned which revealed the gap toothed smile that echoed his own. She hummed and he grew heavy. His legs numb until she prodded him lightly with her foot all while maintaining her initial task. He looked up at her, the tired but soft cloudy eyes, the kohl burned stripes etched into her cheeks, to match the tattooing of her lips. Opening his mouth to say what had been caught and twitching in his throat for hours. his father burst in.

His movements were violent and swift and countenance was erratic. Shadows warped and his words slurred into a flurry of insults. His mouth heavy with shame and disgust, he grabbed the disillusioned boy by the collar. Everything melted together into dry mush . The girl, his incensed father, the impending violence of the militia. He closed his eyes and willed for quiet. The clacking of gritted teeth, the frogs in the courtyard, the hum of fascists on the radio.

She pushed the man off of her grandson. Tipping his sanity over and he sputtered around aimlessly for a moment. Under her burning gaze he stole his resolve to leave the house, at least until his inevitable return that night. They sat, a piet  dark against the light from the fire. Tears streamed down his face but he remained silent. Wiping away streaks of shame, suggesting to go buy some tea leaves and dates from the local vendor. She frowned but left the boy to his own devices knowing she couldn't stop him.

He staggered through the town, his breath felt hot with the calm of the night cooling his face. He heard the raging of men, yells and warm light escaping through opened doors. Smells of food and sweat trickling down onto the heatless path he walked. Up ahead he saw Amun's mother perched on the front steps of their house. She sipped the tea quietly and intensely.

She was beautiful. Sharing the same shining eyes and dark brows, framed by a cocooning robe. She saw his hovering and nodded to the back door. Where he graciously nodded and swallowed against a dry throat. He creaked the door open and saw Amun lounged on the bare metal bed frame, lax, as two other boys he knew played cards on the sparse tiles in the middle of the yard. He didn't even greet them walking straight to the tap to rinse himself.

face
ears
hands

He itched and scrubbed till they were red and plump against scarred bony knuckles. The boys hollered at him over the rushing of the water from the pump. He paid them no mind. Sitting at the foot of the bed, he couldn't stand to look at him.

"Why the long face?" he hummed, eyes closed. K r sat, stunned at the nonchalance before him. His face turned at the smell of smokes and cinnamon wafting around him.

I know.

Staring up at the moon he mulled over it all. The waves of sickness crashing over him with the now precarious scaffolding of trust giving way under its own weight. Yet all he did was remember. He remembered his grandfather and his raw bloodied hands

one
two
three

Over and over. To the point of insanity.

I am a slave to my compulsions.

His father's mouth of red,

I am a slave to my compulsions.

His friend's taking another drag,

I am a slave to my compulsions!

His sluggish impulse and childish refrains, his scattered yelps and the vestigial remains. Nothing was sacred. Nothing was safe. He didn't want to be destined to repeat the cyclical patterns of his family, this life.

He thought of last week.

Under the twirling moonlight. The crouching at the bay of the lake. How the reeks itched his legs and how they traced rudimentary characters onto the sediment. The lapping of smooth rocks onto the surface of the water, "fore the tension broke and disturbed the silt. The entropy of boyhood and its inchoate. His first breath of freedom as he shed his layers. The buzz of insects as they jumped in. Splashing Amun with the water. He sunk under and opened his eyes to the misty light. it could blur but not dull in shine, until he retreated to the black of his eyes.

He got up and left.

Back at his grandmother's feet, he opened his mouth. And this time the truth poured out, like a coarse melody.



Asia O’Riordan- Highly Commended



Sophie exhaled onto the murky cracked window. The same, dilapidated, grey landscape came into view. In every direction, the cold, unforgiving debris engulfed the land. There wouldn't be any more bombing here, everything was already destroyed. The shell of the house that Sophie peered out of was no haven, and they would be walking again tomorrow.

Sophie's eyes scanned the surroundings for colour. She missed the vibrant greens of nature that existed before the war. Even the sky mirrored the dull terrain. This place was strange to her, the subtle hints of familiarity did not comfort her, for what remained of her home was depressing. She preferred to act as if this land was foreign to her. It was, after all, the only way she could cope with the loss of her friends, her family; her whole life.

Jane approached the window, puffing smoke from a cigarette. "Where'd you get that?" Sophie murmured. It was rare they had decent food let alone comforts like cigarettes. "Found it in a cupboard lighter too. C'mon, there's a can of god-knows-what in there too and I'm starving." Jane always shared food, even giving Sophie the bigger portion sometimes. The pair sat in silence, scoffing down cold beans, their first meal that day. They'd walked for nearly five hours to get to this house, and they were going to need energy for their walk tomorrow.

Jane's old frayed hair was tucked around her face as she scraped the sides of the tin. Sophie didn't know how old Jane was but she guessed about forty-five. She felt uneasy asking, they'd only known each other for a month, and every time their eyes met Sophie was reminded that she was still just a stranger. If Sophie was being honest, she harboured little fondness for Jane. Jane wasn't as smart as her, despite being 30 years older. She cracked jokes that weren't funny and never stopped moving while she slept. But Jane shared her food, and Sophie wanted to survive.

The two went to bed that night, as usual, on opposite sides of a dusty, hard floor. Sophie's eyes only ever closed to blink, sleep had eluded her for days. Her eyes turned to Jane, who was sleeping in her big winter jacket. A small brown comb poking out of her pocket caught Sophie's eye, transporting her back to the day they met. Sophie had not slept or eaten in two days, grieving her late family. Jane noticed her. "Do you want me to brush your hair?" Jane asked. Sophie, slightly disoriented, said nothing. Jane sat beside her and gently combed the matted, neglected nest of hair on Sophie's head. They were both desperately missing their families, so Jane brushed Sophie's hair pretending for a moment, that she still had a daughter and Sophie still had a mother, and that this bleak world was not theirs.

The clouds shrouded the sun's light the following morning and they began once again trekking through the desolate landscape. The roads were unrecognisable now, but Jane knew the church to be about 10 miles away; she used to drive this route every morning. "You know, my daughter n' I used to go on walks on Saturday mornings after her drama class. She always complained about her feet hurting. Can't imagine her on this walk!" Jane chuckled, leading to an uncomfortable silence. "You never tell me anything about your family." She commented, a breath later. "I don't mean like, details, but you can talk to me if you need to." "I don't." Sophie snapped.

After hours of trudging, an unscathed building emerged, creating a numbingly cold shadow as they approached. They had reached the church, rumoured to be filled with supplies and food. Sophie had been pining for this day, romanticising the specks of light glinting in the stained glass windows to be beacons of hope. "Thought God was supposed to protect us. Looks like He prioritised this church." Jane remarked. "Let's just go in, I can hear voices," Sophie replied.

Sophie and Jane pushed open the heavy wooden doors. They scanned the hall, observing groups of people clustered around metal gas heaters. A tall man walked towards Jane. "You new?". Jane nodded. "Come in, it's freezing out there." Jane and Sophie went further inside admiring the cleanliness and order of the pews stacked against the walls and rows of beds, wishing they'd come sooner. "I gotta be honest with you, we don't know how much longer it's safe here. There are rumours,""About what?" Sophie interrupted. The tall man looked down at Sophie as if he had not noticed her up until this point. "The bombings aren't far from here, and as more people arrive, we're drawing more attention to ourselves."

There was a long silence. The same pops of colour in the windows seemed less apparent to Sophie now. "There's bedding and clothes on those pews and food downstairs in the basement. Take whatever you need." "Thank you," Jane replied.

After eating, Sophie replaced her top that now had rips in the elbows with a scratchy material she found on the pews, reminding her of her old skiing gear. "My family and I used to go skiing like once a year. My aunt was pretty rich and let us stay at her place in Italy." Sophie spoke quietly, avoiding eye contact with Jane. Jane grinned, "So you were one of them 'rich' families." "Hey - not me..my aunt." Sophie replied. The pair laughed for a moment. Jane was content that Sophie had finally shared something about her old life. Sophie felt safe, for the first time since she lost her parents, but safety



was transient. She wanted to cherish it, tomorrow was never a guarantee.

Sophie and Jane exchanged anecdotes until an unexpected low roar was heard overhead. A bright, white light shot through the windows momentarily displaying a mosaic of colour on the opposing walls of the church. “Get in the basement!” a stranger bellowed. People rushed but tried to conceal their panic. A flock hurried down the smooth oak staircase, while others remained picking up supplies to bring down. Jane started lifting a gas cylinder from the back of a heater. “Jane, we don’t need them right now, we have to go downstairs, c’mon!” Sophie flustered frantically. “That tall guy Sophie, he said bombings have been happening in the area. If we don’t take the stuff down, there’ll be nothing left when we come back up. Go down Sophie, now. I’ll only be a sec.”

Sophie reluctantly joined the others downstairs, her heart pounding with worry for Jane. She stared at the stairs, waiting for Jane to appear. The roar of the planes grew louder, now rattling the cans of food and chalices that lay in boxes on the ground. The hum of the engines was close, they were going to strike. “Jane,” Sophie thought, but accidentally said it out loud. She pushed through the flurry of people in the basement. “Jane! Jane! JANE! -” Sophie called out until a loud bang and crumble of stone stopped her from speaking. A rush of air smacked her as a wall collapsed. She ran for the stairs in time to witness the avalanche of masonry fall from the skies. “JANE!” Sophie screamed before spotting her at the far edge of the altar. Sophie sprinted to her, crying and gasping, lifting rubble off her legs. A gas cylinder miraculously protected her torso, but her lower body was encased in debris. Jane was conscious but was struggling for words.

The next morning, the planes were gone. Sophie hadn’t slept and Jane was lying limply in a makeshift bed of clothes. Amongst the clothes, a thin fabric with doily-like patterns hovered in the wind. Sophie scowled at how this dainty, delicate material drifted so carelessly whilst all around, people were weighed down with agony and grief. Jane was lucky, Sophie had found her immediately so she was one of the first to be lifted out of the rubble.

The tall man Sophie had met yesterday tapped her and began whispering to not wake Jane. “Sorry to disturb you, apparently the resistance heard of the attack... They’re sending a bus tomorrow morning, and there’s a seat on it for you. The man paused. “Oh my,” Sophie said. “We’ll need a wheelchair or something for Jane, her legs are definitely broken-” “The bus is only for the children.” The man interrupted, leaving Sophie speechless. “...Let me know ok?” He patted Sophie’s shoulder before walking away.

Sophie was suddenly overwhelmed by her thoughts. This was her chance, they’d been walking for weeks to get an opportunity like this. But Jane would never leave her, Sophie thought. Hot guilt rushed down Sophie’s spine as she even considered taking the bus. Hours of nothing passed and Jane barely moved, unlike her usual squirming nights of sleep. As the cold night crept in, Jane was sitting up as Sophie fed her soup. It was near freezing again when Jane fell back asleep and Sophie’s towel-like ‘ski vest’ provided

her with no warmth. Jane leaned onto Sophie, nestled on her shoulder for the whole night.

That morning, the sun rose lightening the piles of debris from black to grey. Sophie fidgeted anxiously avoiding the decision she’d contemplated all night. She stared at Jane, hoping if she stared long enough, the right choice would magically reveal itself. The bus had arrived early and the tall man paced around the hall collecting many of the children. “You’re to be off soon” Jane smiled through her wan complexion. Sophie’s face dropped, realising Jane had heard her conversation. “It’s alright, it’s not like I could even get to the bus, if it was for me, that is.” Jane’s bittersweet chuckle was followed by a loud gulp.

“I’m sorry I didn’t say it to you. It’s just - I haven’t fully decided whether or not-” “Sophie you may not be my kid, but you’re the closest thing to it and you’re getting on that bus. Get somewhere safe. Ok?” Sophie grabbed Jane and hugged her tight, Jane winced at the painful movement but didn’t show it. “Here, you’ll need this,” she pulled away and began taking her jacket off. “It’s warm. I saw a few more here, I’ll get a new one.” The pair both smiled through their watery eyes and trembling lips. Jane motioned Sophie towards the tall man, whom Sophie now felt guilty about not knowing his name. He waited patiently by a collapsed wall. “Bye Jane”. “Bye Sophs”. “Thank you...for everything.”

Sophie was the last one on the small, crimson bus that reeked of fumes and there was only one seat left, beside a little girl with matted hair and dirty skin. The little girl sobbed looking out of the window, wiping her tears with her whole hand. Sophie sat down beside her but the little girl took no notice. “What’s your name?” Sophie asked gently. Deep in sniffles, the little girl gave no response. Sophie put her hand in the pocket of her new jacket discovering Jane’s small brown comb. “Do you want me to brush your hair?”. The tiny girl, sunken into her seat, gazed up at Sophie.

They sat on the bus in silence, as Sophie gently detangled her wispy hair. The bus moved slowly and the bare terrain remained as it always had. In every direction, there was nothing. Jane and the church disappeared into the distance. But brushing this little girl’s hair, suddenly things became a little more familiar in this strange, hostile land.



POLITICS & SOCIETY



Kate Lynch 6th Year

Sportswashing at the Giro D’Italia 2018 in Israel

What inspired you to study this topic?

I was fascinated by comments made by political theorist Noam Chomsky about how sport is a crucial part of “the indoctrination system” and an hostility that he holds towards sports fans, that was the first thing. Then, of course, the conflict zone that now exists in Gaza and criticisms of both Hamas and the Israel Defence Forces are currently consuming global media, so finding a topic that combined both of these elements, Chomsky’s theories and a topic so ubiquitous really appealed to me.

What is the most surprising thing you learned during your research?

Honestly, I wasn’t particularly shocked by much, however in trying to ensure the project fairly represented both sides of the argument, I did come across such a wide range of opinions both on sportswashing in general and on the Israel-Palestine conflict. I was surprised how many people held views that were so varied and multifaceted on something that before my research, seemed like a two sided coin.



Sean Lacey 6th Year

Injustices must first be removed before true peace can occur

What inspired you to study this topic?

I chose to relate this title to the troubles because I’m interested in that period of Irish history because of a relative from Northern Ireland

What is the most surprising thing you learned during your research?

The troubles legacy bill which was passed in September is a big step backwards and it was quite surprising to me to see that the UK government is failing the people of northern Ireland so badly.

RELIGION



Jacob Alexander 5th Year

An investigation into how a canon of scripture emerged within either the Hebrew or Christian traditions and the reason why a particular piece of literature was excluded from this canon.

What inspired you to study this topic?

I found the topic to be of interest to me due to its connections to history, as I have an interest in that, and also its connections to the study of the emergence of ancient texts, as I find the evolution of cultures and religions to be an interesting topic.

What is the most surprising thing you learned during your research?

The most surprising thing I learned during my research was the true nature of canon within Christian tradition. It varies wildly across each sect of the religion, with books that are disregarded by some religious groups being an incredibly important part of others. An example of this is the apocrypha and how it’s treated in the Catholic Church, as a non-canonical piece of literature not worth the time, as opposed to Eastern Orthodoxy, where it is treated as a canonical part of their version of the bible, and is therefore integral to their faith.



HISTORY



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

Gray Sinton



The Soweto Uprising: Oppression, Ideology, and the End of Apartheid

What inspired you to study this topic?

I'm South African and my Indian family lived under Apartheid. The fact that a student uprising, which occurred in response to a medium of instruction change after decades of continuous oppression through education, directly resulted in the end of an almost 40-year-long regime I found particularly fascinating. I was also interested in discovering how exactly an illegal picture of a 12-year-old's dead body made it to the world press and then subsequently galvanised the world against Apartheid.

What is the most surprising thing you learned during your research?

The extent to which a planned-to-be small-scale student uprising paved the way for the resumption of subversive activity in all aspects of domestic life surprised me. Additionally, the extent to which opposition to Apartheid abroad combined with the increased internal resistance following a period of quiescence influenced the policy changes that resulted in its end. Finally, I was surprised by the role that the Reagan administration played in imposing sanctions on the Apartheid government and creating an untenable situation. That being said, having grown up in South Africa, much of my research was backed up by pre-existing knowledge.

Sam Habington



Heroic or Heinous: The Work of Fritz Haber

What inspired you to study this topic?

I was originally inspired by how the discoveries of the properties of mustard gas led to the creation of chemotherapy and I later found the creator of the gas to be quite interesting so I chose him as I still had the tie to the original idea.

What is the most surprising thing you learned during your research?

How a man who dedicated years and years of his life for a goal to better humanity would be so easily corrupted by war.

Riin Kati Mc Lave



'Make the economy scream' American Interference from the beginning to the end of Salvador Allende's presidency

What inspired you to study this topic?

While studying American history for my history course, I became interested in learning more about international relations and the power dynamics between larger, more powerful states like America and smaller countries around it. I picked Chile and Allende arbitrarily, one of my favorite writers happens to be Allende's granddaughter and I wanted to find out more about Chile, but I quickly realized that the story of Allende has a pretty universal quality too.

What is the most surprising thing you learned during your research?

The CIA has always been this shadowy concept for me, more like the stuff of spy thrillers. The most important thing I learned from my research is that a culture of 'mysteriousness' is often adopted consciously, to prevent the general public from becoming too curious. Obviously, developing a culture of secrecy can come hand in hand with developing a culture of greed and corruption too. Looking at historical documents and wading through the truth, finding moments where I could point to real tangible wrongs has made me more discerning of the different shady guises power can wear. Counterintuitively, it also made me a lot more optimistic. Even though bad things, even terrible things have happened in history, the fact that I live in a world where seeking out those secrets is possible feels like something to be grateful for.

Isobel Kelly



Pandemonium in The National Theatre – 1907 and 1926.

What inspired you to study this topic?

When perusing the Abbey Theatre's Website, I discovered the

rambunctious history of the National Theatre. As someone with a keen interest in Irish History as well as Theatre, I felt this was a perfect topic for me. In studying the riots surrounding 'The Playboy of the Western World' and 'The Plough and the Stars', I noticed the similarities between the early responses to these plays, and the hatred that was displayed towards J.M. Synge and Seán O'Casey, respectively. The Theatre's History is long and varied, and to research some of the more controversial aspects of its early shows was very thought-provoking. The opportunity to learn more about W.B. Yeats and Lady Augusta Gregory, and their contribution to the Irish Literary Scene was also appreciated. Having read about the increase in audience members disrupting theatrical shows post Covid, it was fascinating to see the parallels to events that took place over 100 years ago.

What is the most surprising thing you learned during your research?

With such controversial events, there were many things that shocked me during my research. For one, the level of vitriol towards both the actors and playwrights unnerved me as I delved deeper into my research. Synge was subjected to shouts of 'kill the author' as he sat in the auditorium in 1907, whilst during 'The Plough and the Stars', male audience members stood up and punched the female actors in the face – actions that today would cause huge alarm. This behaviour was shocking beyond words, and the fact that it was accepted willingly, was concerning indeed. This project gave me an insight into the violence faced by women in both productions, and the topics that were deemed 'taboo' in an Ireland back then.

Caroline Danaher



The Controversial Life of Diana Mitford

What inspired you to study this topic?

My teacher had recommended the Mitford Sisters to me, and when researching all 6 of them I found their diverse familial dynamic to be extremely interesting. Diana (a fascist), despite coming from a conventional aristocratic background, had 5 sisters who all differed from each other: a strong supporter of Hitler, a Communist, a novelist, a Duchess and a country girl. Of course Diana was the most intriguing due to her extremely controversial lifestyle, you could say she was the Kim Kardashian of the 20th century, and I was instantly hooked.

What is the most surprising thing you learned during your research?

I can't find one thing that surprised me the most, I think it would have to be the fact that her life was the complete opposite as to what was expected of her in the 1930's. Her father was an 'anti-feminist' and her growing up to be infamously independent was remarkable. Between marrying Bryan Guinness (heir to the Guinness

fortune), divorcing him due to boredom, then marrying Sir Oswald Mosley (leader of the British Union of Fascists), becoming a close acquaintance of Adolf Hitler and being imprisoned for 3 years her life was far from ordinary.

Aisling McCarron



The Scopes 'Monkey' Trial. July 10-21, 1925.

What inspired you to study this topic?

With aspirations for a career in law, I was immediately drawn to studying a legal case for my history project. I have also always been interested in the long standing controversy of religion versus science, the intersection of faith, reason, and societal change. When I came across the Scopes trial, I was instantly intrigued. It was not just a legal case, but a story of old versus new, tradition versus progress. It seemed like the perfect chance to explore history and its relevance today. I was immediately fascinated at how recent it was, having only happened in the last century. I also enjoyed the opportunity to learn more about the theory of evolution and its origins. The legal arguments and decisions made in this trial set the groundwork for future debates over the separation of church and state, and the limits of academic freedom. Additionally, the Scopes trial was one of the first high profile trials to be extensively covered by newspapers and radios, it became a national spectacle so I knew that I would have an abundance of sources for my research.

What is the most surprising thing you learned during your research?

Despite the impressive scale of the trial, the most surprising aspect of my research was its resolution. My whole essay is based on a big, dramatic trial, containing 'the most amazing court scene in Anglo saxon history' according to the New York Times. The trial lasted eight days and dominated the front pages of the nations newspapers for weeks. There was such a huge crowd that the judge moved the proceedings out to the lawn as he feared the floor would collapse. So you can understand my complete shock to discover that the ruling was overturned based on a technicality. The judge had wrongly imposed a fine that could only be determined by a jury. The court announced that the plaintiff was no longer 'in service of the state'. They saw 'nothing to be gained by prolonging the life of this bizarre case', and that was that, the law remained. It wasn't until 1968 that the Supreme Court ruled that such bans contravene the establishment clause of the first amendment. This was because their primary purpose was religious.



HOME ECONOMICS

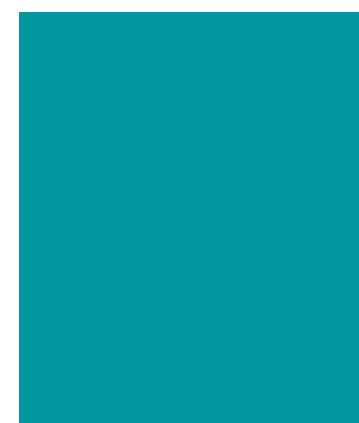
Bake Sale



In Aid of ASI

Well done to Sandra Cleary and all the students who held a bake sale on the 2nd of May in the Home Economics kitchen. All funds raised were donated to The Alzheimer Society of Ireland (ASI) who were celebrating their 30 year anniversary with a national tea day! The total raised on the day was €2,530.60.

We greatly appreciated all your baked goods, a special thank you to all the staff and students who went above and beyond to make it such a success. The standard was incredible, everyone's inner chef shone through on the day. The ASI works across the country in the heart of local communities, providing dementia-specific services and supports for both people living with dementia and their carers.





CARLINGFORD ADVENTURE

Áine Turner 4th Year



What can I say about Carlingford? Only that it was nothing like how I could have imagined. From 43 kilometre hikes to sky parks to singing around fires in the middle of the night, Carlingford was one trip I won't forget.

Starting off strong at 7:30 on a bleak and grey morning, I and 57 other sleep deprived teenagers made our way onto parked buses waiting for us outside the school, many of us equipped with bags sized more for a family holiday than an overnight hike. As we arrived in Carlingford, no time was wasted as we were quickly thrown our dorm keys, given a packet of crisps and an apple for lunch, split into two groups and then sent straight up the mountain for the hike we had all been sleeping on the bus for. The hike was, at the start, surprisingly more doable than I thought, with beautiful ocean and mountain scenery willing us up the mountain along with some encouragement from each other and a bit of competition with the other Institute hiking group.

Although as you might expect, during our descent of the mountain, after one kilometre too many accompanied by on and off rain showers, the walk became torturous as we trudged aimlessly down a seemingly endless road with our only source of entertainment coming from a few lost cars driving back and forth and feeding two horses whom we sacrificed our apples to. After what felt like an eternity of walking, we arrived back at the hostel and crashed onto our beds trying to get

feeling back into our legs before going for dinner. As the night set in, we were informed that we would be heading back up a part of the mountain for a camp fire and while my legs were still killing me, I must say, the walk back up was absolutely breath taking with the houses of Carlingford beautifully lit up in the dark. When we made it to the camp site and all finally found our seats around the fire, we jumped into a game of Chinese whispers which we epically failed at followed by mad, tone deaf singing and an absolute feeding frenzy as we were given a single precious packet of marshmallows to roast.

The next day, having battled wet, muddy terrain and high altitude winds strong enough to blow over an unfortunate few, we triumphantly celebrated finally reaching the top of the mountain with a group photo that everyone eventually joined in on, even though our hair was less than ideal. Soon after this achievement, to finally finish off our trip, we made our way down to Carlingford Sky Park where after getting harnessed and stumbling through the initiation course, we flew through obstacle courses on a height and jumped on as many zip lines as possible with the short time left.

All in all, Carlingford was an amazing experience which I will always remember and look back on as one of the highlights of fourth year.





DUKES ASSESSMENT CENTRE



CINEMA TRIP



DRIVING SCHOOL



Claudia Rose Manning 4th Year

At 9:30 sharp we all piled into the bus, chatter and laughter filled the air, colliding with nervous energy. As we arrived at Mondello race track gasps and cheers rumbled through the bus. Before us lay a magical ribbon of asphalt. Stretched out, lined with bright colourful barriers. Each step off the bus was in rhythm with my pulsing heart. After being escorted to a hollow room which looked out over the daunting race track. We were each handed a wristband. I looked down at my wrist. The illuminous yellow beaming back at me. Reflecting the atmosphere that cloaked the room.

Trudging through the nipping grass and over the ominous track, we were welcomed into a new room. I was met with an unforgettable sight. The sleek and aerodynamic vehicles stood tall and proud. Showcasing their vibrant colours and captivating design. They gleamed under the fluorescent light, reflecting the anticipation in the room. Each car had a unique number, sponsor logo and electrical covering adorning their exteriors. The cars gave off an angry energy as if ready to race and unleash their full potential. My finger gently brushed against the bright yellow 'McDonalds' sponsored car the shiny material squeaking under my touch. I took out my phone and flashed a few pictures although the experience had already etched itself into my memories.

Disappointment washed over me as I realise our time was up and we had to leave the intimidating vehicles. I walked out the door and looked over my shoulder one last time to see them caged and anticipating to race, I ignored the tingling sense of frustration and awaited my next adventure.

Adrenaline overtook my body when I realised my next adventure was driving. I walked my way towards the vehicle parked and waiting for me to arrive. I slid into the front seat, the material meshing to my back and thighs, it felt... right. I removed my restricting jacket and pushed the hair behind my ears, to give the impression I was ready. Anxiety gripped me like a vice. The hum of the engine felt foreign beneath my trembling hands and the responsibility settled upon my shoulders. I took in a deep breath, turned to my friends that sat in the seat behind me and warned 'prepare yourselves'.

I pushed my right foot down on the accelerator and off we went. Starting at a solid 30mph I felt good, my anxiety was slowly washing away - until - I accidentally pushed too hard, the speedometer was 60mph, before I knew it, my heart pounded, my legs shook, my breathing got heavy. I was coming up to a turn, air filled my lungs and I whispered prayers to god. I turned the wheel repeatedly, forcefully as I repeated 'oh my god, oh my god'. The instructor grabbed the wheel to help me and I successfully made it around the track. Straightening the car back up I glanced at the speedometer again. It read 20mph. Laughter erupted through the air as we realised I wasn't going as fast as we thought. 20mph felt like 80. I became more confident and did another two laps of the track, each time increasing the speed yet still dreading each turn I came upon.

As I came to a stop and successfully parked the powerful vehicle, freedom came over me. I stood up and breathed in the fresh air, proud of myself and laughing at the comedic experience "Well this will be a funny story to share." I thought to myself as I got back on the bus. Mondello race track will be an experience I'll never forget.





Camille O'Gorman 4th Year

As a race car enthusiast, I was ecstatic about going to Mondello Park. It was the middle of January, a cool Wednesday morning, a big beaming sun shone down on me so I knew it was going to be a good day. The bus journey was long, about an hour and a half to two hours, more or less, although it gave me time to get to know the people sitting close to me. I thought to myself "this is the perfect opportunity to make new friends", and I did. I asked questions like, What school were you in? What is your favourite movie? Hobbies? Just simple, but effective questions.

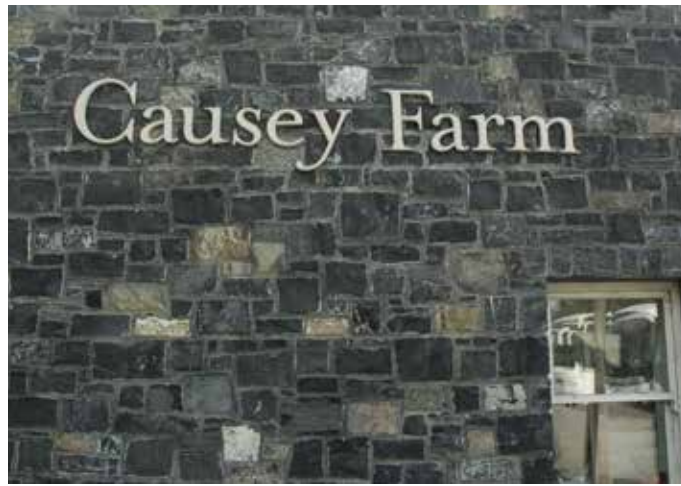
Once we arrived at Mondello, we were greeted by the welcoming staff, guiding us towards the small building in the center of the racetrack. We were split into three groups, green, yellow and orange. The green group, my group, got to drive the cars first. Each person got to drive a car around a smaller track and learned how to reverse and parallel park. Next, we drove back to the main building and took part in an ice-breaker of who could build the tallest tower using jenga! (my group won). Then we did a road safety talk which was extremely boring, I can't lie but afterwards we did a practice theory quiz about driving and road safety.

Lastly, we got a tour of Martin Birrane's car collection! This was probably my favorite collection and my favorite part of the Mondello trip. It was so incredible to see cars driven by some of the most famous formula 1 drivers or drivers who had driven in the same race against them. I took so many pictures of the cars that the storage on my phone was almost full. Before we got back on the bus, we were given each a certificate to say we completed the basic driving school and visitor passes to keep. And of course, we took a big group photo before we headed home.

The atmosphere on the bus was tranquil as everyone was so exhausted at the end. So, I took the opportunity and closed

my eyes and let my mind wander off into another world. The Mondello experience was definitely something to remember for sure.





CAUSEY FARM

Liam Cleary 4th Year



The first week of a new school ought to bring a mix of excitement and apprehension to everyone and I was no exception. Fresh faces, unfamiliar hallways and the weight of expectation hung in the air like a thick winter fog. Looking back, on the early part of the school year, there is one event that stands out vividly in my memory, the school trip to Causey Farm.

At 8:30am sharp, we all piled onto the bus, chatter and laughter filled the air, mingling with shaky, nervous energy pulsating through the group. Upon arriving at Causey Farm, we were greeted by sprawling green fields, a rustic yet welcoming barn, and dilapidated toilets. Unbeknownst to me these vast fields and unsophisticated barns were only the beginning of a trip that held adventures that would etch themselves into the fabric of my memories. The first activity was an unexpected one, bread making. To be perfectly honest, I couldn't help but be unexcited for this. The wheat flour, baking powder and oats laid out on a wooden table amalgamated to make a colour far too beige to ever be exciting. After several mistakes, my groups dough began to look like porridge, and felt as sticky as spilled syrup on the tile floor. We exchanged short lived laughs about our failure as our creation went into the oven. But to be frankly honest, I was left wanting more, and I felt as if this trip wouldn't be the bonding experience that was promised.

Shortly after, we were transported over to the heart of the farm, the elusive bog. It was a bumpy road that we all endured in the back of a truck. I felt like an animal on its way to the slaughter house, and not only because of the conditions we were in, but rather because the mere thought of the bog made me squirm with discomfort. This fear brought all of us together, and as we reassured each other that it would all be

fine, our nerves transformed into pure adrenaline. As I stood on the edge of that murky bog, I felt something stirring within me, the voice of adventure telling me to jump. Quickly after, I and my friends were gallant enough to jump - we were suddenly in the air. The cold embrace of the bog enveloped me, but amidst the mud and muck, there was a sense of liberation, a freedom that comes from surrendering to the moment, letting go of inhibitions, and embracing the experience. As we struggled to get out of the bog we exchanged long-lived laughs of pure joy. At 1:30pm, the day drew to a close and here it dawned on me, that in just 5 hours the once unfamiliar faces became some of my dearest friends. The weight of expectation had disappeared and transformed into unwavering excitement for the school year ahead. I find myself mulling over the feeling that had washed over me on the bus ride back to the school. On reflection, I understand that sometimes it takes stepping out of your comfort zone to embrace life in all of its unyielding beauty. And for that I will forever be grateful to Causey Farm. A place where memories were made, and friendships were forged.



CAUSEY FARM

Omar Alsahaf 4th Year



Although the global pandemic “covid 19” happened in March 2020, it feels like it was a century ago. It confiscated many school trips that I should have experienced as a student. I am still deliberating how I really feel about that. I felt extremely excited to hear that I was going on a school trip to Causey Farm with my brand-new school.

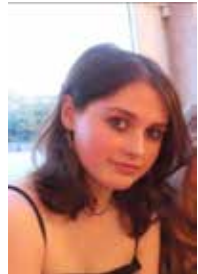
Before I went to sleep, I visualised how the day would progress and I must confess that I felt nervous not knowing any of my peers who would be joining me. On the way to school, I strolled towards the bus full of ardor unable to contain my eagerness and exhilaration. The bus driver had an austere expression on his face, but not even that was going to ruin my day. The journey was very long and draining but at last, we had arrived! During the journey there, I managed to make three friends. I felt a sense of relief and I was exultant to have met them.

Now onto the trip. We were divided into groups, but my newly made friends were still with me. The lady giving us the tour was very genuine and patient. We enjoyed many activities including baking, tunneling and feeding the animals. I fed the horses who demolished the handful of fresh grass I had given them. On the other hand, the rabbits weren’t very social. There was one rabbit with black fur that caught my eye with his mysterious, ominous, black eyes and its sphinx demeanor.

After meeting the animals, we got the opportunity to immerse ourselves in the bog, which looked rather off-putting. As I jumped inside, I could feel my legs slowly sinking and I felt like I was going to suffocate in a pile of quicksand. As I was sinking, my newly made friend grabbed my hand and helped me up. This was my favorite activity as it allowed us students to bond with our new peers that we will learn with for the next three years. We headed back covered in revolting, stenching smelling mud towards the changing rooms to clean off for the bus. The trip was very illuminating and provided me with clarity that I wasn’t alone in this highly regarded new school.



BARISTA COURSE



Aoise Dore
4th Year



I love coffee. I will admit, it borders on addiction. So I suppose, it isn't hard to imagine my enthusiasm when I discovered there was an opportunity to sign up for a barista training course offered by Dublin Barista School through The Institute. The chance to learn new skills, obtain a qualification and possibly open doors to a further part-time job all hovered at the back of my mind, pleasant add-ons, while at the forefront the words "Free Coffee" flashed like a neon sign.

Arriving to the school early, the baristas first started with instructions. The course leader, Italian and proud had a remarkable passion for his profession. He coveted coffee making, undeniably an art in his eyes, so much so that he managed to get an entire room of vaguely sceptical teenagers interested in the exotic little beans. Together with him and his assistant baristas we were taught, step by step, the intricacies of making a shot of espresso, becoming increasingly more caffeinated with each mistake because "oh no", what a waste, I should probably drink it. I'd like to think the slight heart palpitations were from genuine excitement or enjoyment, but it seems unlikely.

In conjunction with mastering the espresso machine, we were also taught the theory aspect of coffee making. We learned the origin of the bean, the different types, and the many variations of coffee (my favorite is a cappuccino). Afterwards we progressed to adding milk. I remember this stage of the course as my favorite, because with milk came latte art, and why wouldn't you want to be able to make a pretty little heart in the foam? A key life skill for sure. Unfortunately, I was not as naturally gifted as I had hoped. Most of my so-called hearts more closely resembled blobs of varying sizes or on one occasion the continent of Africa. I did achieve one recognisable

heart shape and I will proudly say that it is now one of the pillars upon which I place my self worth.

Later in the day, after we broke for lunch, teachers came by the Home Economics room to be served coffee by their students. It did give me some idea of what working in a café was like, taking orders and frantically trying to look at ease, act like a professional in this thing you only learned how to do 3 hours ago. When the last teacher left, we cleaned the machines and thanked the baristas. I left the school buzzing from satisfaction, the coffee overdose or both. On reflection that day was a lovely memory and I promptly handed my CV into any café in my area I could find, newly equipped with my gleaming certificate of coffee expertise.





We also learned about Neurosurgery, a speech given by Ireland's first female neurosurgeon, Catherine Moran. I found her talk particularly inspiring due to the hard work, determination and dedication she has put into her career and how despite being one of only two female neurosurgeons in Ireland - she is confident many more young girls will follow this path in the future.

Two of the doctor's patients also spoke: one on her experience of having breast cancer and another patient on her experience of living with a stroke. We ended the programme with a Q&A of students currently studying at RCSI. They gave us an insight into how they got into medicine, both undergraduate and graduate entries and what life is like for them at RCSI.

I had the opportunity to go into the stimulation emergency rooms, where me and three of my friends helped deliver a baby from SimLady, Lucina. Afterwards, the doctors for the Irish Football Teams gave us a presentation on their working experience and gave a signed jersey and ticket to the student who asked the best question.

Overall I really enjoyed the RCSI MiniMed programme and I would definitely recommend this programme to any transition year students interested in studying a medical or science career. As it gave me the opportunity to experience and learn both the highs and lows about studying medicine and the impact health care sciences have around our world.



Nina Quigley 4th Year

In February this year I attended the Royal College of Surgeons MiniMed programme in person. The purpose of this course was to give transition year students a brief insight as to what studying medicine is like. Over this three day programme I learned so much about the different specialties of medicine through insightful talks and real-life surgeries.

Each lecture was given by very knowledgeable and passionate doctors, where we had the opportunity to ask any questions about their experiences of being a doctor. This programme went into detail about Rheumatology, Pathology, Cardiology, General Practice and Plastic and Reconstructive Surgery, just to name a few.

My highlight of the course was definitely the Real life Laparoscopic surgery and Caesarean Section. The Laparoscopic surgery was demonstrated by Professor Arnie Hill, where he very carefully and calmly removed the patients gallbladder.

The Caesarean Section was demonstrated by Professor Fergal Malone, here he talked through each step of the procedure. It was truly an amazing experience to be able to watch. In both surgeries they emphasised the importance of staying calm and making logical decisions if something went wrong.



DELFDALF Exams French

This year students have opted to undertake either the A2 or B1 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

This year our students are taking the A1 or A2 TEG Irish Language Exam. This exam is awarded by Lárionad na Gaeilge, Ollscoil Mhá Nuad and serves as an official certificate of competence that demonstrates students' oral, productive, and comprehensive abilities.



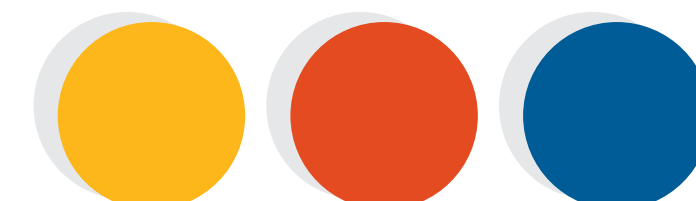
CEFR International Language Exams

This year our 4th year students will undertake CEFR languages in either Irish, French, Spanish or German. 4th year language classes are taught to their respective CEFR language syllabus and are supported by tutorials focused on the CEFR exams. 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 or A2 exam. Each exam has a varying degree of difficulty. Students 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.



PHOTOGRAPHY APPRECIATION

Julia Madden 4th Year



The Photography Module was one of my favourite modules. I got the chance to explore the city through a new lens and go on trips to photo galleries. I learned numerous tips and tricks to enable me to capture the perfect photo. A professional photographer came in and showed us the best camera angles to use and demonstrated how light can affect the quality of your photographs. We got opportunities to use many different cameras; from the camera on our phones to a fancy professional camera; to old fashioned film cameras. It was interesting to see how different the same picture looked just because it was taken by a different lens.

This module is also a great way to make friends and meet new people as we had to work together in groups. We were tasked with different photography challenges which allows us to learn and explore together. We also got to learn some basic photoshop skills which I think will come in handy.

My favourite memory from photography is exploring St. Stephen's Green and The Iveagh Gardens; attempting to take pictures with different photography rules. We also got to experience and see our city's unique architecture through the lens of a camera, like the beautiful ceiling of St. Stephen's Green Shopping Centre. I got the time to take in and think about my surroundings; something I wouldn't do in my everyday life. Every class would finish back at the school with a review of our work. It was cool to see other people's perspectives and artistic ideas. I would highly recommend this module to incoming 4th years as it's a life skill and an opportunity to make long lasting memories.



Kethana Naidoo 4th Year

I started doing photography in the middle of the second term, and I wasn't expecting to like it because I thought it would

just be a class going through and talking about photos and not getting hands-on experience, but I ended up liking it a lot more than I expected. It was so much fun and we got to do so many different things for example we had a professional photographer come in and teach us how to take photos with the importance of lighting and how it can create depth and shadows in photos, we also did other trips such as going to photography galleries in town and seeing a variety of work each with something unique in each piece. For people who are thinking about taking photography in the future I would definitely recommend it, I've met so many great people and it's a good breather from work.

Riya Sharma 4th Year



I started photography appreciation at the start of 4th year with high expectations. Although photography hasn't always been a passion of mine, I was interested in learning more about the creative aspects of it. The module certainly surpassed my expectations and I thoroughly enjoyed the experience. We were taken out to local parks, gardens and streets and with just our phones, were taught how to capture beautiful pictures. I made many new friends in this module, and had a lot of fun with them. We visited different photo museums together, each as unique as the last. We were shown professional photographers work and could read about the inspiration behind each piece.

Although I enjoyed visiting museums and parks, I'd say my favourite part of the module was when we had a professional photographer over to the school to take pictures. She brought different lights and cameras with her and we were taught how to use them. We were even able to visit her studio which was a small walk from the school. We saw the process behind professional pictures being taken and got to try it out with different lighting and backgrounds. For me, photography provided a break from the stress of a school day, which is why I enjoyed it. I think it is definitely a module that is worthwhile taking, and I have a newfound interest in photography!



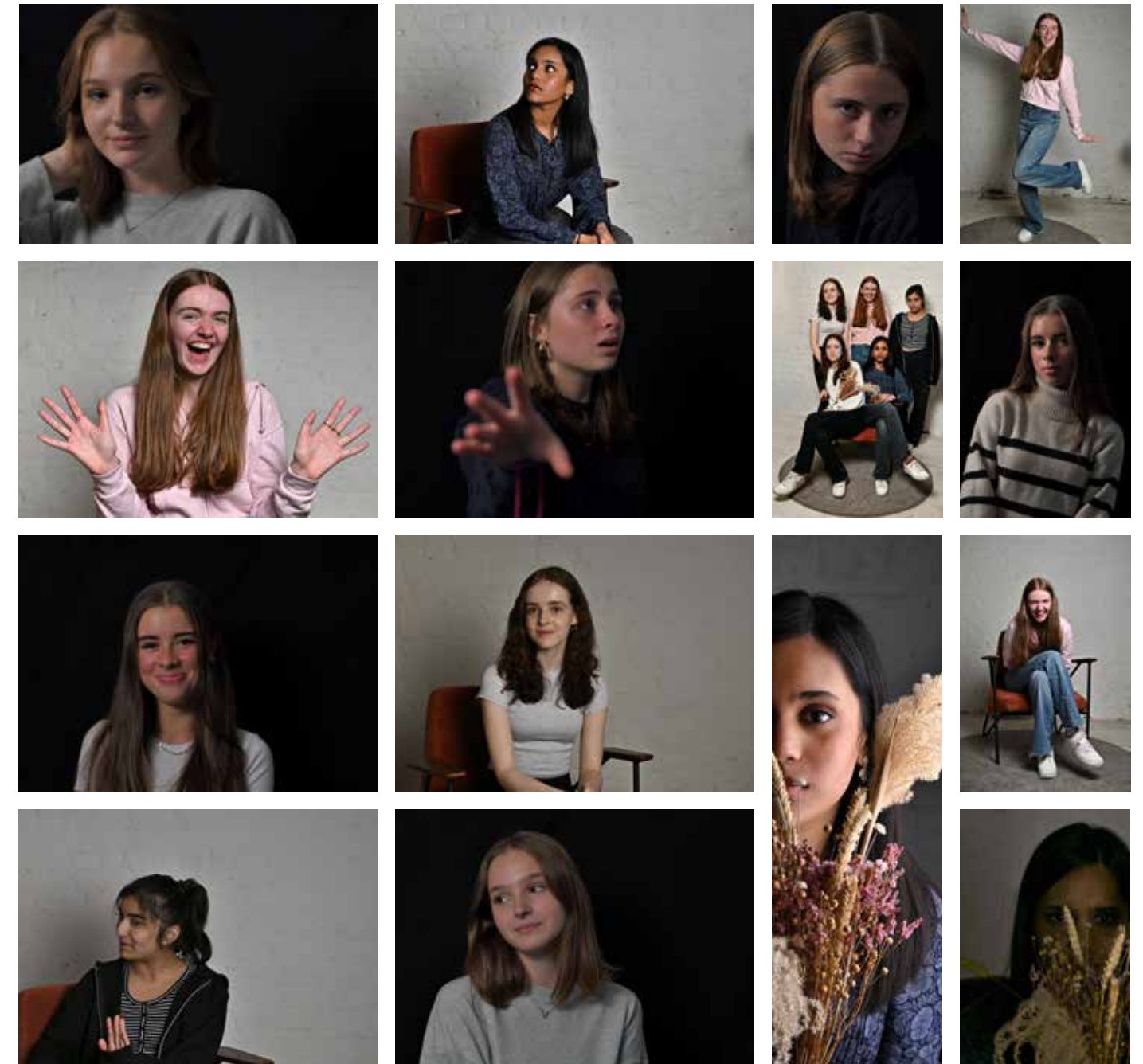
SMALLRIG LIGHT WORK



BEHIND THE SCENES



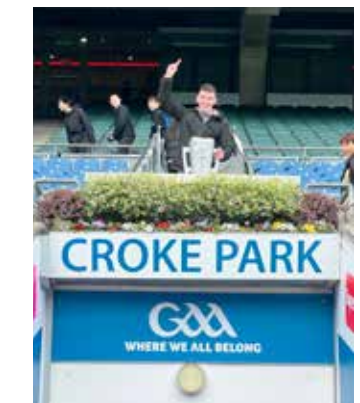
STUDIO WORK



BEHIND THE SCENES



END OF YEAR TRIP



STUDENT SPOTLIGHT

MAY 2023 - APRIL 2024

Zara Burns 6th Year



Congratulations to 6th Year student Zara Burns who won the highest level (International Tennis Federation) World Tennis Tour Juniors competition J60 Singles event, hosted in Ireland in July 2023.

Zara also represented Ireland at the European Under 18 Junior Championships and at the Four Nations Championships in Wrexham, Wales in September 2023.



Alya Ozalp 6th Year



Well done to 6th Year student Alya Ozalp who became the Under 19s Irish National Champion Windsurfer in July 2023 after winning the windsurfing race in Downings Beach, Donegal, organized by the Irish Windsurfing Association.

Alya also participated in the Overall Women's Category and won 2nd place. Alya is pictured below (centre) with the winners of the Overall Women's Category.

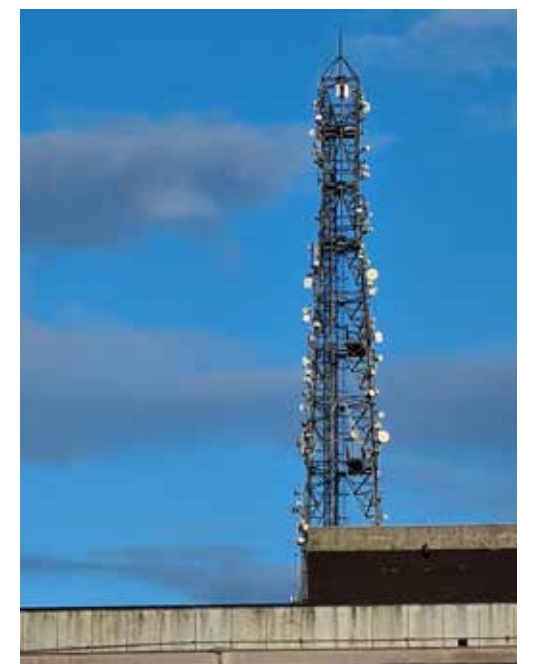
Alya says "It was a really thrilling event and I can't wait to be back next year!" We wish her all the best and look forward to hearing about her future windsurfing endeavors.



Fótó na nÓg 2023



Pictured above from left to right Alex McDonnell 5th Year, Tinashe Chiza 6th Year, Polly Delaney 6th Year and Tom Sheehy 5th Year - who were all finalists in Fótó na nÓg Young Photographer Awards 2023. We were very proud to have 4 of our students make the top 20 finalists in this country wide competition. Fótó na nÓg is an exciting photography awards programme for young people all over Ireland. It creates opportunities for young photographers and all 20 finalists had their work exhibited at Photo Museum Ireland's 'Artist's Project Space', Meeting House Square, Temple Bar, Dublin 2. Check out their work below (Tom Sheehy), on the right from top to bottom (Alex Mc Donnell, Tinashe Chiza and Polly Delaney) and you can also see the winning work at the following link <https://photomuseumireland.ie/fotonanog-2023>.



STUDENT SPOTLIGHT

RTÉ's Space Camp Challenge



Well done to 5th Year students Asia O'Riordan and Aditya Joshi who participated in RTÉ's Space Camp Challenge series in collaboration with Science Foundation Ireland. It was an amazing experience, with the series taking Asia, Aditya and seven other Irish teens on an extraordinary journey to NASA's Marshall Space Flight Centre in Rocket City, Alabama for astronaut training. They had an exceptional time with incredible activities such as building rockets, scuba-diving, gravity training and gyroscope spinning. Space Camp Challenge was on for 6 weeks in 2023 on both RTÉ2 and RTÉ Player.



Lynetta Wang 6th Year



On Saturday 7th of October 2023 6th year Lynetta Wang had the exciting opportunity to take part in NewsTalk's Tech Talk with Jess Kelly. Lynetta is a Junior Ambassador for the Shona Project, an initiative to encourage young women in STEM.

"The Shona Project is a multi-award-winning non-profit organisation whose aim is to educate, empower and inspire today's Irish girls to become tomorrow's strong, confident and curious young women. It was created by girls, for girls, to ensure that every girl in Ireland feels seen, understood, supported and valued."



Pranav Erukattil 5th Year



We were very proud to announce 5th Year student Pranav Erukattil won the Badminton Boys Singles FZ Forza Under 17s Irish Nationals in Waterford in October 2023. Pranav is currently ranked No1 in Ireland in his division.



STUDENT SPOTLIGHT



Shaunak Mohapatra 4th Year



Congratulations to 4th year Student Shaunak Mohapatra for his participation in Web Summit held in Lisbon, Portugal in November 2023. Web Summit is the world's largest technology event where startups, investors, industry experts, and tech enthusiasts gather to network, exchange ideas and enhance their skills. Shaunak (pictured top left) is the Co-founder and Chief Technology Officer (CTO) of Apaid AI. Apaid AI aims to transform how businesses sell and communicate with customers by seamlessly integrating artificial intelligence into their current web applications. This year, with representatives from 153 countries and a record-breaking 2,608 startups, Web Summit continues to be a global hub for technological innovation and collaboration. Well done to Shaunak and his co-founders for their contributions in advancing the future of technology!



Mia Stephenson Donnelly 6th Year



Well done to 6th Year student Mia Stephenson Donnelly. Mia was selected to be on the RTE Creative Youth Panel and is pictured above attending the first event in October 2023.

At the event Mia had the chance to work with industry professionals such as writers from RTE and documentarians. Events continued throughout the year allowing students to network and get to know the industry from the inside.



Ai Lin Sun 5th Year



Gifted 5th Year student Ai Lin Sun was awarded The Organ Scholarship programme in Whitefriar Street Church in October 2023 for the academic year 2023/24. Ai Lin is an accomplished pianist who at just 15, won first prize this year, in the Feis Ceoil Huban Cup Over 18s competition. Ai Lin regularly performs in concerts and was selected in March 2023 as the pianist for the band of the Emmanuel Concert Series that took place in the Helix DCU. She was also recently the chosen pianist at the Bord Gáis Energy Theatre for the 'Sing a Song of Docklands' concert.



Daniel Morris 5th Year



Talented 5th Year student Daniel Morris was also awarded The Organ Scholarship programme in Whitefriar street Church in October 2023. The Organ Scholarship programme is very competitive and Whitefriar Street Church offered it to just two young musicians for the academic year 2023/24. It is incredible to have both of our students avail of this amazing opportunity. Daniel is an accomplished singer and pianist who has been studying piano for 10 years and is currently working hard towards Grade 8.



STUDENT SPOTLIGHT



Arina Kravchenko 4th Year



A very well done to our 4th Year student Arina Kravchenko who generously gives up her free time every week to teach Art with The Irish Red Cross. Arina teaches Academic Art Drawing based around still life. Every week Arina works about 7 hours on average between a weekly group class every Saturday in the Community Centre in Rathmines and also providing individual lessons in the evenings a few times a week. Arina really enjoys Art, it is a favoured subject in school and she loves sharing the joy of Art with her own students.



Sara Sabry 5th Year



We are very proud of 5th Year student Sara Sabry who won the IACT Irish Junior Open in November 2023. Sara was ranked number 1 in the girls Under 17 category. Well done!



Eoin Lai 5th Year



We were delighted to hear 5th year student Eoin Lai won silver in the Physics competition at Round 2 of The Irish Olympiad of Experimental Science (IrEOES) 2023-2024. IrEOES is an individual Science competition for transition year and 5th year students. The first round took place online and was accessible to any eligible student who wanted to take part. Round 2 took place in Dublin City University (DCU) on Saturday the 11th of November 2023. A total of 83 students took part in round 2. There were 30 in Biology, 30 in Chemistry and 23 in Physics. As always the contestants were given a fair but challenging test.



Zara Burns 6th Year



A huge congratulations to 6th year student Zara Burns, who in December 2023, signed to Div1 University of Tennessee at Chattanooga with a 'full ride' scholarship for the next four years.

Zara was offered an incredible 7 full scholarship offers from different parts of the USA but felt this University was best suited to achieving her goals. She intends on studying a BSc in Physical Therapy and Kinesiology.

We are very proud of Zara who is currently ranked No1 in Ireland and is sponsored by Tennis-Point for all things Tennis. She is an ambassador for their clothing range 'Quiet Please' - the first Junior Player in Ireland to be chosen.



STUDENT SPOTLIGHT

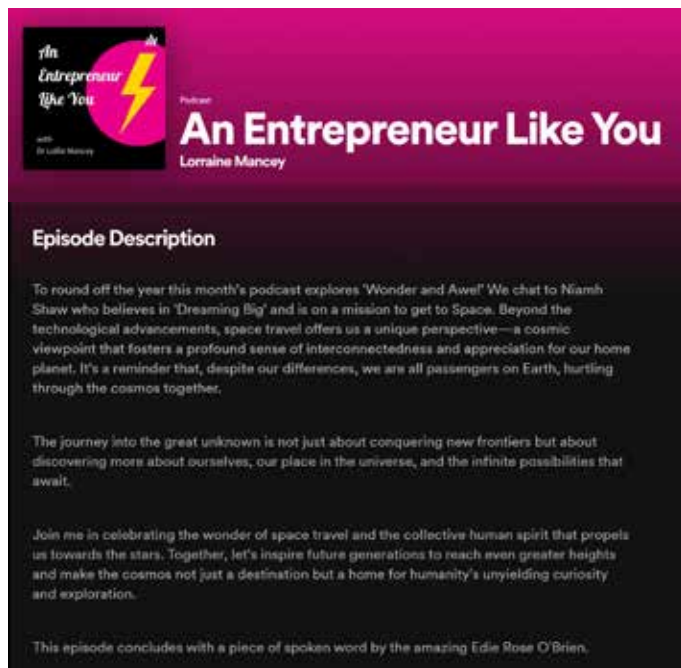


Edie O'Brien 5th Year



We were delighted to hear our 5th Year student Edie O'Brien recorded a piece for the Dublin South FM Podcast 'An Entrepreneur Like You' in November 2023.

Edie's essay was originally written for Clodagh Havel's English class for the theme 'Wonder and Excitement' and was then recorded in Studio in Dundrum for the Podcast - which rounded off the year with their podcast's theme as 'Wonder and Awe!' with Niamh Shaw. It is currently on Spotify, listen to Edie's spoken word at the following: [spotify.com/episode/5BZwr04OWACwa4sbhtk52O](https://open.spotify.com/episode/5BZwr04OWACwa4sbhtk52O)



AMC 10/12 Competitions



Congratulations to our top three AMC 10/12 competition participants who are pictured above receiving their medals from our principal. Pictured left to right: Qiyu Zhang, Ang Yang (Justin) Li, Yvonne O'Toole and Jinguan Chen.

Well done to all our students who took part in the AMC 10 /12 Competitions which were held in the school in November 2023. All of our students were in the AMC 12 except Ang Yang Li who took part in the AMC 10, which is for 4th year students.

A special mention to those who did particularly well. The top six scores were as follows: Qiyu Zhang (93), Ang Yang Li (91.5), Jinguan Chen (78), Victor Golub (70.5), Cormac McDermott (64.5), Fiach O'Gradaigh (60).

The AMC 10 and AMC 12 are examinations in Mathematics designed to promote the development and enhancement of problem-solving skills. The AMC 10/12 provides an opportunity for students to develop positive attitudes towards analytical thinking and mathematics that can assist in future careers. The AMC 10/12 is the first in a series of competitions that eventually lead all the way to the International Mathematical Olympiad.

A special thanks to teacher Oliver Murphy who organised the competition and supported our students throughout, Oliver has done so every year and we greatly appreciate his passion for his subjects and his students.



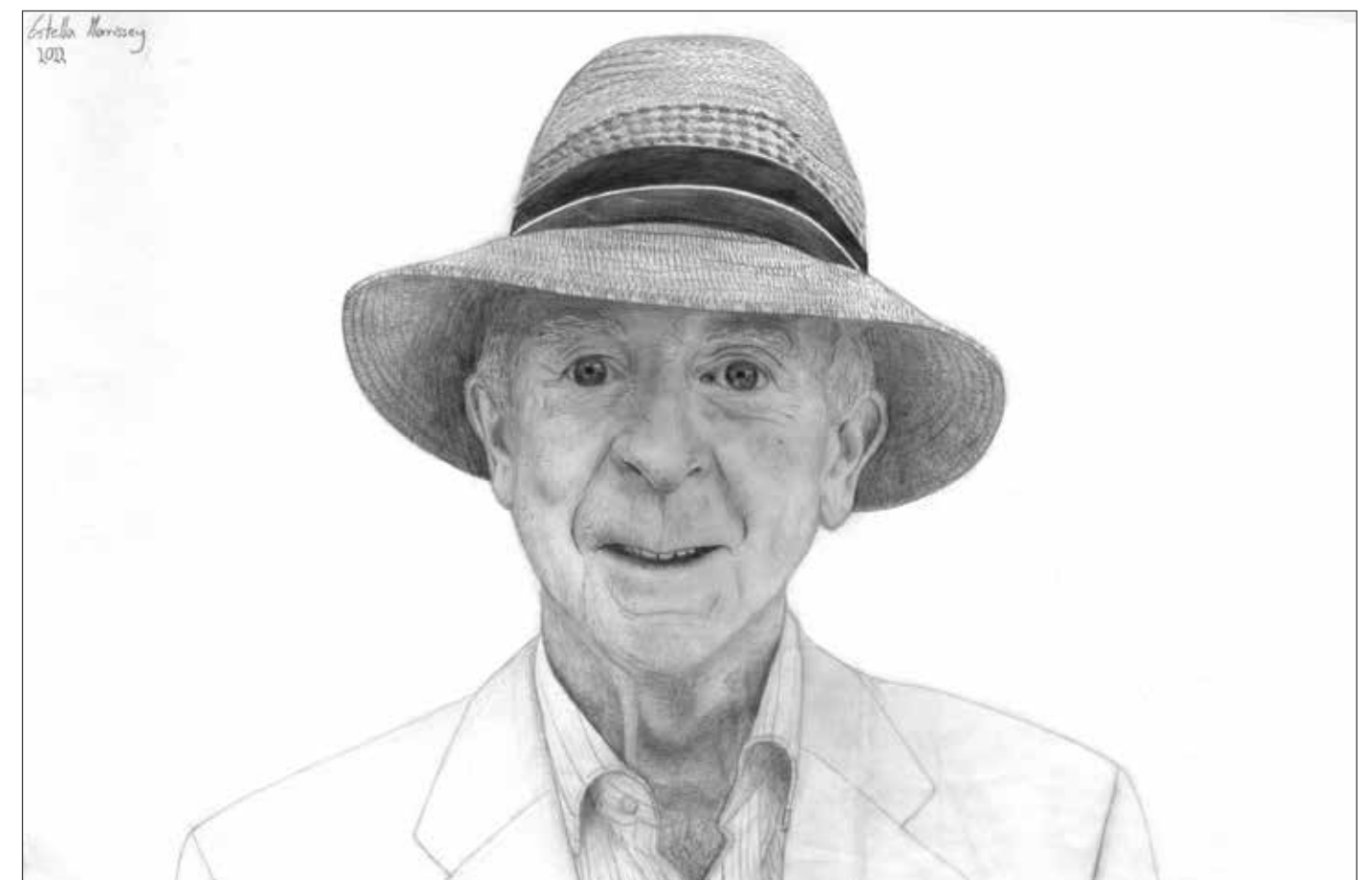
Estella Morrissey 5th Year



Congratulations to 5th Year student Estella Morrissey who won the Zurich Young Portrait Prize of the year 2023 for the 12-15 age category. Estella was awarded the prize at a formal reception at The National Gallery of Ireland in December 2023 for her incredible portrait of her grandfather, titled '*Travel with Optimism*'. Estella is pictured above with her stunning work and pictured above right with the Director of the National Gallery Dr. Caroline Campbell.



Estella had this to say about her wonderful portrait: "This drawing is of my grandfather in his travelling suit on a trip to Mallorca. The title I chose for this piece, 'Travel with optimism' is my grandfather's signature phrase or motto. Whether tickets are selling out, we are late for a flight, or caught in the rain, his advice to "travel with optimism" rarely fails. This is what inspired me to draw his portrait in what I feel is his most typical demeanour."



STUDENT SPOTLIGHT

Light Up a Life



Pictured are some of our 4th Years, who supported Our Lady's Hospice Harold's Cross annual Light Up A Life fundraising campaign on Sunday the 3rd of December 2023. €8,065 was raised on the day. It was a wonderful event featuring musical acts performing Christmas songs, decorating the Light Up A Life Christmas tree and ended with the turning on of the lights.



Alex Griu 5th Year



Well done to our 5th Year student Alex Griu who regularly volunteer's with Jigsaw. Jigsaw is an Irish Charity Organisation that strives to "understand and support young people's mental health". Jigsaw advises and supports young people aged 12-25 years old around the country both online and with their in person services.

Alex had this to say about her experience: Hi, my name is Alex. I'm a 5th year student and I have been a Youth Advocate for Jigsaw Youth Mental Health Service since 2022. As a volunteer of Jigsaw, I've been working on a campaign around men's mental health which aims to raise awareness and help those who need to find hope. Speaking up is a step forward to breaking the stigmas that capture the preconceived ideas around mental health. From one young person to another, I believe we should all embark on our own path to peace and happiness. Seeking help is never a weakness. Jigsaw's campaign provides insights into issues around mental health and simple ways to manage it. You can access the videos on Jigsaw's Instagram. Jigsaw's handle is jigsawdublincity

'You are a child on the universe. It's still a beautiful world. Strive to be happy'- Max Ehrmann

The Irish Cancer Society



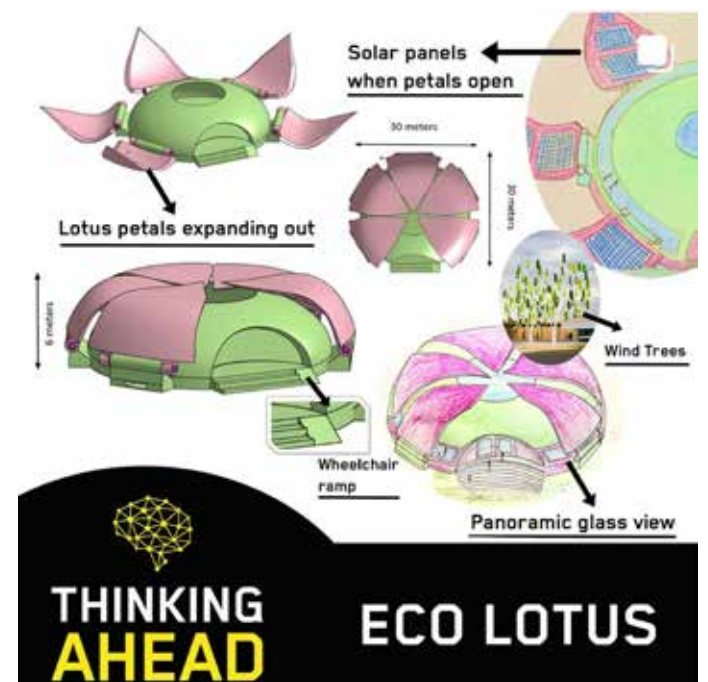
Well done to our group of 4th year students who participated in gift wrapping and stock room training in Kilkenny Design Nassau Street. The students volunteered in-store up until the Christmas holidays and the gift wrapping was in aid of The Irish Cancer Society. Well done everyone, for raising money for this very worthy cause.



TEDI-London 5th Year



Our 5th year students Roshan Chaudhari, Shaurya Kapoor, Aditya Roy, Daniel Kaminski and Aditya Joshi were awarded "Most Creative" design by TEDI-London The Engineering & Design Institute this year. They completed their *Thinking Ahead* programme and won with their building the "Eco Lotus". Participants were tasked to design a prototype of a community-based structure which, by using nature and sustainability as its primary aesthetic, enables the local community to mentally and physically recharge near Canada Water Station. The projects were presented to a judging panel and assessed on creativity, sustainability, and use of engineering design principles. As a *Thinking Ahead* winner, each student had the opportunity for a coaching session with an industry professional – an amazing opportunity to gain further insight into the industry of engineering and tap into the expertise and experience of their mentor. Well done everyone!



STUDENT SPOTLIGHT

BT Young Scientist Exhibition



Well done to all our students who got through to The BT Young Scientist & Technology Exhibition (BTYSTE) 2024 from the 11th-13th January. They are pictured left to right Nihal Reddy-Mala (4th Yr), Shaunak Mohapatra (4th Yr), Lynetta Wang (6th Yr), Tiffany Huang (4th Yr), Amy McNamee (4th Yr), teacher Catriona Hendry.

The BT Young Scientist & Technology Exhibition is much more than a competition; it is an unforgettable experience of a lifetime for the students who take part. The Exhibition itself is the final stage in the competition, which is open to all second level students from Ireland, both north and south. Over the next few pages our students share their BTYSTE experience.



Congratulations to 6th year Lynetta Wang who was awarded the Eli Lilly award at BTYSTE 2024. It is awarded to the best overall project for its Chemistry or Biotechnology content. Lynetta also won 2nd in her category - Individual Senior Biological & Ecological Science. Furthermore Lynetta was selected to attend the BT business bootcamp this year! Only 30 students were invited, so this is a fantastic achievement.

Lynetta's project examined the Zinc finger CCHC domain-containing protein 4 (ZCCHC4) overexpression and its effect on level of p53 responses in pancreatic cancer. It is a project that Lynetta is very passionate about and has put a lot of time into, we are delighted to see all her hard work paying off. Read on to hear more from Lynett about this impressive project.



Lynetta explains her project in more detail below:

So, what do you know about pancreatic cancer? It's one of the most deadly forms of diseases, and radiotherapy is one of the most common forms of treatment. Unfortunately, resistance often develops, yet the underlying mechanism is still largely unknown. The goals of my project are thus looking into the role of a protein called ZCCHC4 in tumour resistance and its potential to be used as a novel target to improve radio resistance in pancreatic cancer treatment—Something that was never attempted before.

Back when I was in 4th year I developed a huge interest in p53, a tumour suppressor protein that guarded our health. My Biology teacher at the time used it to exemplify cancer's complex regulatory mechanisms, and I wanted to know why—what this small molecule has in it to be crowned like this. Since then, I began reading p53-related scientific papers and compiling a review report on this protein, which I presented in summer 2022 at London International Youth and Science Forum.

However, I didn't feel like it was enough. I wanted to actively explore something that was not already known, something hidden about p53 in its interaction with other parts of the tumour. That was when I found out about ZCCHC4, a mysterious protein that was found to be overexpressed in pancreatic cancer tissues and was proposed to have a tumour promoting role quite opposite to p53 in hepatocellular carcinoma. Does the over expression of one mean the inhibition of the other in radiotherapy? How does the correlation between two proteins

affect cell survival, and how can I exploit that correlation to improve patients' health? With the questions, I drafted my research proposals and methods.

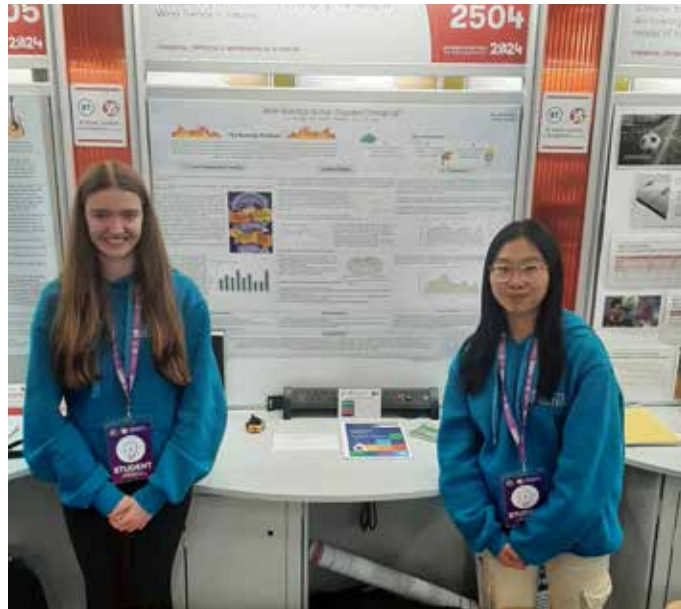
After tons of cold emails, cold calls, and zoom meetings, Dr. Stephen Maher, an associate professor from Trinity Translational Medicine Institute, kindly sponsored my project and offered me a place at his lab. The research experience was incredible, I got to put my hand on the only cell irradiator in Ireland and was trained to carry out cell culture, transient transfection, cell irradiation, western blot, clonogenic assay and more. Of course it wasn't exactly a bed of roses, in fact, quite a lot of unexpected events occurred. There was once I contaminated all my cells and was forced to discard 2 months of my work to start over; western blot seemed to never work on ZCCHC4 so I attempted to alter the incubation conditions hundreds of times until the very last days of the deadline. I learned that in molecular biology, I should always be prepared to answer questions with questions.

After two years of filling my brain with p53 and ZCCHC4, I found something that no one found before: Over expression of ZCCHC4 contributes to radio resistance in pancreatic cancer cells, and significantly reduces the level of p53 in radiotherapy. Although it sounds like a lot of terminology, in short terms, I was proposing a new improvement of existing cancer therapy.

Winning the Eli Lilly Award and 2nd place in my Senior category was, to be dead honest, not expected. BTYSTE was genuinely a place where I saw the diversity of minds and exchange of knowledge. I was greatly supported by so many people on the way: Dr. Stephen Maher, PhD students, the school community especially Catriona Hendry who accompanied us this year at BTYSTE, and more. The experience inspired me to continue pursuing molecular biology at third level. The two other groups from The Institute of Education were absolutely amazing, hopefully next year we will see more students getting involved!



STUDENT SPOTLIGHT



Well done to 4th Years Amy McNamee and Tiffany Huang who got through to BTYSTE 2024 with their project 'How Quickly is Our Climate Changing? A Study of Wind Trends in Ireland'.

Amy had the below to say about their BTYSTE experience:

Our project examines how the Irish climate has changed over the past 60 years as a result of the ever-growing and urgent issue of climate change. Using historical data pertaining to three climate factors - storm frequency and intensity, wind speed and temperature - we were able to provide definitive evidence to show how climate change has affected the Irish landscape to date. Our project aims to act as a valuable call to action on this pressing crisis by putting the reality of climate change into real-time and by emphasizing the significance of the fact that climate change is happening now, therefore the time for action is now.

The BT Young Scientist and Technology Exhibition 2024 was a fantastic event which allowed us to showcase our research to a panel of judges as well as a wide range of like-minded individuals. It gave us the opportunity to liaise with other enthusiastic students and to share the key themes and ideas gathered from our research. It was a week full of laughs and novel experiences and we take with us lifelong memories.



A further congratulations to Amy and Tiffany who were contacted after BTYSE 2024 and asked to submit their work to ECO-UNESCO's Young Environmentalist Awards (YEA) 2024. YEA is an all-Ireland competition aimed at promoting sustainability and getting young people involved in taking action on these issues.

Amy filled us in on their YEA experience so far:

After the BT Young Scientist, we were invited to take part by one of the organisers who visited our stand at the event. We brought our BT project to the competition, but we expanded it by using the information and conclusions from our BT project to spread awareness about the issue of climate change and communicating our findings to as many people as we could reach. Firstly, we submitted a 20-page document detailing our project and it's findings. We discussed how we took action and raised awareness.

We qualified for the semi-finals which was in March. It involved pitching our project to a panel of judges, answering questions about it and voicing our concerns. The event was called Eco-Dens and involved a dragon-den like presentation.

Amy and Tiffany are now through to the YEA finals this month on the 15th of May 2024 with their expanded project 'Climate Change is NOW, so Climate Action is NOW!'. We wish them the very best of luck!



We were delighted to announce Nihal Reddy-Mala (4th Yr) and Shaunak Mohapatra (4th Yr) were awarded 2nd in their category - Group Intermediate Technology at BTYSTE 2024 with their project 'Using Generative Adversarial Networks to predict post rehabilitation effects on stroke victims'

Nihal shared the below with us:

It was my first time competing in the BTYSTE. Despite feeling nervous, I could not ask for a better experience. The environment was filled with like-minded young scientists exhibiting their ideas, some being revolutionary. The enthusiasm of everyone throughout the course of the exhibition was exceptional, especially towards the approach of the award ceremony.

When judging came around, I was expecting conditions similar to that of an interview but I was fascinated with how easy-going, curious and engaging the judges were. It was an extreme pleasure to talk to the judges and I was in awe of their desire to entirely fathom each aspect of the project, such as the technical aspect and the application of the project in the real world. Their thorough inquiries of the project showcased their engagement and aided them in constructing feedback which will be crucial for developing the project in the future.

In the periods between judging, the general public would come to the stands. The people who came to the project were mostly those who could relate to it in different aspects. For instance: nurses dealing with stroke rehabilitation, computer scientists studying machine learning and those whose family members,

unfortunately, suffered from a stroke. Feedback received from the public was also crucial for the project.

Finally, the award ceremony. I felt a roller-coaster of emotions. I was anxious and nervous as it began and as it progressed, I felt more excited and eager to know if the project would receive an award. Despite aiming for first in the technology category, the project received second place. I was extremely happy but also a bit upset it didn't get first. I want to thank my family and friends for the support and pushing me on. I also want to thank the school for the immense support and aiding with making the project.

Shaunak had the following to say about his participation:

If there is one memory that ignites a flame in my mind, unlike any other, it would undoubtedly be my indelible experience participating in the BTYSTE 2024. The tall wide doors that guarded the vibrant building greeted me every morning opening the cocktail of stress, excitement and worry that I admittedly miss looking back. When I envision the exhibition, the first detail that appears in my mind is the colossal hall that the exhibition resided in.

Thirty long rows spanned the width of the hall, each having its own unique aura. My row was "The all row", which was filled from end to end with projects related to the theme of artificial intelligence. As one would expect, the degree of anxiety collectively manifested in the room was worryingly high. Buzz words such as "convolutions", "contrastive encoders" and "generative pertained transformers" did not aid in diffusing the anxiety.

By the time I had overcome the initial surge of emotion, that was fueled by the shock after looking at the caliber of my peer's projects, a judge had appeared at my stall. To my surprise, the judges were not an incarnation of the devil who stood as an adversary, but instead they were normal friendly people. This thirty-minute encounter unleashed a newfound confidence in my project that was a testament of my abilities. By the final day, the day of the judgement where we would attend the award ceremony, my mind was pervaded with the same confidence that was derived from my judging experiences. When my name was called out; and when I rushed onto the podium, my heart bet rhythmically as an ode to my pride and joy. This singular, weeklong event corroborated my interest in technology while simultaneously substantiating the confidence that I had in my ability to apply myself in technology contributing to the facet of innovation.

STUDENT SPOTLIGHT

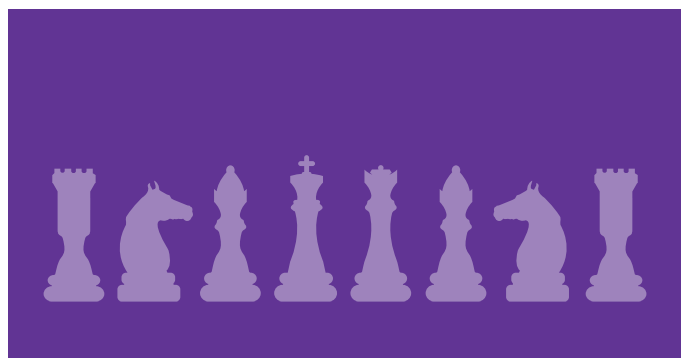


The Institute Chess Team



We were delighted to hear our Chess team came first place in the chess tournament held at Blackrock College on Thursday 18th of January 2024.

A few words from our Chess team: Our team, composed of three 5th year students, Peter Cheng, Yuvan Kandru and Eric Han, and a 6th year student Tanmayee Goli. After a long competitive battle, the team finished first place in the tournament with 17.5/20 points. Our students on boards 2 and 4, Yuvan and Eric, achieved perfect scores of 5/5 in the competition, winning all of their match-ups. As the tournament progressed, we faced tough competition and experienced teams such as Oatlands College and CUS. Nonetheless our team managed to prevail, owing our success to the rigorous training of coach Fiachra Scallan and the facilities provided by the school. We were extremely fortunate to take part in this event and it was fantastic to be able to bring the win home.



Aditya Joshi 5th Year



Well done to 5th year student Aditya Joshi who was selected to take part in HackTrinity in TCD in February 2024. HackTrinity is a non-profit, student organised hackathon whose aim is to cultivate and inspire up-and-coming developers, designers, and other like-minded people. Around 70 people were selected to compete and Aditya was the only secondary level student in the entire program!

Aditya had this to say about the event: People from all colleges entered, all the way from first year to masters-level students. Over the three days, we were assigned a very wide scale theme of "solving a real problem", my team and I noticed the lack of easily accessible, competent financial advice available to teens and young adults, and decided to create FinWise, a easy-to-use, financial literacy tool built around teaching the younger generations.



Lily Cooke 6th Year



Congratulations to 6th Year student Lily Cooke who made history at Gangwon 2024 as Ireland's first athlete to compete in luge at the Winter Youth Olympic Games. Gangwon took place from 19th January - 1st February, 2024. Lily competed against a total of 92 luge athletes from 26 nations at the Alpensia Sliding Center in Pyeongchang, South Korea.

Lily shared she had an "incredible experience" and said there was a "great atmosphere and it was nice to see so many athletes from different nations".

Thanks @team_ireland_olympic & @lugeireland for the photos



STUDENT SPOTLIGHT

 **Asia O’Riordan 5th Year**



Congratulations to 5th Year student Asia O’Riordan who flew to Monaco in February 2024 for the World Finals of Junk Kouture and won ‘The Wearable Art Award’ for her dress made from recycled materials. Asia is pictured in the dress - ‘The Muse’ which was inspired by Vincent Van Gogh’s ‘Starry Night’ and the under-representation of women’s contributions to art throughout the ages. It is made from beads, bingo cards, wool, sticks of willow, old denim, fabrics and paint.



 **Mia Stephenson Donnelly 6th Year**



We were delighted to hear 6th Yr student Mia Stephenson Donnelly’s film ‘Eurydice’, got through to the Dublin (Leinster) regional section of Ireland’s Young Film Maker of the Year Awards (IYFTYs) in February 2024. Her film was showcased on the 13th March in Omniplex in Rathmines. The winners go on to the national finals which take place during the Fresh International Film Festival. At the heart of festival week is the IYFTYs, globally regarded as one of the world’s leading annual film events for young people, which recognises exceptional filmmaking by creators aged 7 to 18, from Ireland and across the world.



 **Kirill Korostelev 4th Year**



Congratulations to our 4th Year student Kirill Korostelev who made it to the finals of All Ireland Linguistics Olympiad (AILO), after first qualifying in February 2024. The finals were held in DCU on March 20th 2024. Kirill was one of the top scorers in the qualification round and will now compete to be part of the team representing Ireland in the international finals in Brazil.

AILO is a contest in which secondary school students develop their own strategies for solving problems in fascinating languages from around the globe. Students must use their ingenuity to solve Puzzles such as deciphering Egyptian hieroglyphics, decoding numerical spy codes, and interpreting ancient Mayan poetry.

The goal is to develop students’ problem-solving skills and to inspire them to consider the fascinating range of Careers at the intersection of computing, linguistics and language.

After AILO, there is the international finals which takes place in Brazil in July of this year. The International Linguistics Olympiad (ILO) sees talented young decoders from more than 30 countries and territories pit their wits against each other in the hope of becoming world champions. The week-long Olympiad comprises individual and team contests and students enjoy an active programme of social and cultural events. We wish Kirill the best of luck with the rest of the competition!

STUDENT SPOTLIGHT

Qiyu Zhang 5th Year



Congratulations to 5th Year student Qiyu Zhang who was the only person in Ireland to qualify for the American Invitational Maths Exam (AIME). This is used by the Americans to choose their Maths Olympiad team but others can (if they qualify) take part for fun.

Qiyu is pictured below taking part in the three-hour maths test. The questions are well beyond the level of the Leaving Certificate. Qiyu qualified through his outstanding result earlier in the academic year in the AMC 12 exams. The AMC 10/12 exams are the first in a series of competitions that eventually lead all the way to the International Mathematical Olympiad.



IAMTA 2024



The IAMTA Senior Applied Mathematics Quiz was held on the 7th of March and our teams competed at Oatlands College. The first round is held in venues all across Ireland with the National finals taking place in Athlone Community College. Our 10 teams did really well and one of them came 4th this year.

Congratulations to our students (pictured above and below at the event): 5th Year student Daniel Lee and 6th Year students Eric Huang and Jingyuan Chen - who came 4th out of 61 Dublin teams which means they travelled to Athlone on the 13th of April to take part in the National finals. We are very grateful to Oliver Murphy for organising their participation.



Musical Success 5th Year



Well done to 5th Year students Grace Colville and Lucille O'Mahoney have had a very successful year as part of the three piece band The Malefactors. They released their first EP this year 'Head in Your Hands' in June 2023 followed by the release of their second single 'Missing Molly + Cure' in November 2023. They have also been very busy playing live this year to sell out shows in The Sound House Dublin, The Grand Social Dublin, at Based Festival, The Button Factory Dublin and they will be playing at Sing For Me 2024, in Blessings Cavan next month in June 2024.

Listen to them on Spotify @The Malefactors and find them on Instagram @themalefactorsband and TikTok @themalefactors



Sara Sabry 5th Year



We were delighted to announce that 5th year student Sara Sabry who had just turned 17 at the time, came first in the Under 19 age group at the Irish Junior Nationals 2024 and is currently the Irish Junior National Squash Champion!

Belfast Boat Club and Lisburn Racquets Centre hosted the Irish Junior Nationals in February 2024. Well done Sara, we look forward to hearing about all your future sporting endeavours.



STUDENT SPOTLIGHT



Katie Stapleton 5th Year



Congratulations to 5th year student Katie Doran Stapleton who received a Highly Commended award in the Dublin Region of the Oireachtas Essay Competition 2024.

Students from 5th and 6th year (for Leaving Cert), and AS and A level students, were invited to submit essays on the theme “Parliamentary Politics Matters for Peace”. They were asked to think about how members of parliament should be, and can be, agents of peace, and how the work of parliament can contribute to peacebuilding.

Katie’s essay was titled ‘Síocháin Shíoraí’ and Highly Commended students received a commemorative pen, a €100 cash prize and there will also be a visit to the school to present the Highly Commended Certificate to Katie at the end of the school year.



Síocháin Shíoraí

Amidst the infernal pandemonium of war, where the world shattered and the skies bled with the anguish of artillery, I found my dust-smothered self huddled in a nightmare not of my choosing. Although the constant whirring of explosives gliding through the air, and the crunching friction of tank tread against the gravel ground rendered me deaf to the initially perturbing “rat-tat-tat-tat” of machine guns, it was impossible to ever numb my aching soul to the ineffable amount of roaring raw-boned infant children sprawled over a once vibrant dress helplessly pleading with some apparent heaven to breathe life into their mother’s cold corpse. It wasn’t me who stood at that precipice of despair, but a child – a child whose life had been stolen, whose innocence had been ripped away in a cruel instant.

In the hearts of desolate shadows of cities, with the cacophony of war’s agony droning on and reverberating through the buildings, crumbled like the shattered dreams of over two billion people, suffocating air chokes what are now only shells of innocent people. With the asphyxiating stench of fear and fire, orphaned children navigate the foreign abyss where each step is a grave gamble, on terrain littered with the debris of once glorious structures, now a catacomb of distant memories. These children, with face paint of not a tiger nor butterfly, but of speckles of concrete and piercing fragments of glass, nestled in a combination of both dried and moist red pigment, move without direction in meagre nugatory shuffles.

In an excuse for a world, we as a privileged society allow for children to witness and experience more suffering than anyone should in a lifetime, while we sip our five euro vanilla lattes and peruse clothing websites, casually filling our digital shopping bags with exorbitant amounts of polyester jumpers, we allow 468 million children to be heavily affected by armed conflict, and almost 37 million of those to be displaced from their homes for the same vile reason.

This great nation, with its beyond turbulent history of violence has left an indelible mark on the island’s collective memory, bearing witness to centuries of strife and conflict. The echoes of ancient animosities and territorial disputes reverberate through the annals of time, from the fierce tribal rivalries of the pre-Christian era to the bloody partitions and struggles of more recent centuries. The deep-

rooted divisions, often framed by religious and political affiliations, have given rise to a poignant legacy of suffering, sacrifice, and resilience. The struggles for independence, where brother fought brother and father fought son, epitomised by the Easter Rising, Bloody Sunday, and the Troubles in Northern Ireland, have left scars that remain visible in the heart of our shamrock soul. Yet, amidst the sombre backdrop of violence, the Irish people have exemplified an unyielding spirit, a passion for justice, and a remarkable capacity for reconciliation, offering hope for a future marked by peace and unity. It is incumbent upon us to nurture and propagate these noble qualities, ensuring that our fellow human beings in other parts of the world are spared the anguish endured by our ancestors. We as a nation must strive to be a beacon of hope for the children of today.

So, how could the leaders of this great nation become instrumental components of a global movement that drives the entire world into a new era of pure peace? This is what I will discuss in the remainder of this essay. Peace on such a large scale can only be achieved by exhausting multi-faceted avenues of innovation such as world-wide promotion of reconciliation, enlisting incentives, and peace education.

Firstly, the promotion of peace on the international stage is by far one of the most efficient allocation of Ireland’s financial and temporal resources. As a neutral country with a significant peacekeeping presence, it is our duty to constantly expand and constantly improve the gravity of our impact. Currently we have peacekeeping troops stationed in numerous locations such as Lebanon and Kosovo. And although our brothers and sisters overseas put their lives on the line every day to carry on their noble mission of protection, disarmament, and security maintenance, our politicians must dramatically increase the number of those who enlist, perhaps by introducing incentives such as increasing wages and offering college equivalent qualifications for future careers.

This is of utmost importance if the government even wants to think about expanding Ireland’s promotion of peace. Truly, this is a mutually beneficial proposition for all parties involved, as not only will it reduce conflict, it will have a direct impact on economic stabilisation and will provide greater opportunities for not as academically inclined, compassionate young adults to progress further in their careers. Imagine if you were told that you could earn a journalism or cybersecurity degree by joining the army! In fact, those who have served in the Irish Defence Force should certainly be offered an avenue into politics and government positions as soldiers are certainly the most experienced on matters surrounding the promotion of peace.

Furthermore, the promotion of peace can be advanced through the transparent dissemination of information via transnational media platforms. One significant contributing factor to the exacerbation of conflicts is the widespread circulation of corrupt propaganda by all involved parties. Ireland, with its highly educated, English-speaking workforce, stands as an ideal hub for the establishment of an international organisation tasked with summarising global conflicts and delivering this information in an impartial manner to every inhabitant of our planet.

Within this nation, enriched by numerous multi-billion euro technological companies, our populace possesses the requisite skill sets to efficiently construct such a platform and network, ensuring the accurate translation of information into various languages and the clear communication of the underlying causes of these conflicts. I firmly believe that the launch of such an initiative would undeniably lead to a substantial reduction in hostilities, empowering both civilians and military personnel to form independent judgments and resist violence, rather than blindly following the orders of their superiors.

In addition to my previous point, it is imperative to maintain high-level communication among all nations. We should draw lessons from the historical use of the “red telephone” introduced in the post-Cold War era. The absence of effective communication channels has, time and again, been a primary driver of ongoing conflicts and hostilities between nations, as exemplified by the situations involving Ukraine and Russia, and Israel and Palestine.

Instead of resorting to nefarious actions of annihilation, such as attacking children’s hospitals, leaders and politicians should demonstrate maturity by engaging in dialogue, primarily for the protection and well-being of their citizens. However, in times of crisis, it falls upon us as peacekeepers to take the initiative and facilitate peaceful mediation between these leaders. Ireland, with its diplomatic experience and international standing, could play a significant role in promoting and organising such mediation efforts, through tactics such as in depth conflict analysis, frequent global conferences, international collaboration and publicised partnerships with NGOs such as Swisspeace and Mercy Corps.

In conclusion, let Ireland, with its indomitable spirit and history of resilience, lead the charge towards a world where peace reigns supreme. Let us be the architects of a future where the echoes of war are silenced, and the children of today are spared the nightmares of our past. Síocháin Shíoraí – eternal peace, a legacy we must strive to bequeath to generations yet unborn.

STUDENT SPOTLIGHT



Feis Ceoil March 2024



Congratulations to all our students who had success in Feis Ceoil 2024 - Ai Lin Sun (5th year), Kate Doran Stapleton (5th year), Zoe Yu (5th year) and Joanne Shaw (4th year). Feis Ceoil is Ireland's largest classical music competition.

Pictured above is 5th year Ai Lin Sun who came 1st place in the Junior Organ category. Below is 5th year Katie Doran Stapleton who was placed Commended in the Nordell Cup.



Pictured above is 5th year student Zoe Yu. Zoe was awarded 2nd place in the Junior Flute (A category), Very Highly Commended in the Junior Pianoforte Solo (A), Highly Commended in the Patricia Read Cup, and Highly Commended in the Dorothy Stokes Cup.

Below is 4th year student Joanne Shaw who came 2nd place in the Junior Viola (A) category.



Sumukh Adiraju - 6th Year



Well done to 6th Year Sumukh Adiraju who has been very busy outside of school. Sumukh recently completed the Kumon Mathematics Programme, which is a very in-depth course, completed over a number of years and concluding with university level Mathematics.

Kumon is Ireland's largest provider of supplementary, individualised maths and English programmes to help any child of any ability to progress and reach their potential. Their aim is for every child to become an independent, advanced learner with a positive attitude to study. The Kumon Method of Learning enables children to self-learn with Instructor guidance, helping students to take charge of their own learning journey and develop the confidence to strive for their goals and aspirations.

The Kumon Institute of Education was founded in 1958 in Japan, by Toru Kumon, both a parent and gifted maths teacher.

"The Kumon Method is based on the conviction that it is not the child who is at fault. We have to discover each child's potential and then provide the 'just-right' level of study. By doing this, not only parents and teachers, but also, more importantly, the children themselves will be surprised at their unexpected growth and develop confidence in their ability. This is what the Kumon Method is all about." ~ Toru Kumon ~

Sumukh also recently completed a CREST Gold challenge, which is a 70+ hour project, in which students create a "design and make" engineering build. Students must complete a project that makes an original contribution to a STEM field of study, for his project Sumukh designed a bird feeder and a bird shelter.



Yue Wang- 5th Year



We are delighted to announce that 5th Year student Yue Wang has won a gold medal in the Young Economist of the Year (YEOTY) 2024 Awards. Yue won Gold for her project "The Reasons and Solutions to Ireland's High Cost of Living".

This yearbook went to print just before The National YEOTY Awards ceremony which will take place in The University Concert Hall, University of Limerick, on Wednesday the 8th of May 2024.

Gold medal winners may be shortlisted for further prizes to be announced at the awards ceremony. Well done Yue and best of Luck at the event!

The YEOTY Awards have been running for over 10 years. Commencing in 2013, the initiative has grown from strength to strength with an increasing number of participants and an improved level of quality each year. The national awards event rotates amongst the major third-level institutions in Ireland. The first YEOTY was hosted by the Department of Economics, Finance and Accounting at Maynooth University in 2013.



STUDENT SPOTLIGHT

Doireann O'Connell 5th Year



Congratulations to 5th year student Doireann O'Connell who is a member of the group "Allta" who won the prestigious Siansa Gael Linn Final at the National Concert Hall (NCH) on the 14th of April 2024.

Siansa is one of the country's most prestigious competitions for young traditional Irish music and singing groups. Organised by Gael Linn with support from RTÉ Raidió na Gaeltachta and Irish Music Magazine, Siansa provides a platform for talented teenage music groups who aim to emulate groups such as Téada, Altan, Danú etc. The event is run entirely through the medium of Irish.

Doireann is pictured performing with Allta at the event below (second from left).



Irish Film Institute Youth Panel



We are delighted to announce two of our 6th year students Polly Delany and Arushi Ganwir have been accepted onto a Youth Panel for our national cinema, the Irish Film Institute. They will be working with the association with programming films for the 16 - 22 year old demographic, starting with a showing of Little Miss Sunshine starring Paul Dano, Steve Carrell and Toni Collette on the 27th of May at 6pm at the IFI in Temple Bar, just a 15 minute walk from the school.

IFIYP is a youth-led programming group formed from age 22 and Under cardholders. Each month they will programme a film event together and Little Miss Sunshine is their first choice to mark the start of summer. As film fanatics aged between 16–22, they aspire to encourage others to avail of all that the IFI has to offer. IFIYP say: "Stay to meet the YP after the screening and discuss the film further."



Team Maths IMTA Maths Olympiad

We were delighted to have three teams qualify for the national finals after their success in Gonzaga in February 2024. We had four teams competing and there were a total of 61 teams taking part at Gonzaga overall. It was an exciting competition and five teams were in a tie-break as they had got perfect scores in all eight rounds of questions. In the end we came third and fifth place, plus we had a team that wasn't placed but who did well enough to make it through to the finals. The annual IMTA Maths Olympiad is a team maths competition for Leaving Certificate students that has been running since 1991. Out of 350 teams nationwide 19 teams made the final of Team Maths (3 from The Institute of Education) which took place on Saturday 20th April in Maynooth University. Well done and a big thank you to Oliver Murphy for organising.

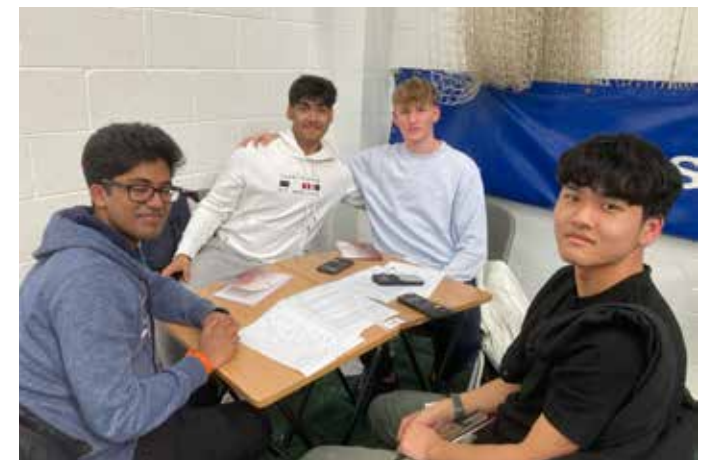
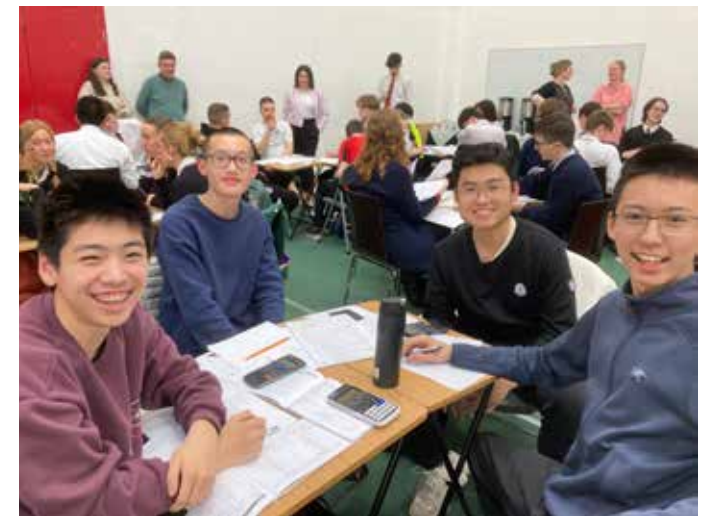
Our teams are pictured on the right from top to bottom:

3rd place: Jingyuan Chen, Haoran No, Lian Xiang & Xiwen Tan

5th place: William Wu, Justin Li, Qiyu Zhang & Kent Liu

Not placed but with a high score getting them through to the finals: Barry Qi, Cormac McDermott, Chris Liu & Nini Sui

Well done to our fourth team who although they did not make it through to the finals, did really well and had a great score: Shaanak Mohapatra, Eric Han, Daniel Nosov and Yuvan Kandru.



STUDENT SPOTLIGHT

Clodagh Creedon 4th Year



Congratulations to 4th year student Clodagh Creedon who was awarded 3rd place in Features Writing, the most competitive category of Press Pass, NewsBrands Ireland's Transition Year programme. Jennifer Stevens, the feature's editor of The Sunday Times presented Clodagh with her award at the Aviva Stadium in April 2024. Clodagh's story titled "I want to live and die sober" looks at the effects of alcoholism on children and families. This year over 10,000 students nationwide took part in Press Pass.

Pictured above left to right: Jennifer Stevens, The Sunday Times Feature's Editor, 4th Year student Clodagh Creedon, and AnnMarie Lenihan, CEO NewsBrands Ireland.



Pictured above: Paddy Creedon with his granddaughter Clodagh Creedon

"I want to live and die sober"

By Clodagh Creedon

A study by Maynooth University in October 2023 has found that a quarter of adults in Ireland — almost 1 million people — experienced living with a problem drinker as a child. The Adverse Childhood Experience (ACE) comparison study also found that living with a problem drinker is significantly associated with PTSD and CPTSD (Complex PTSD).

Alcoholism takes a toll on all relationships, particularly that of parent and child.

Paddy Creedon, aged 73, talks to us about how having a child got him on the road to recovery. Paddy shares that in the summer of 1976, approximately 6 months after the birth of his first son, he was watching 'The Late Late Show', which was exploring alcoholism recovery. Marion Rackard, then age 20, appeared on the show and discussed her father's recovery and the pain of having an alcohol-dependent father.

It was his first time seeing someone really influenced by alcoholism, and it hugely affected him - his road to recovery

began there. Paddy recalls one day, in November 1977, he was 27 years old and two weeks sober and took his son to the zoo. As they were going home on the bus, he says "I remember he fell asleep, and I was crying because I couldn't stop drinking." He describes the day as "life changing" and hasn't taken a drink since.

Growing up, Paddy's house was an alcohol-free environment, and very anti-drinking. He says that as a teenager he experienced anxiety, and had an outlet in GAA, but at 20 years old turned to alcohol as a "cure". By age 24, he was alcohol dependent. Paddy describes alcoholism as "When you take the first drink and you can't stop", saying "it gets worse and worse".

Paddy found support in AA meetings throughout his recovery process and now dedicates much of his time to helping others who are struggling with addiction. He is a Family Interventionist, and acts as chairperson in family interventions.

A chairperson is not family, is not judgmental and is there to keep the meeting on track. He works with people as young as 18 or 19. Paddy shares that once in recovery- i.e. Two continuous years sober – one is expected to "give back", which is what started him on his journey of helping others. He is currently on the board of Voices of Recovery Ireland, to which he was nominated by Marion Rackard.

Now 46 years sober, Paddy has "lived experience" and is an inspiration to many. Paddy states that "having found recovery, I found my real self." However, he notes that he missed the first year and ten months of his first born's life, as he was absent "physically and mentally".

Recovery has made a huge difference in his life and the life of others, as he is now very present in the lives of his children and grandchildren. While parenthood led him on the path to recovery, "on its own it's not sufficient".

At the beginning of his recovery Paddy's primary motivation was "I can't let him grow up seeing me like this". Now, he says. "I want to live and die sober. In recovery, I became the dad, the parent and the person I wanted to be."

While in Paddy's case parenthood helped on the road to recuperation from alcohol harm, he attests that you have to want to recover for yourself, too. In his words, "I got sober for Keith, I stayed sober for myself."

STUDENT SPOTLIGHT

The Institute Rowing Team



Congratulations to Ele Brady, Holly Davidson, Stephanie Creedon and Aisling Bonner who represented the school at the National Schools Regatta in Limerick on the 20th of April. The crew had a great weekend racing. Their Womens U23 4x won their heat and placed 3rd in the final. Holly and Aisling came 3rd in their Women's U23 2x and Stephanie and Ele came 7th in Womens U23 2x. These were an excellent set of results, particularly for a crew that had limited time to practice together. We look forward to what they can achieve next year!



Aoife Lyons 4th Year



Well done to 4th Year Aoife Lyons who is the Junior Girls Captain of Carton House Golf Club for 2024. The photo below is of Aoife in action from her recent Junior Captains' Drive-In which officially marked the opening of the golfing season. We wish Aoife a successful year in her role and happy golfing.



The Institute Golf Winners



We held a golf outing for the students of The Institute on Thursday November 2nd at Grange Golf Club in Rathfarnham. Twelve students participated from 4th, 5th and 6th year and some great golf was played on the day despite the difficult playing conditions at times. The round was followed by a meal served in the clubhouse. The feedback was excellent and all the students enjoyed the day immensely and are looking forward to the next one. Congratulations to all of our winners and well done to everyone who played.

Pictured above is our 1st place winner Gerard Leavy and pictured below is our 2nd place winner Sam Heaton.

The results of the day were:

1 st Gerard Leavy (35)	43 points
2 nd Sam Heaton (33)	38 points
3 rd Sam Kelly (1)	35 points (L6)



The Irish Cancer Society



Pictured above and below are some of our 4th years who volunteered for Daffodil Day on 22nd March 2024. Thank you for volunteering for such a worthy charity.

The Irish Cancer Society: We are a community of patients, survivors, volunteers, supporters, health and social care professionals and researchers determined to help anyone affected by cancer in Ireland. Together we are transforming the experiences and outcomes of people affected by cancer through our advocacy, support services and research.



STUDENT SPOTLIGHT



Michael Moloney 6th Year



Besides these major events, I also did many more gigs during the summer, in different venues and cities across Ireland. I loved travelling around the country, meeting new people, and sharing my music with them. I also learned a lot from other musicians, who inspired me and challenged me to grow as an artist. I had a lot of fun and made a lot of memories along the way, and I have a lot more plans to come soon!

Pictures: top left Michael's most memorable gig in Whelan's

Below: Michael on The Late Late Show in 2023, Electric Picnic 2023 and again at his favourite Whelan's gig.



One of the most memorable gigs that I had was playing at Whelan's, one of the most iconic live music venues in Dublin. I had always dreamed of performing there, and I was so excited when I got the chance to do so in July. It was a sold-out show, and the crowd was amazing. They sang along to every song, cheered me on, and made me feel so welcome. I had a blast on stage, and I will never forget that night.

Another highlight for me was performing at Electric Picnic, Ireland's biggest music and arts festival. It was an incredible experience to be part of such a diverse and talented lineup of artists. The atmosphere was indeed electric, and the energy was contagious! I had so much fun playing my songs, and I also enjoyed watching some of my favourite acts, such as Billie Eilish and Niall Horan.

I am so grateful and proud of the success that my songs have had in the last year. I released three singles in the last year, "90's", "Can't Dance" and "rewrite", each of which reached #1 on the iTunes Irish Charts. They also received positive reviews from critics and listeners, such as Hot Press Magazine and Pure Magazine and got played on several radio stations such as RTÉ 2FM and The BBC. I want to thank everyone who supported my music, streamed my songs!

One of the most surreal moments of the last year was appearing on The Late Late Show, Ireland's longest-running and most-watched chat show. I was invited to perform on the show in May, which was also the last show of Ryan Tubridy, the legendary host who retired after 14 years. It was an honour and a privilege to be part of his farewell episode, and to share the stage with him and other amazing guests. He was very kind and supportive of me, and I had a great time chatting with him and playing my song.

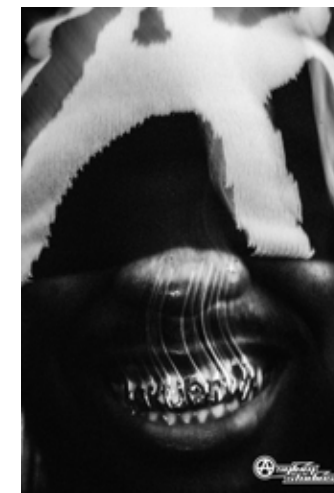


Alex McDonnell 5th Year

Congratulations to our 5th year student Alex McDonnell who was recently featured by District Magazine under their artist spotlight section. Alex began photographing music artists in 4th year alongside our 4th year photography module and graphic design module. These days, he photographs music events, concerts and shoots promotional videos for artists such as lil tjay, sainte, Travis and elzz.

District's article was named "Meet the teenage photographer archiving Ireland's rap takeover". Seeing the success of homegrown talent nationally and internationally is a pride for Ireland, young creatives displaying a true passion for their art and contributing to the Irish music scene is an incredible thing to see. Although Alex is still new enough to the scene, District Magazine states he is "documenting the golden age of Irish hip-hop". "His work has permeated through Dublin's rap world, archiving a pivotal period in the landscape's lifetime". Alex had this advice to give young people wanting to pursue their creativity: "Don't be a teenager that just creates an art account, take yourself seriously, you are an artist, you are a photographer, you are a producer". You can see the article on Instagram @ district.magazine

And you can check out Alex's work on Instagram @ spydersweb_



STAFF SPOTLIGHT

 Richard Hogan



This year our English teacher Richard Hogan published a new book, 'Home Is Where The Start'. Richard is a Psychotherapist and an Irish Examiner columnist and his new book will give you the tools to recognise negative patterns from childhood – and avoid them when it comes to your own family.

"I am not perfect. I did not come out of a perfect home. I came out of a challenging home.... This book will offer you real examples, from real people, dealing with real-life situations. It is rooted in my own family experiences and in the experiences of hundreds of families and individuals who have sat with me and talked about their lives.



 Sandra Cleary



We are delighted to hear that Home Economics teacher Sandra Cleary was shortlisted by Teachers Inspire Ireland 2023 after being nominated by former student Katie Bergin who was in Sandra's class in 2002.

Teachers Inspire Ireland is an Ireland-wide initiative that seeks to celebrate teachers and to recognise the transformative role they play in our lives and in our communities. Teachers Inspire is curated by acclaimed author Louise O'Neill, who'll help find, share, celebrate and spark a conversation about inspirational teachers and teaching that make a positive impact in our lives. Louise is also the host of the Teachers Inspire podcast.

Teachers Inspire is organised and run by Dublin City University. It is generously supported by a philanthropic donation by Mr. Dermot Desmond.

The initiative evolved from a discussion between Dermot Desmond, benefactor of The Desmond Chair in early childhood education at DCU and Prof Brian MacCraith, then President of DCU. Mr. Desmond believed that the value of our extraordinary teachers was not fully recognised and agreed that he would sponsor a nationwide campaign to pay tribute to teachers who have made a positive impact on the lives of their students.

 Helen Casey



Congratulations to Helen Casey from our Guidance Counselling and Resource team who wrote the play 'Vixen' which is now the **Winner of the Bealtaine Touring Award 2024!**

VIXEN, featuring actress, Rose Henderson, is currently touring theatres nationwide. See below for some of the upcoming dates.

 **PERFORMING ARTS**



The Bealtaine Tour:
VIXEN

THEATRE

Angie (Rose Henderson), mischievous and fun loving, reflects on her life as 'the other woman', delighting the audience with her scandalous tale. VIXEN is a compelling psychological drama by Helen Casey of one woman's resilience, determination and desperation to name a love that was hers but belonged to another. Both haunting and mesmerising, it is a visceral exploration of love, unspoken loss and uncomfortable truths... 'tis better to have loved and lost... or is it? Directed by Caroline Fitzgerald.

Winner of the Bealtaine Touring Award 2024
For full tour info and booking, see [Bealtaine.ie](https://bealtaine.ie)

May 9th - Nenagh Arts Centre, Nenagh, Tipperary

May 10th - The Seamus Ennis Centre, The Naul, Dublin

May 11th - Draiocht, The Blanchardstown Centre, Dublin

May 14th - Dunamase Arts Centre, Portlaoise, Laois

May 16th Theatre Royal, Waterford

May 17th Wexford Arts Centre, Wexford

May 23rd Glor, Ennis, Clare

May 24th Cloughjordan, Ecovillage, Tipperary

May 28th The Civic, Tallaght, Dublin

May 29th Town Hall Theatre, Galway

June 1st - St. John's Theatre, Listowel, Kerry

June 6th The Whale, Greystones, Wicklow

June 8th - Aras Eanna, Inis Oírr, Aran Islands, Galway

July 10th-13th Cork Arts Theatre, Cork

 Fiona Condon



Well done to our Drama teacher Fiona Condon who was in an animated film 'Greyhound of a Girl' which took 1st prize, for an animated feature film at the Chicago International children's film Festival in November 2023.

The film features Brendan Gleeson and Sharon Horgan in the lead roles. It was also nominated for a European film award in Berlin. This adds to the list of screenings which include a nomination for Best Animated Feature Film at Cinekid Festival. The feature was released in various countries across Europe in early 2024.

The latest European co-production from Italian animator Enzo d'Alo (How The Toys Saved Christmas, 2012's Pinocchio) is a simple, heartfelt adaptation of the 2011 Roddy Doyle novel. A charming, family-friendly production finds some touching life lessons in the tale of a young girl facing the impending death of her beloved grandmother.

Work for the feature was carried out in JAM Media's Dublin and Belfast studios.



WELLBEING



This year as part of our wellbeing programme, students had the opportunity to participate in weekly wellbeing events to support students' development on their journey of personal and academic growth.

Each week, students had the opportunity to attend a wellbeing event including wellbeing talks facilitated by our own Arnaud Bongrand, French teacher and qualified psychotherapist, nutrition talks with Andy Quinn, and Meditations facilitated by Irish international athlete and our PE teacher, Brian Gegan. Weekly Social Club also took place supported by our student wellbeing committee and this committee continued supported the wellbeing programme by taking part in charity collections for Focus Ireland on our Christmas Jumper Day, supporting preparations for Culture Day, and running events during Wellbeing Week.

Our Positive Poetry, Sparking Joy, and Random Acts of Wildness competitions saw students spreading positivity through photos and poetry while our Two Sentence Horror story competition at Halloween returned with many spooky contributions... Our annual Wellbeing Week took place in January which included daily events and competitions. This week ended with a concert facilitated by Ciara Coleman that showcased some of the fantastic talent of our students. In March, our Culture Day also featured a concert with music from all around the world, as well as students sharing food, clothing, and games from their cultures.

We thank all students for their support this year with our wellbeing programme and look forward to continuing our focus on promoting positive wellbeing next year.



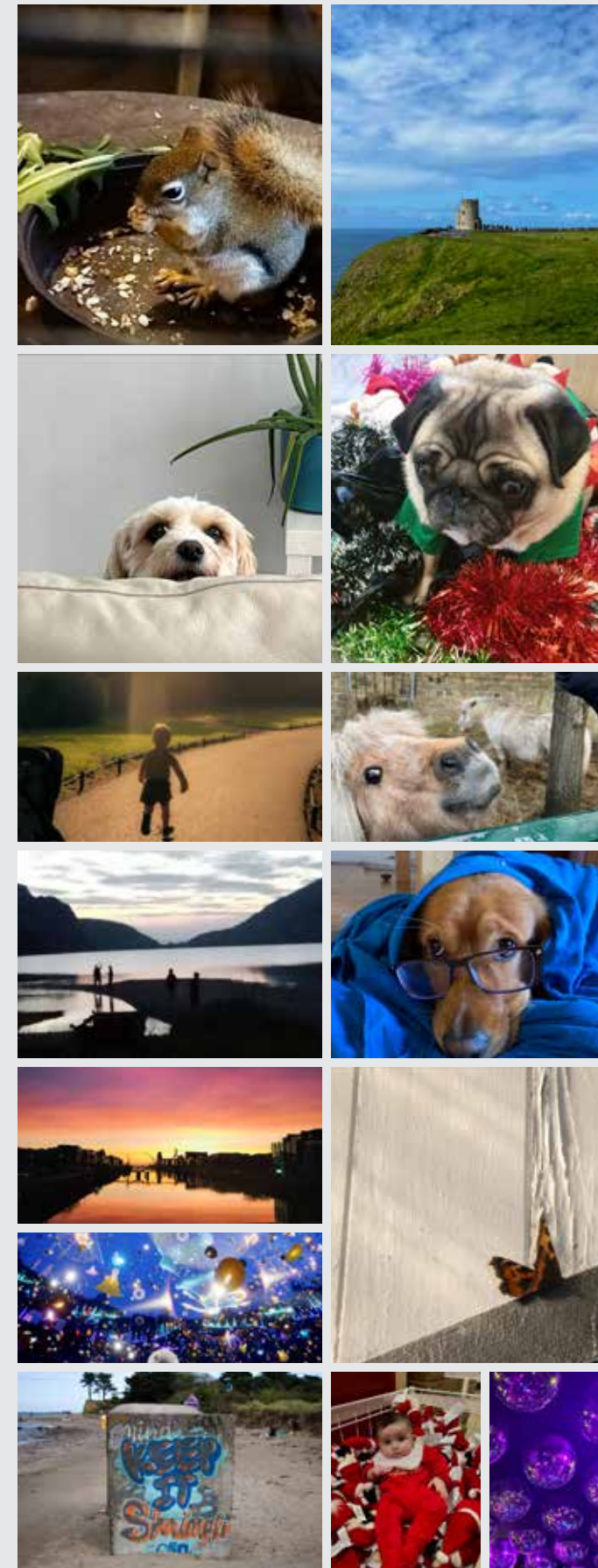
WELLBEING *Sparkling Joy*



Our Sparking Joy photo contest took place in November this year. Students shared photos that sparked joy in their lives on the screens around the school and on a notice board outside the first-floor office.

Congratulations to 6th year student Aaron Downey, who is the winner of our annual photo competition 'Sparkling Joy - something that made me smile.' Aaron's image (below) will be printed on canvas and added to our Sparking Joy exhibition on the L Block crossover. As usual, it was very hard to pick a winner as we loved seeing everything that brought a spark of joy into your lives. From sunsets to cars, the photos were as lovely as they were diverse.

Thank you to everyone who entered, we will be leaving your entries on the noticeboard outside the 1st floor office until the end of the year.



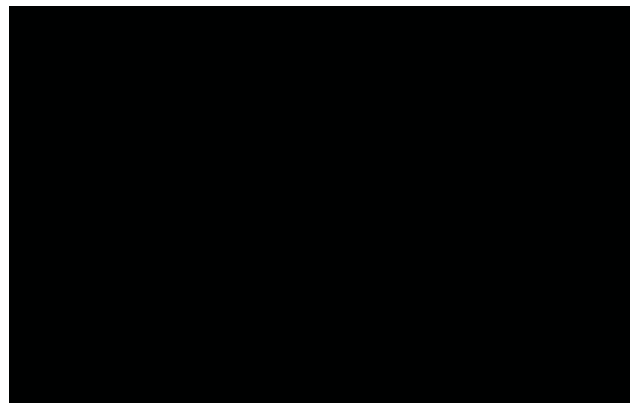


Christmas Jumper Day

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 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

In December, we held our annual Christmas Jumper Day. Students and staff alike donned their favourite festive attire in support of **The Irish Cancer Society**. Collections were facilitated by our 4th year students and student volunteers who collected donations around the school. We loved seeing all the staff and students in their Christmas gear and it brings a fabulous festive feel to the school.

This year we raised a total of **€2207**. All money raised will go directly to supporting the outstanding work of the Irish Cancer Society who provide important services for those impacted by Cancer, emotional support for loved ones of patients, and in-home care among other important services. Thank you so much to everyone who dressed up and a very big thank you to all the students who helped fundraise on the day - it was a cold one! A special thanks also to Luke Rock for organising the event.



CHRISTMAS JUMPER DAY



CHRISTMAS JUMPER DAY



WELLBEING



Culture Day

In March we had a whole-school Culture Day to celebrate the diversity of cultures in our school community. Students wore clothes from their own cultures and shared aspects of their culture at our lunch-time cultural quiz. Students also had the opportunity to try food from other cultures, play board games, and listen to traditional Irish and world music.



CULTURE DAY



CULTURE DAY

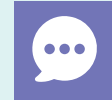


WELLBEING WEEK



January 8th - 12th 2024

Wellbeing Week took place during the first full week back in January. It began with Monday morning hot chocolate for a warm start to the week. Students had the opportunity to attend daily events including wellbeing talks, meditations, nutrition sessions, a sunrise walk (pictured below), a lunch-time movie and a quiz. We were delighted to see students developing life-long skills for wellbeing by participating in the various events.



Throughout the week we ran a positive poetry competition and entries were shared on the digital screens around the school. Congratulations to Nare Paronyan (pictured bottom right) in 5th year who won our competition with her poem *Dublin at Night*.



The 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 bright colours.



The week concluded with a student music recital coordinated by Ciara Coleman- a special thank you to all the students who participated.



Dublin at Night

I used to like the mornings.
I liked the soft, buzzing background drummers and the soloists in the trees,

The noise had kept my ears busy.
Full
of words that I could not hear

Even standing still you could see what spinning circles
feel. A little nauseous,
but it kept you running
from traffic light to traffic light
in hopes to get to nowhere faster.

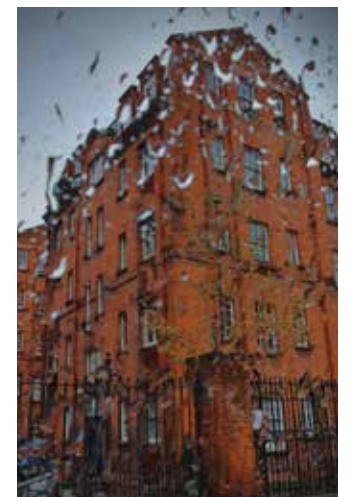
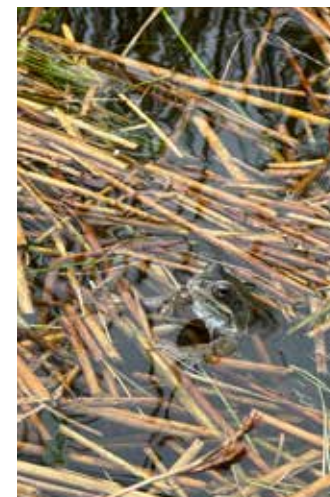
But then,
the night came. It came like a blanket
over the apiary,
It lulled the city and intertwined lamps in sweet sleep,
and it was only then,
you could really hear the birds sing.

Nare Paronyan 5th Year

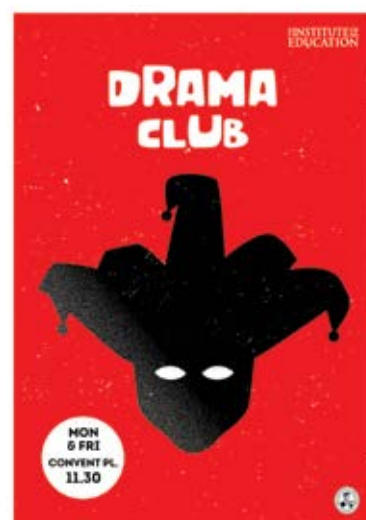
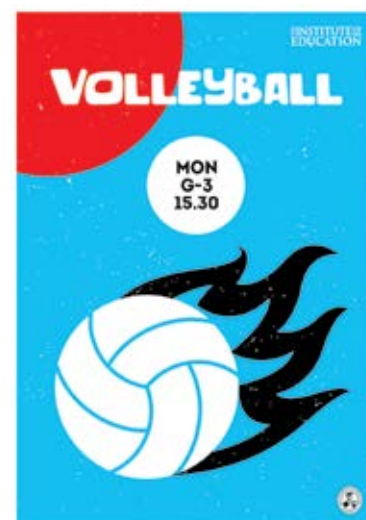
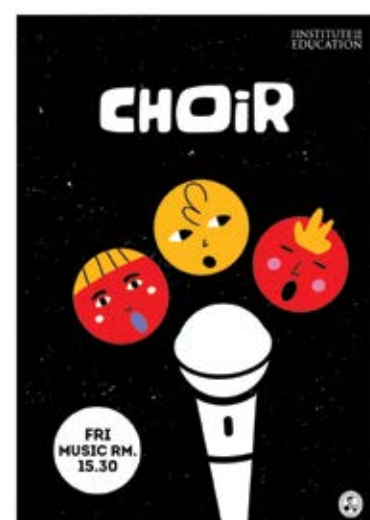
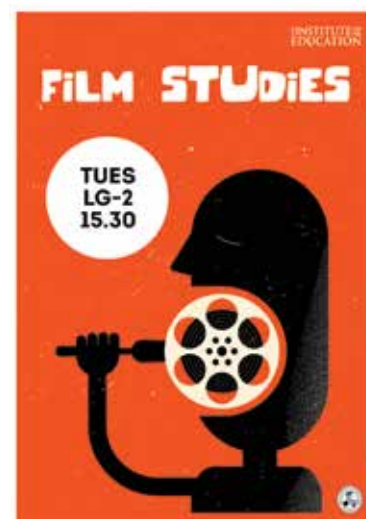


Random Acts of Wildness

In March, students and staff shared photos from nature, 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.



EXTRA CURRICULAR



OUR ACTIVITIES

Below is the full list of lunch clubs and extracurriculars we enjoyed this year.

Lunch Clubs

- Drama
- Film Club
- Fitness
- Tabletop Games / D&D
- Language Club - French
- Language Club - Irish
- Language Club - Spanish
- Social Club
- Walking Club

After School

- Bridge
- Chess
- Choir
- Creative Writing
- Debating
- Film Studies
- MUN
- Philosophy
- Photography Appreciation

After School Sports

- Badminton
- Basketball
- Fitness
- Football
- Kick-boxing
- Table Tennis
- Volleyball





Table Tennis

Baorui Zhao 5th Year

Table Tennis has been a roller-coaster ride for me I'd say. Surprisingly as a Chinese person I didn't like table tennis, which is weird since our national sport is table tennis and we have some of the best players in the world. I think it was partially because I wasn't a very sporty kid, I was quite fat and lazy when I was young and I had a brutal experience in China when I was around 7. I joined a beginner class of table tennis and it was 3 hours of forehand hits for 500 times and backhand hits for 500 times. It was a tedious experience and I could see why we have so many pro players in the sport.

My passion for table tennis grew because of a friend of mine. He regularly went to table tennis club every Thursday after school and I had a lot of time to kill after school anyway - so I thought why not? The coach, Chris was extremely welcoming and friendly and so were the members of the club. I remember that day I lost every single match I had played... But somehow I wasn't put down by it. I consider myself to be competitive but I also tend to doubt myself. If I don't have the talent for it I quit before I embarrass myself. But this was different. I enjoyed each game.

I went home that night and I had a burning sensation to play more. I wanted to win and get better. So, I spent the whole night watching pro players, learning tricks and tips online. I started to play every week in the club, and with my dad. It was a rough experience as no matter how much I practiced I

kept losing. But I persisted. Eventually my losses turned into wins. All the tedious details I would copy from pro players, the tedious practicing of hitting the ball thousands of times day after day was worth it in the end.

The club has been an absolute revolutionary experience for me as not only did I have a lot of fun with all the tournaments and prizes. I learned a pretty good life lesson that even if you fail after trying your hardest - you should never give up. Failure is the best teacher for success. Results may not happen instantly but it's the steady growth that matters the most. I hope I enjoy table tennis for many years to come and a big thank you to Chris our coach who has helped and supported us along the way.

Pictured directly below are the three finalists of our annual table tennis tournament, which took place in April 2024. From left to right 5th years Kelvin Yau, Eimear Gao and Killian Egan.



Bridge

Haoran Ni 6th Year

Joining the bridge club was hands down one of the best choices I've made since I've been here. It's been about three years since I jumped on board and dove into this intricate game. Mastering all the rules and becoming an expert takes some serious time.

Initially, I struggled a bit, but slowly but surely, I started getting hooked on the game. Now, I'm still working on perfecting some advanced strategies to up my skill level.

Bridge is this wonderfully complex game that demands both strategic thinking and social skill (though we like to joke that talking is practically cheating). I've found myself relishing the challenge of outsmarting our opponents alongside my partner, while also soaking in the camaraderie of playing with pals. It's competitive yet loads of fun, and every time we wrap up a game, I walk away feeling pumped for the next one. Oh, and did I mention there's always chocolate for the winners? Sometimes, we even score an Easter egg as a prize for snagging first place.

Big shout-out to Oliver Murphy for introducing me to this fantastic game. Being part of the bridge club has seriously enriched my high school experience in so many ways. I've forged new friendships, sharpened my strategic thinking skills, and unearthed a lifelong passion. I'm genuinely proud to be part of this awesome community, and I'll forever cherish the memories and lessons I've gained from my time at the Bridge Club.



EXTRA CURRICULAR



Table Tennis

Kauthar Nurdini Ahmad Fitri 5th Year

I didn't start going regularly to badminton until October of 5th year. A lot of people had stopped going around this time, and the day had been switched from Wednesdays to Thursdays, so the bus wasn't so crowded. Normally bus journeys are quite boring, especially when it takes nearly half an hour in the city centre, but I would always spend that time chatting with the other fellow badminton players and making new friends.

There's also a lot to see outside, including an excellent view of the Aviva Stadium. SportsCo has a very spacious sports hall. Most of the time I play against my friends, but sometimes we get our coach Ben to join in. It isn't really a class — it's more like an hour to play badminton to your heart's content. I especially like it when it's just me and my friends, since we can play as much as we want without taking turns. But it's not too bad with more people either; sometimes we play as teams, and sometimes even against Ben!

I played very little sport before 5th year, and once the weekly tests and homework really started kicking in, I barely had time for anything else. Badminton in The Institute awakened my newfound passion for the sport and gave me a way to both relax and celebrate the end of an inevitably grueling week. I really recommend picking up badminton, or really any other sport. I'm proud to say that I've improved steadily in badminton

over the year. It's what I look forward to most at the end of the week by far.

Sarah Mahon 4th Year

I started badminton after school, in October for the first time; I used to play at home; but just for the fun without knowing any of the rules, and I thought it was going to be so boring; as although I didn't enjoy playing it at home, I decided to give it a try anyway. I gave it a chance because I really wanted to know what extracurricular activities I would like to do for 5th and 6th year, when I'm under pressure with exams.

Now I definitely know what I would like to do for 5th and 6th year, with badminton at the top of that list. Since I started I feel like I can see improvement already. I always ask questions on how I should hold the racket or hit the shuttlecock. Our coach Ben is always happy to help answer our questions and to play with us - the one challenge we will always have, is trying to beat him!

It seems impossible to win against Ben, though it's 5 or 6 of us against 1 (Ben). I look forward to Thursday every week, I can't wait to get my hand on a racket and play. I love the friends I have made from the first day, we all look forward to the laughs and jokes we make, I never thought I would make so many friends just by playing badminton. If you think you have the power to beat Ben, think again. Come to badminton and let's find out. Best of luck to you, you're going to need it. Trust me!



Kickboxing

Sumukh Adiraju 5th Year

These past three years at the kickboxing club have been quite the ride. When I first joined, I had no idea what to expect. But let me tell you, the atmosphere in there was so welcoming, I instantly felt at home. Seeing new faces join the club brought back memories of my own beginner days — all that nervous energy mixed with excitement. It's been wild watching everyone grow, both physically and mentally. Let's talk about the mental game. Learning to focus and push through those tough workouts has been a journey. While the shadow boxing was fun, it was all about the real sparring we did. Being under pressure to make a quick move with adrenaline kicking in is an unreal experience. It is a situation you must be prepared for in real life too. It's great to learn a martial art, not only for self-defence, but also to learn discipline and humility.

We started with the basics: jabs, crosses, hooks, and uppercuts. Mastering the jab was just the foundation — it's your bread and butter, your go-to move for keeping your opponent at bay. But the true power comes with those hooks and uppercuts, which can do some serious damage. The kicks are where the real fun is though. It really makes you move your whole body, instead of being rigid. Front kicks, roundhouse kicks, sidekicks, axe kicks, jumping kicks, spinning kicks— you name it, we did it! We progressed into doing large combinations of these kicks and punches, leaving us exhausted after each set. My journey through the kickboxing club over the three years has been a thrilling ride of mastering punches and kicks and honing our skills. With each strike thrown and technique perfected, I've not only become a better fighter but also embraced a mindset of resilience, discipline and humility that will stay with me long after the final bell rings.





Sarah Mahon 4th Year

Months before joining 4th year, my younger brother and sister who had both done Model United Nations (MUN) kept telling me how great it was so I knew I had to join it as soon as I started. The very first day of school, I was nervous but also buzzing with excitement. I couldn't wait for that day to end. As soon as I heard the bell sound, I packed up my books and pens and raced out of there, down to the ground floor of the L Block where previously I had learned it would be on from the bulletin boards all around the school.

When I first stepped into the realm at MUN, I was overwhelmed with nerves. As the only 4th year amongst a sea of more experienced individuals, doubts swirled in my mind. Would I be able to keep up? Would I fit in? These questions loomed large as I tentatively approached this new endeavour.

However, what happened next changed everything. From the moment I entered the room, I was greeted with warmth and kindness. Despite being a newcomer, the other members at MUN invited me happily in. Their smiles and encouraging words washed away my fears, leaving only a sense of belonging in their wake. What truly struck me was the inclusivity at the MUN community. Despite my status as a novice, they involved me in everything - debates, discussions, and decision-making processes, even though we were just practicing. I wasn't just a bystander, I was an active participant, valued for my input and perspective.

In the face of my uncertainty, I found solace in asking questions. And oh! Did I have any questions? Yet, every query I posed was met with patience and understanding. The experienced members of MUN took the time to address my concerns, imparting knowledge, and wisdom with each response. Through their support and guidance, I began to shed the cloak of nervousness that I once wore. With each passing day, my confidence grew stronger, urged by the unwavering support of MUN individuals. Now I will speak about my experience today not as the timid newcomer I once was, but as a transformative power of community. My journey into MUN taught me that it's not how experienced you are but about the willingness to learn and the courage to step outside your comfort zone.

I will always extend my deepest gratitude. Thank you for welcoming me with open arms, embracing my differences and for showing me the true meaning of unity in diversity.

Now that I have all the knowledge I need, I have found the courage to speak about topics and disagree with others. The last MUN I went to, I spoke out in front of a whole general assembly, even though it was my second time ever going. I answered questions about my speech and even though some people disagreed, I kept going with confidence.

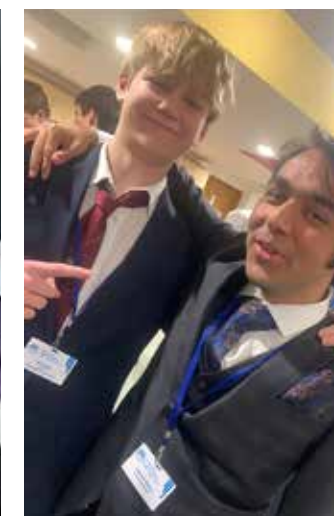


Sahana Dewan 6th Year

Mun Secretary General Sahana: This year, our Model United Nations [MUN] team travelled all over Ireland, to discuss, debate, and act as countries of the United Nations.

From heated debates, to strategic alliances, each conference has taught us about tackling world problems, public speaking, and has allowed us to meet like-minded people from different schools. The photo above was taken at WickMun 2023, with our Taoiseach Simon Harris. Simon gave an inspirational speech, reminding us that we are the future of this nation, and we must join together to fight pressing problems, like climate change.

The last 6 years participating in MUN have brought me some of my most cherished memories and have allowed me to practice and improve my public speaking, writing and critical thinking skills. My final two years of MUN I have spent representing The Institute of Education has truly been my favourite, especially the honour of being our incredible team's Secretary General.



CHOIR



6th Years Livia Guimarães & Isobel Gross

Dictionaries may define art as the extraordinary ability to express feelings, emotions and thoughts through creativity, innovation and originality. Through the choir at The Institute of Education, we were able to learn, participate and become part of the exceptional music community, expressing ourselves through our passion.

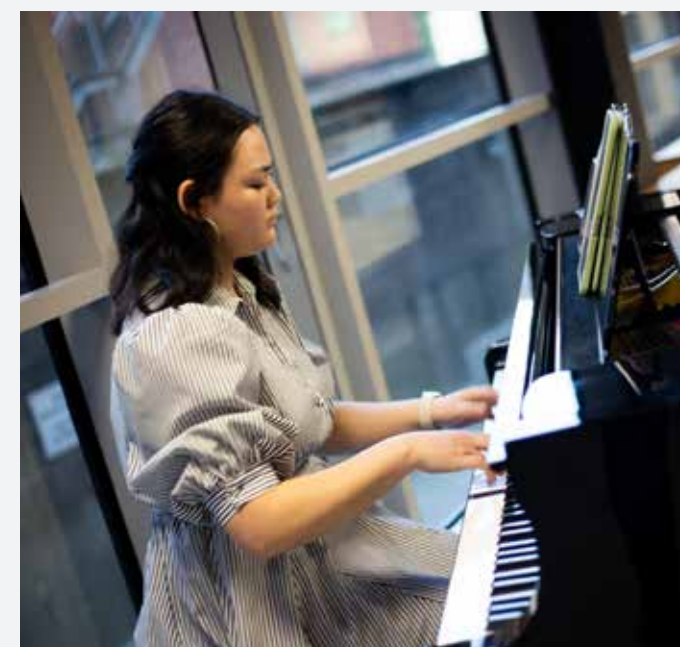
Choir was a fantastic experience, in which we both participated throughout fifth and sixth year. Every Friday we would look forward to going down to the music room and learning how to sing, interpret and harmonise new songs, from “Viva la Vida” by Coldplay to “Blackbird” by The Beatles. Every week there would be a new warm-up exercise or a new combination of words to learn. To be able to say that we were part of the choir at The Institute of Education is a great honour. We created so many

unforgettable memories and it will always stay in our hearts. Singing, dancing, laughing, having pizza parties and getting to know everyone was all part of the wonderful experience.

Speaking as 6th year students, the choir experience made these two years a little bit easier. We met so many wonderful people, especially the heart of the choir: Ciara the music teacher. The dedication, enthusiasm and commitment she puts in is truly amazing. The amount of friends that we made and the people we were able to see every Friday made choir even more special. We participated in the Open Day, Christmas Fair, Culture Day, Graduation and different concerts throughout the year. We will always remember these times in the musical environment and smile with our souls.

We genuinely felt motivated, supported and encouraged when the staff always came down to listen to us, especially the principal Yvonne, who always empowered us to sing, connect with the art of music and be involved in the musical community. Choir was an amazing experience and we hope everyone coming into the school has a chance to experience this outstanding extra-curricular in this phenomenal school - because it was undoubtedly an incredible highlight of the last two years before college.

Thinking like an artist is like flying through a dream coming true while trying to be free. There is no deadline to daydream, there is no deadline to reach the creativity key. I am sure there is no “over creativity”, the choir brings out the melodic harmony.





Debating

Congratulations to 5th year students Lina Hassan and Nare Paronyan on their outstanding achievements in Debating this year. They had great success in the Cambridge Schools Debating Irish Trials in November 2023. We were delighted to announce that both students went to Cambridge in March 2024 to participate in the prestigious Cambridge Schools Debating Finals, where they competed with students from around the world. Organised annually by the Cambridge Union – the oldest debating society in the world – the Cambridge Schools’ Debating Competition (“Cambridge Schools”) is one of the world’s biggest schools debating competitions.

In January 2024 they had yet more debating success to add to their debating belts! They secured a place for the Finals Day in the Oxford Schools Debating Competition on the 9th of March 2024. Nare and Lina flew to the iconic university as part of a select group representing Ireland in the international competition. This event drew many of the finest young debaters from around the world.

Nare had this to say about her debating experience:

Studying is so monotonous – open the book, get the pen, write the words and repeat. It feels so exhausting to see the black and white ink over and over again, seven hours a day, five days a week. But every Tuesday, I slug myself over to the L-Block to take a break from it all.

Most people think of debating as arguing. On the contrary, debating isn’t violent or thuggish at all – it’s careful, and thoughtful. Our coaches talk to us about various different topics, like how steroids affect athletes, or how beauty pageants allow for opportunity, and we just sit back and open our ears. After that, we split into pairs and we debate.

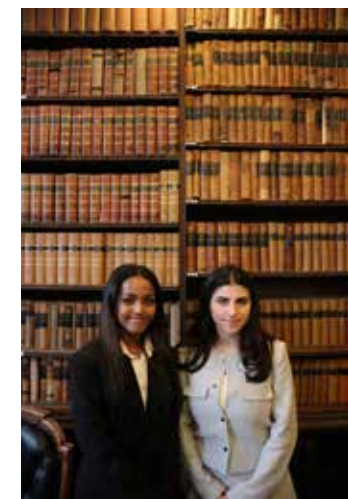
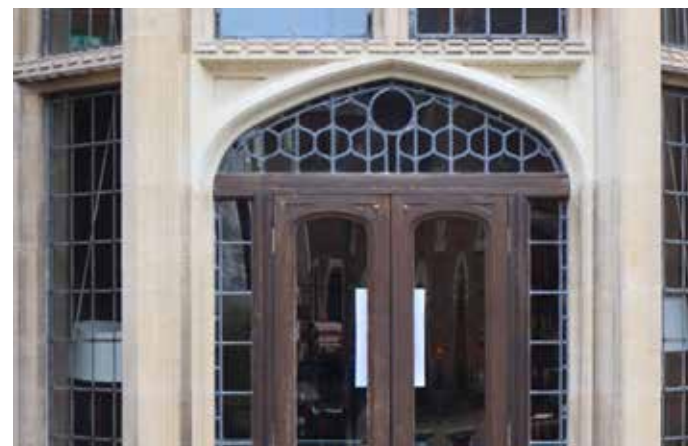
We’re given fifteen minutes to prepare a few things to say about the topic itself, and we present our thoughts to the group – we disagree, we agree, we break down arguments, we keep open minds to all of our own opinions. For this, I think I’ve become better.

I’ve become better in ways I didn’t expect. Overall, my improvements weren’t even generally tied to the debating itself. But now, because I was speaking so much in front of others, whom I didn’t know prior to joining the club, I’m no longer afraid of speaking my mind. Wherever it is. I asked a stranger on the bus if they knew the time. Crazy, I know. But the fear of speaking with people you don’t know, or just voicing your opinion in general, is surprisingly something most people struggle with. Apart from the speaking itself, being able to come up with ideas in fifteen minutes is a skill I’ve honed. I’m able to better think on my feet and give a structured speech under pressure.

Of course, yes, the speaking, and the structure, and the fast thinking – they’re all great. But the biggest benefit of all was the valuable friends I made in that club this year. I went in knowing absolutely no one, and I’m leaving this year with friendships I wouldn’t have even expected beforehand. It’s so easy to converse with the people around you when you’re considering some issue in the world, where to some extent, all of you are the same. You’re all just kids around the same age living in the same world wondering the same things – what’s going on around us?

And when we began to ask ourselves these questions, we began to argue, and to understand, and to compromise. We became incredibly close in such a small period of time because of the specialness of it all. Our bones rattling against the floor, we dragged our study-drained selves from the study hall to our little classroom, and we all took a breath. A break from it all.

Check out the photos of Nare and Lina’s trips to both Cambridge and Oxford below and on the right.





Dui-Lan Sun shared her debating experience with us:

Due to Leaving Cert study and college application deadlines, sixth year has been quite a tumultuous and strenuous experience. So, I really look forward to the iPhone notifications from our Team Ireland Debating WhatsApp group chat announcing the next training session's time and location! There are five of us on the team, from secondary schools across Ireland. We train in the beautiful historic Graduates Memorial Building in Trinity, or the UCD Village for up to eight hours straight at a time.

We debate motions on economics, law, art, politics, sports, international relations, religion, education, history - you name it, we've probably debated it! I vividly remember passionately speaking about prison sentences, the American Dream, a hypothetical button that can switch off emotions, and anarchy all in one day!

We practice against university debaters during our training sessions. Some of them build rock-solid arguments that seem impossible to break down, whereas others tear apart your arguments that you thought were rock-solid. Sometimes I gape at them in awe, aspiring to speak as eloquently one day.

We're flying to Belgrade in July to compete in the World Schools Debating Championship 2024. There will be national teams from over 60 countries participating. I'm looking forward to not only engaging in thought-provoking discourse but also meeting people living on the other side of the globe!

Finally, I would like to end this extract with a small confession. Before I started to debate, I thought I knew a lot. But the more I debate, the less knowledgeable I feel, because there's still so much, I don't know. That's why I love debating. It pushes you to contemplate ideas you've never pondered before, understand topics you haven't stumbled across before, think from the perspectives of others, and even defend beliefs that do not align with your own.

All in all, being selected for Team Ireland Debating is an honour that I'm so grateful for and I would recommend debating as an activity to anyone!

Debating

Congratulations to 6th year students Dui-Lan Sun and Fearné Morrissey who have won 2 of the 5 places available on Team Ireland, the country's international debating team for secondary schools. The team is selected, trained, coached and managed by the Irish Schools Debating Council (ISDC).

This is the most competitive debating competition both nationally and internationally. We are so proud to have them both make the team and wish them all the best this year when they represent Ireland at the World Schools Debating Championships (WSDC).

Over the course of the six months before any WSDC, Team Ireland takes part in a rigorous training programme which is designed to develop the natural skills and talents of the student team-members, and to bring them together as an experienced, confident, and successful team.

During the 20-25 day-long training sessions—at which are present all five team-members, the two coaches, and a number of experienced assistant coaches and judges—Team Ireland engages in knowledge-development workshops on specific topics, drill sessions on technical approaches, and practice-debates. Each training session runs from 10am to 6pm on Saturdays and Sundays. In the last stages of the training programme there is a five consecutive day preparation bootcamp while the team are on school vacation.



Globe Business College Munich

This year our students had the opportunity to take part in a Golden Ticket Workshop which was run by Globe Business College Munich. Hear what our students had to say about the event below.

Aditya Joshi 5th Year



This weekend was incredible! We learned all about how to present on the spot, noticing how the audience reacts and changing our strategy on the fly. It was great to get mentorship (from past Hollywood actors!) and seeing how much everyone's presenting skills and demeanor improved from the moment we walked in on Saturday, to when we did our final presentations on Sunday.

Kien Nguyen 5th Year



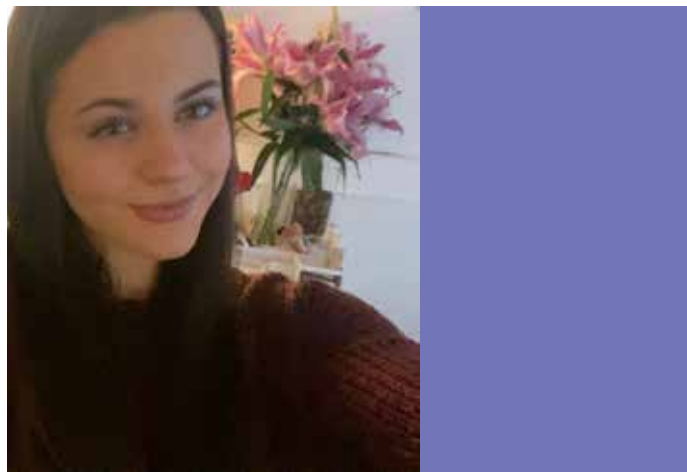
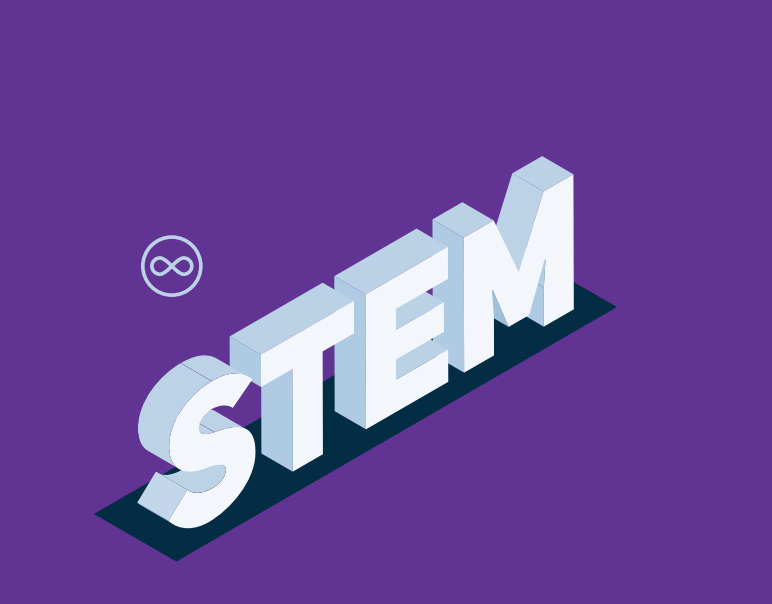
I've been in The Institute for 2 years and as well as trips we took, the Golden ticket Weekend was one of the things I really enjoyed. It was 2 days long project where we got to learn about business and how to work efficiency as a team.

I didn't expect it to be that good but I was totally wrong. I would say it was one of the best weekends I have ever had this year so far. On the first day, we met a tutor who's also an actor, he taught us nothing is impossible, we stood in a line and tried to clap our hands as fast as possible from the first to last person. There were around 20 of us and we got 7 seconds for the first try. It wasn't impressive to be honest so we kept trying until we reached 4 second. That seems fast enough but our tutors still thought we can do it faster. At the end we finished in 2 seconds and realised the huge impact of teamwork.

At the end of the day we started our project, which was about how to convince our company to buy our product - It was cheese, a block of cheese! It seems odd but honestly it was complicated. Me and my team were working hard the following day and we had to stand in front of our parents and judges, presenting our work.

That night before, I was so excited as I had to dress and act like a real business man. My friends have a group chat where we showed off all our outfits. We all looked nice. On the next day, everything went perfectly. Unfortunately we didn't win the competition however I respected what we did and what we learned during the two days. I would recommend everyone to sign up for it next year - And I'll see you there.





Danielle Egan 4th Year

On Thursday February 8th I attended an event called iWish, held in a hall in the RDS. This event was made to inspire young women and encourage them to follow in the footsteps of few women and choose a career in stem, science, technology, engineering or maths. I always knew maths would never be a career I chose as I've always been terrible at it. But iWish made me question myself. Am I really dumb? Or is it just what I've been told and now I believe it?

Growing up surrounded by incredibly smart people my self-esteem when it comes to school and exams was already fairly low. I never had confidence that I was a smart person, so why would I bother trying in school? At the start of second year we were divided into higher level maths and ordinary maths. I was put in ordinary. Each month an SNA would come in and hand us all a test, but we had no teacher. We weren't being taught anything. I'd sit in a room surrounded by what sounded like monkeys screaming and attempt some questions left on the teacher's desk.

I begged my year head to move me to higher she said 'you're in ordinary for a reason.' Then I gave up with school entirely. My mom could sense I was unhappy in my old school. It wasn't very hard to sense I wouldn't

say a word all the way home then I'd lock my self in my room. She moved me to The Institute. My year head, Luke, told us about an event for women going into stem. I didn't even know what stem was. I asked my friends if they were going to go and they said they were so I decided to go too. I remember it was lashing rain all morning, you could hear the shrieks of the women upset the rain had flattened their curls. We were brought into hall 7. Pink neon led light, cameras everywhere. It definitely wasn't what I was expecting. I sat down, looked at the timetable.... three hours! I had to sit still and listen to something I couldn't care less about for three hours!

The Taoiseach, Leo Varadkar gave an opening speech but after that it wasn't so bad. I began to get bored but then a woman stepped onto stage. I can't totally remember but I think her name was Natalia. She worked for a pharmaceutical company. I sat there, listened to every single word she said and I felt inspired. I wanted to do what she did. But I can't. A sense of sadness filled my heart for the rest of that talk. I want to be a pharmacist but I could never, I'm not smart enough?

Then I thought to myself, If I want to get 625 in my Leaving Cert, realistically, what is actually stopping me? I felt incredibly inspired when I began to realise I've only been believing what people have been telling me my whole life. If this is what I want to do the only thing I need is the drive and determination to actually get there. That's why iWish was one of the best experiences of my life.



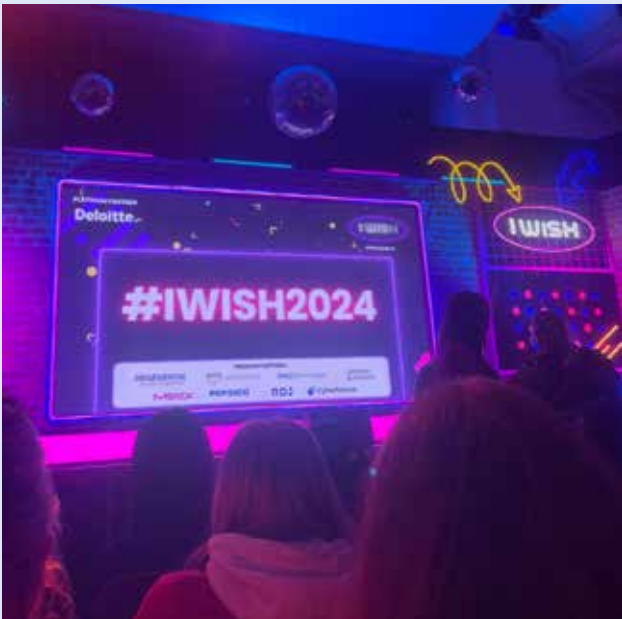
Abigail Keane 4th Year

iWish is a company founded by Gillian Keating and Caroline O'Driscoll. It's aim is to help and influence young girls to pursue a career in STEM. STEM stands for science, technology, engineering and mathematics, each one being an area that is primarily run by men. iWish's mission is to change this. The founders, Gillian and Caroline hold seminars each year inviting young girls from all over the country to come and watch talks from female guest speakers about their lives and current roles in STEM, many of whom had attended the very same seminar when they were young.

We began by heading into the large room decorated by bright neon lights and displays, completed with a stage at the top. We took our seats at the top for the speakers and were introduced to our host, Laura Fox. Laura introduced us to each speaker, who all had their individual stories to tell. The speakers were broken up with Laura talking with the audience, encouraging us young girls to speak up for random rewards such as Fitbit or gift bags. We met all kinds of inspirational women such as Jean O'Sullivan, the Chief People Officer in Bus Eireann or entrepreneurs like India and Portia Healy O' Connor who set up a digital pre-accounting automation and payments app called Xelda.

We then finished off the day by entering the main room in the RDS, covered in stands from all types of companies, each one having female employees present and ready to talk about their role and contribution to STEM. There was a huge variety of businesses from Iarnoid Eireann to Colgate. All the stands contained free gifts such as jellies, water bottles, notebooks etc., and let's be honest, who turns down free souvenirs? There was even a robot that would hand you your own tub of ice-cream! A combination of ice cream and a robot is not something I knew I needed!

You are probably wondering to yourself was this actually beneficial other than for the free stuff! To that I'd have to say absolutely. During the seminar we were asked to fill in a quiz, one of the questions being "Why would you hesitate to pursue a career in STEM?" The main two answers were; "the fear of failing" or "the fear of a man doing it better".



That's it. Fear. There we were, hundreds of young girls in a room that were so different yet so similar. We each had stopped believing in ourselves for the fear of failing, but by giving in to the fear of failing, by giving up on ourselves we had already failed. Each speaker gave us a little more hope and a little more faith in ourselves. If they can do it why can't we? The only thing truly stopping us was our own fear. To me, it showed me that as young girls we need to stop competing and start uniting by helping each other get where we want to go, collectively. As for us, it's a marathon, not a race and to replace that fear with passion, patience and determination.





We were delighted to welcome Hayley Bendle from Dukes Plus on March 12th 2024. Hayley, Head of International Schools, and Senior University Advisor at Dukes Plus, led a packed 60-minute lunchtime talk with students to demonstrate the university application, career choice and university experience support and advice offered from their university consultancy.

For students considering studying in Oxford or Cambridge, Dukes Plus offer guidance into the admissions process with consultancy, personal statement support, mock testing & interviewing.

For those planning to apply to universities in the US, the objective is to not only deliver outstanding results for students but also to use the university application process as a platform for a student's personal growth. Dukes Plus offer guidance on all aspects of the exam preparation and application process, ranging from SAT or ACT standardised testing support to personalised guidance in selecting the perfect fit among American universities.

Dukes Plus also offer a Medic Portal and Lawyer Portal - leading resource and training providers for everyone who wants a career in Medicine and Law respectively. This is a free-to-access comprehensive guide on applying and getting into Medical or Law School. Students may also sign up for UCAT and LNAT Admissions Test courses, interview practice, tutoring and online training.



Orla Ní Shúilleabháin

"It has been an absolute pleasure to work and support our students this year as they have met many new challenges and goals as they navigated their way with great resilience, energy and drive to achieve their full potential during this academic school year. It was great to see the excellent turn out by students at the Study Skills Seminars, which were held in September and October- start the year as you mean to go on!

Jack Henderson

6th Year



"Start as you mean to go on", they say. The study skills seminars, held in September each year, offered us the chance to refine our techniques ahead of what, for most of us, will be our first State Exams - skills that would stand to us not just for the exams but for years in later life. It allowed us to get the best possible chance out of the Institute's renowned classes, notes, and of course, teachers.

It's a daunting task, sitting eleven papers in eight subjects, not to mention orals, practicals, and projects. These seminars helped to ease that burden, for a start by helping us manage our time properly. This structure proved invaluable and helped us to unlock each of the 168 hours in each and every week. This was more than just filling in subject names into blocks on a timetable, but also looking much more tactically, like where and when we study, flashcards, as well as "smart" goals to firmly chart a manageable course in studying. The list could go on of all the insightful advice near ad infinitum. Orla is always on hand throughout sixth year to help us take care of any problems, or to help us figure out a study plan.

This is also a virtuous cycle. In making each small study block easier, it made tests and exams easier, which in turn makes this year's long

process again easier and more enjoyable as well. It also makes hurdles easier to surmount, through being in a far more organised state of mind.

Maria Williams

5th Year



As soon as each student steps through those famous yellow doors in early September, a choice has been made to work hard. Almost immediately many of us come to realise that our assignments, weekly tests and projects will begin to pile up at a fast rate and it is our own responsibility to stay organised, set S.M.A.R.T (Specific, Measurable, Achievable, Realistic and Time-bound) goals and manage our time effectively. All this with many of us facing long commutes from all over the city and surrounding counties and not knowing anyone as we all discover new friends from the four corners of the world. Exciting, daunting and somewhat nerve-racking are some of the words that come to my mind. Yet one big question that each of us has to grapple with is how best can we study?

The Institute provides us with the resources to achieve our dreams and reach our potential. With our focused and diligent staff, Moodle recordings, afterschool tutorials and masterclasses, the world of learning can be our oyster! Each student is given an incredible amount of support to help them prepare for the dreaded Leaving Certificate.

At the start of my Institute journey this year, I was quite nervous and anxious about how I would be able cope with the workload and academic expectations that I had set for myself. Fortunately, the study skills workshop I attended quickly reassured me, providing practical tools to better manage my time while still being able to join clubs and make new friends. Knowing I could chat with Orla when I needed guidance was a huge help to me throughout this year. Having a weekly timetable where I plan what days I will study my subjects and what goals I would like to achieve from them has given me a greater sense of purpose and motivation to work hard. Studying can be overwhelming for many people especially when you are juggling seven subjects. However, when you develop a pattern of regular and reflective study, it becomes so much easier as it is just a normal part of your day.

Two quotes which I took from Orla's handouts which have really guided me in organising myself are "a good system shortens the road to the goal" and "for every minute spent organising, an hour is earned". Believe in yourself and you will reap the rewards whether it's in the summer exams, the Leaving Certificate or whatever the future holds.



Empowering young people to create a happy and successful life

WORK *Experience*



The amount of interesting work experience that our students took part in over the year could fill a book in itself. Sometimes the work experience is very unique or involves travel, sometimes it is a more regular job just down the road that is worth noting - because of the impact it has had. Whatever the job, wherever the job, it is invaluable because of the experience it brings.

Over the next few pages we share what some students felt was an important experience to them. As we always say - it is 'Yourbook', be a part of it, thank to all the students for sharing these unique work experiences with us.



Laura Van Buylaere 4th Year

My work experience at ESA

For my work experience, I travelled to Cologne, Germany in March to go to the European Space Agency's Astronaut Centre. I spent two amazing weeks there to complete an internship programme along with 6 other students from all over Europe.

Over the days, we were introduced to the various teams at the EAC and given tours of operating rooms and astronaut training centres. We worked on a research project and were also granted the opportunity to meet the future astronauts who were training in the centre.



Tudor Neacsu 4th Year

My work experience at Kilkenny Design



On a slow, grey Tuesday evening, when the busses were bustling with bored business people, I strode at a steady pace towards the curling banners of Kilkenny Design. That opulent storefront, now dressed in glistening ornaments and sparkling lights for the Christmas season. I was weary, driven by caffeine and anxious of what I'd find inside its doors. Sure, I'd done my homework, found some old wrapping paper and packed a few old books the night before. And while I'd done well, it wasn't enough to stop a fogbank of doubt from seeping in to tangle my thoughts. "What if I broke something?", "I don't know the person I'm due to work with, what if we don't get along?", "What if I was no good at wrapping gifts?". Thinking back, my level of worry seems almost comical.

Even though my nature doesn't innately lean towards proactivity, I strongly subscribe to a doctrine emphasizing the importance of never stagnating, of pushing oneself forward and, every so often, into fire. We only live once after all, and every path not taken due to momentary fear or indolence may be one we'll come to regret. So, taking a deep breath and sweeping aside my worries, I swung open the tall double doors and stepped inside. I was struck by a rushing gust of carols, subdued chatter and the pensive visages of last-minute shoppers as they milled around tables of neatly stacked boxes and other miscellaneous gifts. I looked up and around, trying to get a sense

of the place, yet I stood staggered by its sheer enormity, the lights reflecting off hundreds of surfaces to every side, and the apparent lack of an obvious sign pointing to gift wrapping services.

At the time, all I remember thinking is "Great, how am I meant to know where to go?", but mulling it over now, I'm grateful they didn't advertise our service front and centre. All that would've done would be to send unmanageable torrents our way. I remember walking to one side of the store, my eyes going through the motions, continuing my scanning for a sign. Yet, of course, there wasn't one. So, I stopped a passing security guard and asked where the tone of my three hours work would be set. He pointed me up a coiling set of stairs, and to a small wooden table, covered in Christmas wreaths. There was already a girl there, someone I'd seen before but never spoken to, so I took the opportunity to do so now. But, as I watched the way she conducted a symphony of wrapping paper and scissors, I couldn't stop my flickering flame of confidence from losing its piercing persistence as ever thicker layers of cloud rolled over me.

But, as she slashed the roll of paper, creating a dark square of perfect size, and demonstrated how to envelop a product, how to elegantly tie and notch a ribbon, I found the cloying haze clearing and receding away. Soon, she was gone, replaced by a new girl who was bound to accompany me until our shift was done. A few nervous neurons shrieked that we wouldn't get along, but I paid them little attention. As the evening went on and we continued to talk, to joke and of course to wrap, our dynamic shifted to one of enthusiasm, efficiency and encouragement, and the warm blaze swelled as if fed by newly chopped logs.

Everyone we spoke to had a different story, a different life, a different reason for being there that day. From boyfriends buying shiny gifts for their partners, to fathers travelling far to see their daughters, we heard it all. And, as those gentle waves of story washed over me, I was engulfed by curiosity and intrigue. I recall a particular customer, an older woman, perhaps in her sixties or seventies, who approached our stand and presented us with a folded cardigan. We were halfway through the process, when she attempted to pay for the item by donating to our charity. After politely explaining she needed to purchase the item at the till before bringing it to us, she flared up in indignation, appalled that we'd have to reverse and redo our work. She scoffed and walked away. Some time later, I spotted her heading for the restroom, the item gone from her hands, before our eyes locked for a moment and she shot me a look that could kill.

Then, our time came to an end. The store was emptying, and after our long hour, our stand stood empty, yet not forgotten. What I thought would be an experience of dread had ended up with me making me a new friend and had given me an insight into the lives of so many others. So, as I once again stood at the store's open doors, looking out into the wet curtains which fell onto the street beyond, I thanked myself for taking a chance, and stepped through.

Sean Mc Namara 4th Year

My work experience at Phuket elephant sanctuary



WORK *Experience*



Kate Lynch 6th Year

My work experience at The Irish Mail



Last Summer, I had the incredible privilege of being selected for a journalist internship at the Irish Mail on Sunday. The opportunity was one which I would not change for the world, as it gave me real newsroom experience, helped me to build a newsprint portfolio, networking as well as the chance to meet and learn from experts.

Once I had been shown the ropes, I spent the weeks immersing myself in my environment as much as possible, as well as trying to prove I was up to the challenges that I was presented with- everything from trying to get an interview with a man who had already designed and built his own grave and headstone to book reviews on the hottest new kids novels!

One of the articles that I was assigned to was a delicate piece on the impact of derelict building regulations on the current housing crisis raging across the nation, particularly in big cities. Speaking to Hugh Wallace, architect and TV Presenter on RTE's Home of The Year, I learned that government regulations on abandoned spots around the country are actually preventing local councils from converting them into liveable spaces where they can be used to contribute to the homeless crisis.

I also learned however about the Press Council of Ireland's Journalistic code of ethics, which states that all reputable media sources must "strive at all times for fair procedures and honesty in the procuring and publishing of news and information", so along this vein, I tried to get an alternative view on the matter, which led me to speaking with John Beattie, an architectural conservation advisor with the National Inventory of Architectural Heritage about the transformation of bank buildings across the nation, re-purposed for everything from art galleries to restaurants. It's John's view that government regulations across older buildings are so important, and that altering them to accommodate for housing could have implications on all heritage buildings- shouldn't these be preserved for future generations' sake too?

This was all a huge part of what I learned from this work experience, there's always more than one side to a story and it's a journalist's role to search for all of these facets, investigate their truth and then communicate them in a manner which is accessible without being reductionist.

I spent the final day of the Summer holidays, in the midst of the action, when one of the Mail on Sunday's top Political Correspondents, John Drennan gave me the insider's view of Leinster House, from the Dail Chamber to the Canteen, I got to experience it all. The Dail was yet to return from recess, but I was still able to sit in on a variety of press conferences and meet some senators. This experience was one I would not change for the world, I can only conclude by saying I hope that there is more to come!



Shrutti Peteti 4th Year

My work experience at O'Neil Foley Accountants

Fourth year, a moment to be cherished and is an experience that will be very dear to my heart, from the roller-coaster of emotions and enlightening workshops, these moments have become deeply ingrained in me. While all the experiences mentioned live deep in my heart, there is one that left a profound mark on the personal growth.

As I stepped into the world of accountancy, I found myself in a realm where everything wasn't just numbers, but also a gateway into the financial mysteries of a business where every balance sheet told a different story, and every general ledger accountant held a lesson. As I was brought into this magical abacus, the bright office lights flickered in sync with my excitement.

On the first day, the office welcomed me with a sense of purpose and an air of professionalism. The members of the department I was working in took turns guiding me through the premises whereby each one showed me warmth and companionship. I was struck by the majestic presence of the towering glass windows in the reception/waiting area, that cast a radiant and inviting beam of sunlight into the room offering a panoramic view of Kilkenny City.

I was assigned with several tasks waiting like a puzzle to be solved, although I felt overwhelmed by the couple of tasks, and with the approaching deadlines, I learned that with each challenge comes with a new side of me. Who was flexible to face upcoming challenges and I

accepted to tackle them with the help of profession order to succeed in the fast-paced world of accountancy.

Despite the pressure, there were moments of triumph and excitement too, for example when I got the bank statements on Excel to balance or when I completed my tasks in a timely manner. When I finished all the Bank of Ireland invoices, bookkeeping duties, and reconciling bank accounts. It gave me a sense of accomplishment by leaving an indelible mark on my personal and professional growth as an individual. Collaborating with team members in my area in the department has not only shaped me as an individual but has imparted valuable skills essential for my future endeavors such as collaborative skills, time management skills and communication skills. Each day as I received positive feedback for my dedication and passion into accounting. I gained a sense of purpose and accomplishment.

As the day ended in the realm of numbers. I couldn't wait to share the sense of achievement with my parents, friends and relatives. The encouragement and recognition from my supervisors filled me with newfound confidence. It felt as if I was ready for the world of professionalism, not really, of course though, I knew that there was still a long road ahead like completing my Leaving Certificate, navigating through college, and earning a degree but it was as good as getting a significant step towards professionalism. Engaging with Income statements, VAT returns accounts and managing Debtors and Creditors gave me a valuable head start, laying a foundation for my future in my field.

Reflecting on the work experience. I am grateful for the opportunities and lessons that left an indelible mark on my growth. It was more than a steppingstone into my career journey. I was an experience that shaped my perspective of the world of numbers and accountancy.



WORK *Experience*



procedures. I learned a lot from George and want to become vet in the future to make him proud.

At the start of September, I received a call from the vet that an XL bully that they were going to have in the next day was coming in for an emergency C-section and would I like to help out? - Of course I was more than ready to go help out!

I headed to the Assisi veterinary clinic, I was very nervous but also very excited to see this. During those stressful hours I got to see the different surgical procedures done by the vet and got to take the puppies afterwards. When he gave us the puppies, we used old pillowcases to hold them, clean them and rub their backs carefully and we also had to flip them on their backs and gently shake them to get fluid out of their noses to get them breathing and then place them gently with the rest of the puppies into the special incubator for them to receive oxygen along with heat and warmth from the warm light for newborn puppies.

This was one of the most beautiful and amazing experiences I've ever taken part in. I'm thankful for all of the time I've gotten to spend in the clinic with a variety of animals and for the best vet there is, George, for allowing me to do so.

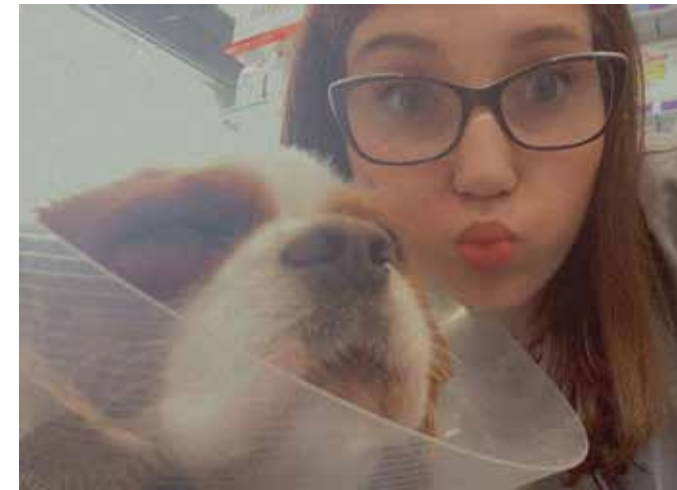


Alexia Puiu 6th Year

My work experience at Assisi veterinary clinic

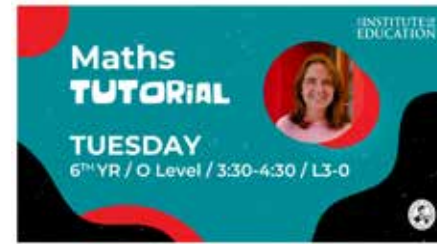
It was Vet George Tudor who inspired me to want to become a vet so when he finally opened his clinic (Assisi Veterinary Clinic) I was able to get great work experience by going in to observe and learn more from the best. I spent a couple of months over the Summer doing work experience in his clinic.

I got to prepare the consultation and surgery room for him and even sit in on different consultations as well as be in the treatment room, as well as this I even got to watch numerous spays and neutering



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.



Maths Test Locations 5th Yr

Test & Date	Location	Time	Notes
Mon 16th October	4:45 - 5:30PM		
Maths HL	Room 2-3	4:45 - 5:30PM	
Maths HL	Room 2-3	4:45 - 5:30PM	
Maths HL	Room 2-3	4:45 - 5:30PM	
Maths HL	Room 2-3	4:45 - 5:30PM	
Maths HL	Room 2-3	4:45 - 5:30PM	
Maths HL	Room 2-3	4:45 - 5:30PM	
Maths HL	Room 2-3	4:45 - 5:30PM	
Maths HL	Room 2-3	4:45 - 5:30PM	
Maths HL	Room 2-3	4:45 - 5:30PM	



Mock Exams Locations 2024

Subject	Location	Time	Notes
Maths HL	Room 2-3	9:30-12:00	
Maths HL	Room 2-3	9:30-12:00	
Maths HL	Room 2-3	9:30-12:00	
Maths HL	Room 2-3	9:30-12:00	
Maths HL	Room 2-3	9:30-12:00	
Maths HL	Room 2-3	9:30-12:00	
Maths HL	Room 2-3	9:30-12:00	
Maths HL	Room 2-3	9:30-12:00	
Maths HL	Room 2-3	9:30-12:00	
Maths HL	Room 2-3	9:30-12:00	



MASTER CLASSES AND TUTORIALS



Micheál Casey



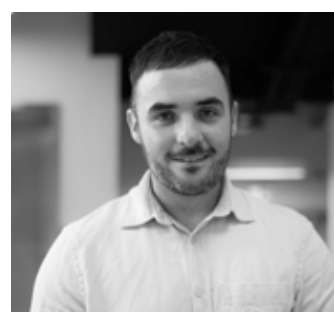
Breege Henry



Wesley Hammond



Emma Greal



Rob Quinlan



Liam Dingle



Chloe Griffin



Tara Lyons

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. They can get home from school and still attend them live. We strive to make sure they are spread out throughout the month so student's have the energy to attend as many as possible.

This year we added new subjects to the Masterclasses timetable including Rob Quinlan covering Economics and Chloe Griffin and Tara Lyons covering Chemistry. We also continued to provide this support in Irish (Michael Casey), Geography (Breege Henry), Biology (Wesley Hammond) and English (Emma Greal and Liam Dingle).

They continue to focus on 6th years and the Leaving Certificate Exams with most Masterclasses geared towards 6th years only but 5th years were also able to get some Mastery into their timetables by attending Wesley's Biology, Chloe's Chemistry, Rob's Economics and Emma's English Masterclasses.



Michael Doran



Jean Kelly



Declan Kelly



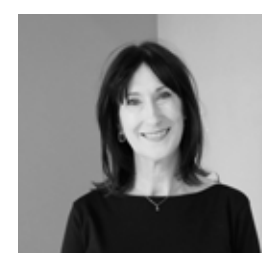
Andy Quinn



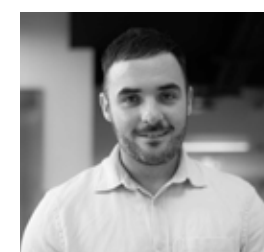
Michael Casey



Alan Trenier



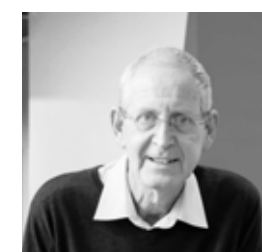
Patricia Crowley



Rob Quinlan



Lesley Aslin



Aidan Roantree

Tutorials

Tutorials are available every week for students looking for extra help or guidance, they are during school hours and are in person. Tutorials are student led with students welcome to drop in to get help with their homework or in areas specific to their needs. This year we had tutorials in Geography (Michael Doran), Maths (Jean Kelly and Andy Quinn), Irish (Michael Casey), Physics (Alan Trenier) and Art (Declan Kelly and Patricia Crowley). There was also individual Maths tutorials which students could book in advance every Monday and Friday with Adam Goodwin.

Revision Classes

We also had revision classes in Geography (Lesley Aslin), Economics (Rob Quinlan) and Maths (Aidan Roantree). Revision classes were also weekly, in person, extra classes which students could just drop in to. Unlike Tutorials, revision classes are taught classes offering extra support on specific topics.



GUIDANCE



Dee Kelly



Aoife McArdle



John McGinnity



Helen Casey



Liz Carey

Dee Kelly - Head of Pastoral Care and Safeguarding

As the term draws to a close, I would like to reflect on the substantial development of the Pastoral, Guidance and Safeguarding Team this academic year and the associated impact on the support services provided to you, our students.

This year our guidance counselling department was joined by John McGinnity and Liz Carey, both introduced here in the year book. This expansion of our guidance team, along with our new booking system, appreciably improved the accessibility, flexibility and availability of appointments for each and every one of our students, from 4th year to 6th year.

We are very proud of our enhanced provision of guidance support this year which was acknowledged in overwhelmingly positive reviews by our students in a recent end of year survey. Our team is set to grow further again in 2024-25, demonstrating the importance we place on guidance for our learners.

As a department, we continually strive to furnish our students with the very best of care during their educational journey, where we acknowledge how our their personal development and growth is as important as any academic achievement. Recently, we have bolstered our structures and supports in further developing our pastoral team; Jane Dalton, clinical psychologist and psychotherapist, has become the latest welcome addition to our busy practice. Jane's presence has already had a significant impact on student wellbeing, underpinning our resolve to ensure that students of the Institute of Education have as productive and fulfilling a school experience as possible.

Sarah Byrne and Yvonne Ginnelly, of our international team, have likewise supplied vital lines of support and communication to our

considerable population of students who have joined us from schools overseas. Both have been of immeasurable assistance to our pupils, guiding them through the busy school day and also the navigation of day to day life in Ireland.

To our students, I would like to convey how much we as a team enjoy coming to work each day - because we spend it in your presence. You are an inspiration, filled with such incredible determination, drive and motivation. You have faced your challenges - small and sometimes very big - with an apparently limitless capacity to overcome and a remarkable ability to move forward against all odds. You should be so proud of yourselves, you have taught us so much about resilience and perseverance. The world is in for a treat!

Bio: Deirdre Kelly joined The Institute of Education at the beginning of the academic year in August 2023 as head of the Pastoral, Guidance and Safeguarding team. Deirdre is a teacher of Biology, Maths and Science and works with the State Examinations Commission as a Leaving Certificate Biology examiner. Deirdre holds an undergraduate degree in Molecular Genetics and Biochemistry from UCD. Her postgraduate experience includes studies at Cambridge University, Hibernia College and the University of Limerick. Deirdre also has many years' experience working as a management consultant prior to joining the education sector and brings a broad perspective to her work with her students based on her industry-wide experience.

Dr John McGinnity - Guidance Counsellor

I have been delighted to work with many students in the school this year. Every day I see a blend of ambition and enjoyment as our students grow in their learning. We are a school which sees each individual as unique and wish to support you in making the choices you consider right for you, to be the best that you can be. We hope that the resources we put in place for you this year through

supports such as individual appointments, the weekly guest speaker series, and Futures Fair have opened up your horizons. Some of those steps will be pathways in the Irish, UK, European or US college space, which will allow you springboard to destinations across the globe. Your future is bright!

Bio: Dr John McGinnity joined the school as Guidance Counsellor in July 2023, and works closely with colleagues in the provision of guidance supports for our students. John has worked in education for over 30 years working with students who are making the transition from second to third level education. He has a breadth of experience in ways to support students make that transition as seamless as possible. John has held a number of positions such as Chair of the Irish Admissions Officers' Association, and represented Maynooth University on the Central Applications Office Operations Group for a number of years, the group which manages admission to higher education in Ireland. John was a member of the Committee which proposed the current CAO points allocation for Leaving Certificate grades. Prior to working in Maynooth University, John was Admissions Officer in Dublin City University and was Modular Officer during the implementation of modularisation and semesterisation of academic structures in DCU.

John's undergraduate studies were in Dublin City University, and he completed postgraduate studies in UCD and MU in guidance counselling as well as in economics. John's doctorate was on the personal, school, family and geographical factors which influence second level student choice in college and course decisions. He has a keen interest and knowledge in educational structures and admissions processes in various countries across the world. He lectures part-time on the MU postgraduate programme in guidance counselling, and serves on the editorial board of the Institute of Guidance Counsellors' bi-monthly journal. Above all John enjoys assisting students to reach their full potential. Swimming and walking are his favourite pastimes.

Liz Carey - Guidance Counsellor

I joined The Institute in January this year and while I have been working with all year groups, I am the dedicated 4th year guidance counsellor. Our 4th year students are an incredibly ambitious and enthusiastic group of students and it has been my absolute pleasure getting to know them and to start preparing and supporting them towards their goals for their future beyond school. 4th Year offers a great opportunity for students to discover their interests, talents, skills and what inspires and excites them. They begin to explore their college and career ambitions and start to plan how to achieve these, using a wide variety of resources and opportunities available to them here at his school. Adding to the

host of resources on offer, we launched our new online booking system this year, making one-on-one personalised career guidance appointments even more accessible to our students.

An important decision that students make in 4th year, is around the subjects they would like to take for the Leaving Certificate examinations. The students here are offered a vast array of subjects to choose from and are encouraged to sample and try out some of the subjects that were possibly not offered to them at their previous school. Important considerations around minimum entry requirements, in addition to specific subject requirements for college courses are discussed at their guidance meetings along with the subjects they will most enjoy.

Our 4th year students are also encouraged to avail of work experience opportunities throughout the year, without any time or date restrictions placed on them. As a result, they have gained real life insights and advice from professionals in the world of work and this has helped them to find out about what type of work they might enjoy in the future and to learn more about the skills required to succeed in the workplace.

For our 4th year students this year, we introduced a series of 'lunch and learn' talks during their lunchtime hour. This afforded the students an opportunity to hear from expert speakers, alumni and student liaison officers from various colleges and organisations about the different routes to further education and careers.

My aim as the guidance counsellor at the Institute, is to nurture students' self-confidence, help them understand themselves better, and to inspire them to pursue excellence in their chosen paths. I have thoroughly enjoyed working with the 4th year students this year and I am excited to continue working with them as they progress onto the next level of their senior cycle here at The Institute.

Bio: Liz joined The Institute as Guidance Counsellor in January this year. She graduated from Trinity College, Dublin with an Hons Degree in Business Management and HDip in Hospitality Management from TUD. She completed her postgraduate studies at Maynooth University in Guidance Counselling.

Liz has over 30 years' experience in the training and educational sector, including holding lecturing posts at TU Dublin and at SETU, in state body training consultancy and has over 10 years' experience in supporting second level students in their senior cycle at leading Dublin schools.



Fifth Year Forum

The guidance team were delighted to present a series of Weekly Talks for our 5th year students during their lunchtime, the Fifth Year Forum. This provided a great opportunity for the students to lunch and learn, hearing from expert speakers, alumni, fellow students and representatives from various colleges and organisations.

Conán Meehan, from the University of Ulster, kicked off the series of talks with a very informative presentation on UCAS, thoroughly explaining about the UCAS application process and the important changes that are happening this year for students applying to universities in the UK. He went through the many offerings and advantages to studying in Ulster including a huge selection of courses, more attainable entry requirements than many equivalent courses in the south, free fees for some allied healthcare courses and half price fees for the others.

Our guidance counselling team, gave a presentation on the CAO application process and what 5th years should be doing now to prepare for life after the Leaving Cert! This presentation gave an account of how the CAO works, how offers are made, as well as an overview of HEAR, DARE, exemptions, scholarships, SUSI etc.

We were delighted to hear from our own Sarah Byrne, from our International Office, who spoke to our International students on the different application processes available to them, including direct applications to universities in Ireland.

Past pupil and current TCD medical student, Saidhbhe O'Rourke, along with our current 6th year students, Isha Muzammael, Johanna Casey and Adithi Vijaykumar hosted a talk on studying Medicine. Saidhbhe gave a first hand account of what it's really like to study medicine at university - spoiler alert - it's great! Between them, Isha, Adithi and Johanna hold multiple offers to study medicine in the UK and have also sat the HPAT. They gave invaluable insights to their 5th year peers about the process

of applying to study medicine here in Ireland, including their thoughts and experience of combining HPAT studies with study for the Leaving Cert. They also gave valuable hints and tips about applying to study medicine in the UK - their key takeaway - "don't apply unless you really want the place, it's very time consuming and isn't a back up. But if your dream is to study in the UK - go for it! If you put in the work, it's doable."

Guy Flouch, of EUNICAS spoke to the students about the many degree courses taught through English, throughout the length and breadth of Europe including Italy, Spain and the Netherlands and more. No points, highly ranked universities, straightforward application process - some very attractive options!

Artur Banaszkiwicz, from Study Medicine Poland gave a very informative account of the attraction for Irish students of studying Medicine, Veterinary Medicine and Dentistry in Poland. He provided great insights and advice for students on the application process to the many universities who offer programmes taught through English in these disciplines that are so competitive in Ireland and more accessible in Poland.

The students were delighted to welcome Ana Calvente from APC, (The Medicine Accelerator) along with her team of experts in analytics, chemistry, GM, bio, engineering and digitalisation. Throughout this talk they shared their personal career paths, from internships to industrial experiences, highlighting the educational paths they followed and the pivotal moments that shaped their careers.

For our final talk in May, we welcomed Jennie McGrath, Lead Process Engineer at Jacobs Engineering in Dublin. Jennie gave our 5th year students a very engaging talk about her successful career in Engineering, having studied Chemical Engineering in UCD and completed a Masters in Biopharmaceutical Engineering. Jennie gave the audience plenty of food for thought and it was particularly inspiring as always to hear from a woman successfully navigating a career in STEM.



Tuesday Talks

We decided this year to make our weekly Wednesday webinar an in-person event and the Tuesday talks series was born. Each week during 6th year lunchtime, we invite Ireland's leading academics to come in to describe the fantastic courses on offer at our leading academic institutions. From Architecture to Aviation, Business to Biomed, Computer Science to Communication Studies, we had it covered. As with the webinars, the series was student led and we were delighted to respond to requests from students and to have speakers from the fields of study of interest to them. It was a wonderful opportunity for our students to hear first hand about courses, and fields of study they were interested in and was a very useful resource to assist our 6th years in their research. All talks were recorded so that we have an excellent archive of informative talks on the guidance Moodle page to assist students with their research.

We had talks on UCAS, Medicine, Engineering, Studying in Europe, Business and Finance, Architecture, Getting the most out of Futures fair, CAO, Law, Pharmacy, Biotechnology, Psychology, Radiography, Occupational Therapy, Physiotherapy, Athletic Therapy, Sport Science, Preparing for the mock and orals exams, Computer Science and Technology, Healthcare Sciences, Environmental Science and Sustainability, Aviation, Dietetics, Agricultural Science, Human Nutrition, Media, Journalism, and the entire suite of subjects under the UCD Social Sciences DN700. No wonder we are ready for summer!!

Here is a snap shot of some of our talks to give you a flavour of what we talked about:

The Institute of Education always attracts a lot of students who wish to pursue further studies in medicine so in September we welcomed our past pupil and current 3rd year TCD medical student Shreya Sharma as well as final year RCSI med student Anna Whitaker to tell us their first hand accounts of studying medicine at university. Both doctors in the making shared a very reassuring account of their medical studies, describing lectures and placements that they found incredibly

interesting, accessible, relevant and rewarding. Most reassuring of all was to hear that the hardest part seemed to be getting the place and that after that although it was hard work, it is actually very doable to study medicine and that all the effort they put in to get to med school was well worth it.

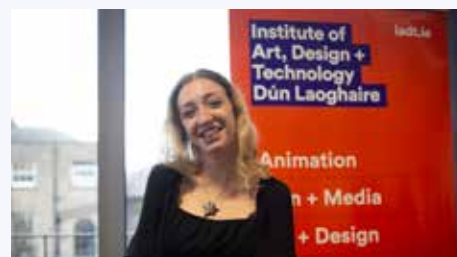
Kevin Gaughan, Head of Engineering at TU Dublin gave an excellent talk in September. He opened with a quote from aerospace Engineer Theodore VanKarman "Scientists discover the world that exists, Engineers create the world that never was" Kevin went on to give a very engaging overview of the suite of engineering courses on offer at TU Dublin and what they entail. There is such an interest in Engineering among our students this year that we were delighted when Professor Gerry Lacey, Head and Professor of Electronic Engineering at Maynooth University joined us in March to outline all the opportunities there are for engineers to shape our world. Gerry didn't arrive on his own - he brought his robot dog with him! There was a demonstration of the interface between engineering, design and computer science and the developments in the futuristic world of robotics and intelligent devices. One area which Gerry outlined was the dog's capacity to go into dangerous terrains in human search missions given its flexibility and adaptability, sending images back to base, as well as the many areas in which robotics are being used to improve the quality of people's lives. A highlight of the day was the multiple student questions about life as an engineer which Gerry was able to bring all his insights to based on his experiences across many facets of his life's journey in the business world and academia.

In April we welcomed Dr. Tim Crowley, Programme Coordinator for the BSc in Global Business & Pilot Studies at MTU. This is the only course of its kind in the country where students simultaneously study for a level 8 degree in business alongside getting their pilot's licence, so at the end of the four years, graduates have a level 8 in global business as well as being fully qualified pilots. Tim reported that there is a shortage of pilots so their graduates are being snapped up as first officers and within a few years are becoming captains for many of the world's leading airlines. The catch? The pilot studies component costs just over 80,000 but MTU are currently working on a funding model to make it more accessible for students.





In October, the school hosted the annual Futures Fair. The evening provided an opportunity for 6th year students to attend talks of their choice from a range of over twenty course presentations in areas such as Medicine, Law, Business, Engineering, Science and Sustainability, which were held in classrooms across the school. Of note was the quality of the speakers which the guidance department were able to welcome to the school based on the relationships they have established with the diverse range of colleges. Throughout the evening students could discuss their future plans, and have all their questions answered, by college representatives and college student ambassadors. A sample of the colleges in attendance were TCD, UCD, DCU, UU, TU Dublin, MU, UL, IADT, NCAD amongst many others. There was also an international dimension to the evening with staff from Eunicas (studying degrees through English in European Universities) and Medical Poland available so that students could explore potential study options outside of Ireland. There was a wonderful energy around the school with everyone looking to the future and planning their next steps beyond The Institute of Education.



Adithi Vijayakumar received all four UCAS offers to study Medicine. She plans on accepting her offer from Queens University Belfast.

Receiving all four medicine offers is an incredible achievement - what's your secret?

I think the time it takes to study for admissions tests is often overlooked by students, especially with the UCAT exam - the UK's medical entrance test. For me, it was seven weeks of study for the exam over the summer. Investing that time into it definitely helped me have a broader range of choices when picking colleges to apply to in September. I'd also recommend talking to past applicants to get advice, and looking at online resources, as these really helped me improve my application.

What are you most looking forward to after the Leaving Cert.?

I'd say I'm most looking forward to having time to spend with my friends and family, and more time for my hobbies again. I can't wait to be able to sit and relax at the piano, and join a basketball team and an orchestra at college next year. Applying to medicine is such a time consuming process, that I had to put most of these to the side. I'm also definitely looking forward to a few extra lie-ins!

Any advice for 4th and 5th years hoping to follow in your footsteps?

Something I would definitely recommend is learning how to manage your time early. Sixth year is such a busy year, especially when applying to medicine. Making a plan, and having scheduled time for your leaving cert study, medicine application and relaxing is vital to avoiding burnout. Don't forget to take breaks and spend time with friends and family, and reach out for help when you need it. The support I got from everyone around me was definitely a huge part in my year.



Udaiveer Parithar has received an offer to study Medicine at University College London

Getting accepted to UCL is a fantastic achievement - to what do you owe your success?

What I believe was key was the constant support and encouragement from my friends and parents through the long days and nights of BMAT and interview prep. And of course, initiative and work ethic played a big part. It's really important to know what it is you're gunning for and how you're going to get there. I spent many a night in the study hall going through past interview stations and potential scenarios.

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

UCL has a brilliant range of societies for students to engage with in their spare time. RUMS, the UCL MedSoc in particular fosters a true sense of camaraderie between medical students with engaging team-building activities, personal development opportunities and social events throughout the year

Any advice for 4th and 5th years hoping to follow in your footsteps?

If I had one piece of advice, I could give the current 4th and 5th years, it would be to plan out their application with full knowledge of any tests or assessments which may be required by universities. This is particularly important in light of recent reforms to the Cambridge Admissions Testing service and then lay out deadlines and targets in a timeline towards the goal in order to ensure their opportunities are maximised.



Stephanie Ntemuse 6th year has received an offer to study medicine at Imperial College London.

Getting accepted to Imperial a fantastic achievement - to what do you owe your success?

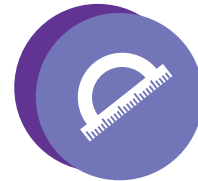
I definitely got a lot of support from the people around me. Friends and family helped me with mock interviews, and by the time they were over, I'm pretty sure my mum knew the structure of the NHS just as well as I did. Obviously the fantastic teachers and guidance team here at The Institute were a great help as well, but ultimately, I think a lot of it comes down to personal research. There are a lot of resources available to you if you search for them and a little bit of dedicated practice everyday goes a long way.

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

London is a vibrant city, filled with many historical wonders and lots of diversity. The Imperial campuses are particularly renowned for their beauty and excellent facilities. I'm really looking forward to getting to explore the city, make new friends, and learn from a different culture.

Any advice for 4th and 5th years hoping to follow in your footsteps?

'The best time to start was yesterday, the second best time is today'. I spent a lot of time unsure if I was too late or too ill prepared to apply to the UK, but at the end of the day, I think you'd do well to just start preparing and see where it takes you. I think the application process is designed to make you expand your understanding of lots of topics, even the topic of yourself. Obviously, do your research, but the universities really just want to know who you are, why you're a good fit for them, and why they're a good fit for you. Don't be intimidated, be confident in your abilities, put in the work, and let your personality shine through in any interactions you may have with the university



Haoran Ni has received several offers to study mathematics including Imperial College, University College London and University of Warwick. He hasn't decided which offer to accept yet.

This is a fantastic achievement - to what do you owe your success?

I think the key to getting where I am today is the constant learning over the past few months. I spent a lot of extra time studying knowledge other than Leaving Cert. That helps me to prepare for the admission test and the interview. In addition, I also read some books about mathematics to expand my breadth of knowledge. Other than that, I want to thank my parents particularly. They provide me a great support to my study journey. They also encourage me and bring me confidence.

What are you most looking forward to after the Leaving Cert?

What I want most is to go back to China to relax, meet my family and friends, and my former teachers. Besides that, I also want to travel with my friends, visit different cities in China.

Any advice for 4th and 5th years hoping to follow in your footsteps?

The college application process and college courses are difficult and take a lot of extra time. Therefore, it is important to choose a course that you like and suits you. If possible, find some experts to help you to choose your course and understand what you will learn in the course. More information is always more useful. In addition, start preparation as early as possible, preferably as early as 4th year. This makes you more competitive.



Arushi Ganvir has received an offer to study architecture at Cambridge University which was ranked 2nd in the world QS rankings last year.

Getting accepted to Cambridge is an amazing achievement - to what do you owe your success?

The support of my family, teachers and friends is by far the biggest factor. My mother gave me the encouragement I needed to apply in the first place. Being surrounded by an incredible group of people, each so passionate about their own interests was immensely inspiring; they fueled my motivation. Starting early and knowing exactly what the process entailed, gave me a big advantage.

What are you most looking forward to about studying architecture?

Definitely the studio culture. I can't wait to be part of a creative and collaborative environment where I can learn just as much from my peers as from my lecturers. It's an incredible opportunity which I want to make the most of. I'll be living away from home for the first time and, while it'll be hard, I'm looking forward to a change of scenery.

Any advice for 4th and 5th years hoping to follow in your footsteps?

What will set you apart is your specific interests in the field you want to go in. Admissions teams aren't looking for an expert, but it is important to show off your genuine interest and aptitude for your course. Read, watch and explore everything you can get your hands on. However, reading complicated academic papers just for the sake of your application is a waste of time. You are unlikely to learn much, and it can be quite boring. I found I enjoyed and learned more by watching documentaries or attending talks that I was genuinely interested in. Pursuing your goals shouldn't feel like a burden. Remember, you have accomplished more than you realise and you have enough time to do the rest.



Liadh Reid Kelly has received an offer to study Law at the London School of Economics

This is a fantastic achievement - to what do you owe your success?

I believe that it is essential to have a driving force behind your work. After completing a course in DCU in 4th year I knew that law was the career for me. Throughout 5th and 6th year all of the study and preparation was with this goal in mind. The support I received from my parents played a vital role in my success. Having the chance to attend the institute and avail of all the opportunities this school provides has assisted me in pursuing my ambitions. I had a wealth of advice and resources at my disposal from the teachers and guidance team alike which was invaluable when building my application.

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

Firstly I am most excited about studying law at one of the top universities in the world with an abundance of opportunities at my fingertips. I am also looking forward to living in such a renowned city. Coming from a small town I can only imagine the culture shock I am in for come September!

Any advice for 4th and 5th years hoping to follow in your footsteps?

When applying to law please appreciate the importance of the LNAT which should be treated like the HPAT but for law. Many students in the UK have been preparing for this exam for 2 years so I cannot emphasise enough the importance of beginning your LNAT prep as early as possible. The LNAT can be the difference between you getting an offer from a university or not as it is very competitive.



Johanna Casey has received an offer to study medicine at Queens University Belfast.

If you get an offer to study in Dublin, which offer will you accept and how will you decide?

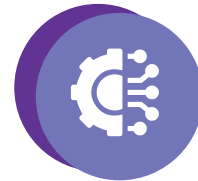
Honestly, I have no idea which offer I would accept! I have always loved the idea of moving away for college, and Belfast has the kind of vibrant and dynamic student life that I have always dreamed of. At the same time, I love Dublin, and know I will have a challenging time leaving behind all my friends and family. Ultimately, I am going to have to do a bit more research on each university and figure out what I really want for my future. I suppose only time will tell!

What are you most looking forward to after the Leaving Cert.?

I'm actually really looking forward to going back to work. I worked as an assistant supervisor in a gastro bar for over 2 years but left at the start of 6th year due to my studies. Working in a bar has given me the chance to meet so many wonderful people, and it's honestly something I have really missed this last year. On top of that I'm excited to do a bit of traveling this summer. The last 9 months have consisted of my bedroom walls and the Raymond Kearns study hall, so I'm in dire need of a change of scenery!!!

Any advice for 4th and 5th years hoping to follow in your footsteps?

The advice I would give the 4th and 5th years is to STOP WORRYING ABOUT WHAT EVERYBODY ELSE IS DOING. I remember being a 5th year and having the impression that everybody else was way more on top of things than me. It's so easy to start comparing yourself to others, trust me I know. But I have learned over the years that comparison helps nobody. Focus on yourself, stay consistent with your studies and I promise things will work out. You are right where you need to be.



Tinashe Chiza received all five of his UCAS offers to study Aerospace Engineering. He plans on accepting the offer from Queens University Belfast

Receiving 5 offers is an incredible achievement - what's your secret?

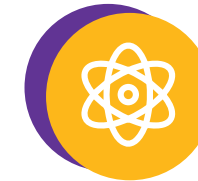
Crafting a compelling personal statement for university applications requires channelling your passion into words. It's not just a document; it's your story, showcasing your ambitions, how they align with your chosen course and what makes you an outstanding student and a promising future professional in your field. Remember, Rome wasn't built in a day, and neither is a perfect personal statement. Draft, redraft, and then draft again. Each iteration hones your message. Attending university opening days can ignite further motivation as you visualise your future path. Equally crucial is reaching out to the guidance team, their insights are invaluable.

What are you most looking forward to after the Leaving Cert.?

Enjoying content that ignites my curiosity and passion and further progressing my career.

Any advice for 4th and 5th years hoping to follow in your footsteps?

Don't be easily demotivated when things don't go the ways you planned but be stubborn in your dreams. Being stubborn in your dreams doesn't mean being inflexible; it means holding onto that vision with unwavering conviction. When faced with roadblocks, it's the stubbornness in your dreams that pushes you and keep you going. Lastly, always think positive.



Max Panov has received offers to study Physics at several universities in the UK. He plans on going to Imperial College London.

Getting accepted to so many top universities is a wonderful achievement - to what do you owe your success?

I am forever indebted to the group of like-minded individuals I fell in with while at The Institute. The support we shared, both in and out of school, set me up for success from the very beginning. When everyone around me was working tirelessly to achieve their goals I felt I needed to work that bit harder just to keep up the pace. Despite most of us aspiring for completely different career paths, healthy competition and lunchtimes well spent in the fresh air kept us focused and sane.

What are you most looking forward to about university?

Having the time to finally take all the outstanding personal goals I have lined up off the backburner. No longer will eight different subjects be taking up sixteen hours of my headspace every day, I will be studying something I chose to study, and it will leave me with time to focus on myself. Swimming, debating, and volleyball have all unfortunately been caught in the academic crossfire and I'm excited to have access to the various student clubs in university to pick them back up again.

Any advice for 4th and 5th years hoping to follow in your footsteps?

If someone offers to help you with anything related to future studies, you take every ounce of advice they can give. And if they haven't offered their help yet, simply ask. I spent the summer of 5th year pestering physics professors through emails and in-person at open days until they let me have a few hours with their PhD students so I could gain some practical experience. Find what makes you unique, what sets you out from the thousands of other applicants and run with it. You have to be memorable to the applications officer. Be persistent.



Orla Murphy received several UCAS offers to study Civil Engineering. She plans on accepting her offer from Imperial College London.

Receiving multiple offers is an incredible achievement - what's your secret?

There is no secret, just a lot of hard work. But if you do the subjects you are interested in, it doesn't feel like work.

What are you most looking forward to after the Leaving Cert.?

The college adventure, and all that that entails. Studying new things and meeting new people along the way.

Any advice for 4th and 5th years hoping to follow in your footsteps?

Keep making progress, lots of small incremental steps on the way makes a huge difference. Make the most of college open days and set your goals high. Research is key.



Christmas FAIR



Christmas FAIR

Christmas Fair

This year we hosted the inaugural Institute of Education Christmas Fair on Sunday the 10th of December. All proceeds went to charity and was split between Jigsaw and Embrace Badjao. We raised an incredible 18,336!

A huge thank you to everyone who helped in any way to make our first Christmas Fair a success. It was a great day and we raised an incredible amount thanks to your collective contributions. The total raised was ?

Thank you to the vendors, to anyone who donated to our raffle and stalls and to the student helpers who generously donated their time.

A special thanks to our Christmas Fair Committee (Jean Kelly, Dee Kelly, Catriona Hendry, Sandra Cleary, Helen Casey, Arnaud Bongrand, Orla Ní Shúilleabháin and Josephine Ryan for all their hard work.



Christmas FAIR



Christmas FAIR



Christmas FAIR





Strangers in the Night



At the close of day I see you again.
I don't know you
Yet you know me all too well.
I don't want you
Yet you stand here day after day.
Waiting. Waiting
For me to pass by your street.
I know you will be here again.
But I won't be
For I will have let you go.
But, this cannot be,
For in my heart I know
I'll never be able to let you go.
You and I will always be
Two strangers in the night.
Goodbye old friend
Tomorrow, I shall see you again

- *Sanidhya Arora 6th Year*

Little Joys~

Find me within the sugar cubes of your tea,
Or perhaps in the serenity of the sea.
I may be hidden in the fluff of your blankets,
Child, am I in a chocolate banquet?

Honey please find me,
For I am not simply hidden in your degree.
I promise I'm unforgettable,
Far from hypothetical.



I trigger a light,
Like the stars in the night.
Yet I am far more alluring,
For your heart, I am curing.

- *Clarissa Brian 5th Year*

Soul Searching

It isn't those scheduled self care days that you marked on the calender last month,
It isn't the hardback gratitude journal gathering dust under your bed,
It isn't the half finished oil painting hanging over your head,
Nor any other solitary internet suggestion.

It's the rain and polluted darkness,
Enveloping you as you scurry -
To the station,
Ears prickling at the laughter
Of your monsoon assaulted friend



It's the silence that engulfs your very soul,
While admiring not only the stars, but the sheer multitude
Of all that is bigger, mocking the insignificance of your innermost woes.

It's the sprinkle of umami from burning a new recipe,
It's sitting in an empty cathedral, stained glassed tattooing your arm,
It's the smell of paper when you crack the spine of a new novel,
It's the incompressible giggles with your lab partner,
And the caffeinated butterflies preforming gymnastocs in your stomach
when you finally take that leap of faith -

Your conscious is a tumultuous roller-coaster of a tsunami,
As uncomfortable and inconsistent as the structure of this poem,
With summits more elating than Everest
And nadirs as perilous as the Bermuda Triangle,
With consistency found in each patch of incongruity.
Thus, it must be nurtured not by conventional handbook activities
But enriched unpretentious spur of the moment moments

- *Katie Doran Stapleton 5th Year*



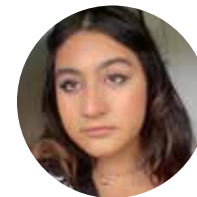
The Silent Loud



Twass the hour before tomorrow,
And beneath the dark night sky
Came a soft florescent glow.
And four voices huddled inside.
The boy on the counter, quietly giggled
at the banter
Of his three older sisters
'round the grey marble table
It had been a happy accident.
Two tiptoed down and the others followed in pursuit.
Snagging crackers and swiping cheese
While the oldest warmed a cup of milk
Around they sat and snacked together.
Failing at whispered conversation
They took to insults, slagging one another
while spraying crumbs in fits of laughter.
Suddenly, growing rowdiness was swiftly silenced.
As the clock struck the bewitching hour
And firm footsteps from above had made themselves known.
So hurriedly did they scramble,
Back up the stairs to respective quarters
Laughing not so subtly all the way.
Leaving the oldest to the spread of crumbs and half-drunk cup
Now basking in silence,
did the oldest begin clean.
Wiping down any evidence
of what had just been.
Hidden amongst the fits of loud.
Peace had stilled, in quiet,
the thrashing waves that had eroded her shore.
and reduced it into an island.
The crashing would pick up again.
And the land below would soon give way.
Abandoning her alone
Where death disguises as bliss,
and coaxes tired victims
Offering them a place to sleep
Below vast, blue sea
Head above will I lie still, breathing.
And he will lie alongside me.
at a distance
For he is there.
Whispering ever so soft in the silent void
As is the loud.
The vivid, vibrant, breathtaking loud.
Though both will continue to stream in
I will choose to hear the loud.

- *Eva Zafar 4th Year*

Nobody's Daughter



I am not enough
I am too much,
Simultaneously
All at once.

I am the Sun
And I am burning
You cannot look at me without
Eventually,
Turning away.

I am the sun,
Daylight scorching,
Their dark skin deepening,
Voices drying- I gave too much
Giving is what I am meant to
Do what else,
Can I do,
Because

I am the sun,
And others resent me.
I hurt and hurt
Give and give those words,
Becoming intertwined.

I am the Sun
As I crawl away on Winters eve
Cowering,

It is then, when I am becoming less and less
They call my name.

Blossoming in Spring-
They need me back.

Blazing in the Summer months
Too much, too much, too much.

I am a Killer, A famine, a fool, but-

At Sunset,
As I say my last goodbyes
when my celestial canvas paints
Pink, and Orange and blue
You smile at my dusk,
I wish that was
Enough;

- *Sahana Dewan 6th Year*

Pandemonium In The Theatre

(after the Playboy Riots of 1906)

'Playboy' – a name bestowed upon
a beguiling apparent murderer.

1906 – a new dawn on theatrical horizons,
the Abbey stage was set.

opening night heralded the pioneering
performance of Synge's masterpiece,
yet the packed house broke into fiery disarray -

the mention of 'shifts' in
an Ireland of old,
too proud to recognise the talent -

culminated in broken chairs,
and a cacophony of screams, as they
thrashed and screamed and swore –

threatening bloody murder

their ironic cries the antithesis to their protests
denouncing a man inspired
by a tale he had heard out West.

though Gregory and Yeats had deemed it good,
the braying crowds, out for blood
continued for much of the run

leaving a career in tatters.

- *Isobel Kelly 6th Year*





Who was your favourite teacher when you were a student? Why?

Yvonne O'Toole Kathleen Kane. She was my Irish teacher in secondary school. She was inspirational.

Rob Quinlan Mr. Burke, Primary School. He used to lob out the guitar and make songs out of Maths, Science and Irish to make it easier to learn.

Brian Scully My hockey coach. He was brilliant - explained clearly, knew when I needed a shove or an understanding arm and I knew he was always "on my side"

Liam Dingle My English teacher.....he encouraged me to take alternative perspectives and prompted me to question 'Why?'

Alan Trenier Mr Dermot Kelleher, taught me PE and geography and coached rugby & kayaking, a true gent and hard working man

Tara Lyons My Irish teacher, Mrs Harrington. Loved the language, was a no nonsense woman for whom I had great respect as both a teacher and person.

Tadhg MacHugh My favourite teacher when I was a student was my Geography and English teacher Mr. Doyle. His diligence and competence in the classroom made learning fun. His advice, insight, and willingness to help were a great benefit to me when it came dealing with schoolwork and school life in general.

Robbie Cronin Spanish teacher but loved all languages. Never made us learn off notes.

Arnaud Bongrand My English teacher in 6th yr in France. I truly enjoyed her classes, her teaching style, she is the reason why I am a language teacher today.

Diarmuid O'Muirgheasa I was lucky to have lots of great teachers. Liam Dingle was my Leaving Cert English teacher. He's a man who very clearly loves the English language, and when a teacher loves their subject it's very easy to be enthusiastic about coming to class every day.

Corinne Gavenda My French literature teacher because she made us question, reflect, value one another's opinions.

Clodagh Havel My English teacher - Ms Lynch. Such a passion for her subject. Instilled a love of literature in me.

Lesley Aslin My 4th class teacher, Mr Connolly, he brought us out to play rounders every week rather than teaching us Irish - in hindsight this wasn't very professional but as a 9 yr old it was the best!

Erika Capello The history teacher, he was very extravagant (socks of

different colors, ridiculous ties) but so funny and interesting. when a student was not studying he used to say "Two good hands taken away from agriculture".

Hugh Brett My English teacher. Pure passion for the subject, expert knowledge and commitment to his students!

Keith Hannigan Business Lecture in College, taught with interesting stories and example, always simplified the most complex topics and was great fun!!!

Hilary Dorgan Tom Clancy was my Maths teacher. He instilled a love of Maths but also a love of teaching in me.

Patrick Fitzsimons My English teacher. We used his first name (when that was not a thing!) and filled the classes with humour.

Louise Boylan My Junior Cert Science teacher. She made the subject incredibly interesting and fun.

Carole Oiknine Monsieur Friguet, my History and Geography teacher. He had sparkly, intelligent eyes and taught us with great passion.

Paul McAndrew Mr Halliway... fun, empathic and intelligent.

What's the best piece of advice you've ever been given?

Yvonne O'Toole What is for you won't pass you by.

Rob Quinlan More of a quote; It's true what they say, life really does fly and if you're not careful, it will pass you by.

Brian Scully Free yourself to be yourself!

Liam Dingle 'To thine own self be true'

Alan Trenier Don't blame others for your short comings

Tara Lyons I absolutely hate catch phrases but 'nothing changes if nothing changes'. I wish I could attribute hearing it from someone influential in my life but I heard it in a movie! It just makes sense.

Tadhg MacHugh A mantra from my father; "You're not everybody". It helped me through those awkward teenage years and encouraged me to think for myself.

Robbie Cronin Follow your heart and try to be realistic

Arnaud Bongrand Do not mistake the doing for the being. Presence is infinitely more rewarding than productivity.

Diarmuid O'Muirgheasa On a transition year trip to an ice skating rink in the RDS, Liam Dingle called, in a very serious tone, for everyone's attention. He then announced "nuair a théann sibh isteach, le bhur dtoil bígí fíor, fíor cúramach. Deirtear liom go bhfuil sé an-sleamhan ar fad istigh ansin". Very hard to argue with that advice.

Corinne Gavenda If you want something, make it happen.

Clodagh Havel Give 100% to every endeavour. Nothing should be half baked.

Lesley Aslin To ask for help - it's very easy to think we have to solve all our own problems on our own, asking for help isn't a sign of weakness.

Erika Capello Follow your dreams, even if you don't reach them, the path will be beautiful

Hugh Brett Listen more than you speak

Keith Hannigan Never reverse more than you need to in a car / The most important conversation in life is the one you have with yourself, if

you get that conversation working, everything else in life will be fine / Common sense is not that common!!!

Hilary Dorgan Let go of your ego and do what is right rather than what is easy.

Patrick Fitzsimons "The best time to plant a tree was ten years ago. The second best time is now." It's a reminder that it's never a bad time to start something new or take action.

Louise Boylan In a world where you can be anything, be kind.

Carole Oiknine The best advice comes from my mother, not to leave things for later. It is easier at the time, but it stays on your mind, and you can't fully relax as a result.

Paul McAndrew Put yourself in others shoes.

If you could have dinner with anyone (living or dead), who would it be? Why?

Yvonne O'Toole My Mum

Rob Quinlan Benjamin Netanyahu, I'd bring him the Ceasefire Café in Portsmouth, UK for a quick chat. That or Gemma Collins. No particular reason, she's just hilarious.

Brian Scully Bono and The Edge. Try to pick their brains about how they put so many different emotions into their music.

Liam Dingle Ted Hughes...because i first encountered the power of words through his poems when i was 13 years old. I would like to thank him for that.

Alan Trenier David Attenborough, he is just remarkable

Tara Lyons I regularly invite friends for dinner as I love cooking (cooking is chemistry after all!) so I suppose my answer here is any of my friends because we have lots of fun and laugh between mouthfuls!

Robbie Cronin Pío Baroja Spanish novelist. His books spoke to me.

Arnaud Bongrand The Dalai Lama, to learn about wisdom, spiritual life, inner peace and happiness.

Diarmuid O'Muirgheasa I'd love to have met Terry Pratchett before he died. I grew up reading the Discworld novels, which were great when they were written and have also aged incredibly well. I bet he was a good dinner companion.

Corinne Gavenda No idea but i would want to be with someone that makes me laugh!

Clodagh Havel Bruce Springsteen. He has been my hero my whole life. His songs are the soundtrack to my life.

Lesley Aslin David Attenborough of course, the man is a legend!

Erika Capello Frida Kahlo, her passion, her optimism, her idea of love and art... I think that I love everything about her

Hugh Brett My wife - always nice to have a date night

Keith Hannigan My Mother / The most beautiful person I ever met / Love to hear her voice one more time / Hers was the first face that saw this face!!!

Hilary Dorgan My wife. Why? It's obvious! If she wasn't available I would go for either Albert Einstein or Leonardo di Vinci, who both had the capacity to make the most difficult concepts sound easy.

Patrick Fitzsimons No one really jumps out, but Gordon Ramsay is a great option if he is cooking it!

Louise Boylan Neil Armstrong. I would be fascinated to hear of his experience of flying to the moon and get an insight into what life was

like for him afterwards.

Carole Oiknine Alan Rickman. We would talk for a long time about my favourite movie, Sense and Sensibility, and about how much I cried watching Truly Madly Deeply. I would also try to make him say 'Obviously' a few times during the dinner.

Paul McAndrew My Dad... I would love a chat with him.

Would you rather be able to fly or read minds? (Explain your choice)

Yvonne O'Toole I would rather be able to fly. It's important to be independent and follow your own path. Your vision and ambition is what is important not what other people are thinking or saying.

Rob Quinlan Fly. We're not put on this planet to sit in traffic!

Brian Scully I wouldn't care to be able to do either.

Liam Dingle Fly...because i think, sometimes, i am a bit of a drone...my friends would probably concur!

Alan Trenier Read minds, I could start playing poker and win!!

Tara Lyons Fly. Reading minds sounds exhausting, flying would be spectacular.

Tadhg MacHugh I would rather be able to read minds because of its versatility.

Robbie Cronin Neither. To read minds would take the fun out of life! Arthur would know what I really think of him. Im happy walking and living.

Arnaud Bongrand I'd be afraid reading people's minds would make me sad or scared, whereas flying would free me, I could travel the world.

Diarmuid O'Muirgheasa Flying would be fun, but reading minds seems like it would have a lot of very lucrative commercial applications.

Corinne Gavenda Read minds, flying would terrify me! Reading minds would help me put trust the right people.

Clodagh Havel Read minds. That is where the truth is!!

Lesley Aslin Fly! The ability to explore the world and not leave a massive carbon footprint would be the dream!

Erika Capello Definitely fly. It's better not to know what other people really think of me ;)

Hugh Brett Fly - It's more practical.

Keith Hannigan Fly, The speed would be exhilarating!!!

Hilary Dorgan I would rather be able to fly definitely. (Imagine beating all that traffic!) Anyway, it's bad enough trying to look after your own mind without having to endure and digest every thought (good or bad) of your fellow life travellers.

Patrick Fitzsimons Read minds - I could fly anywhere for on private jets for secret agent jobs if I had that kind of power.

Louise Boylan Fly. I would never have to worry about traffic and I'd be able to travel easily to lots of interesting places!

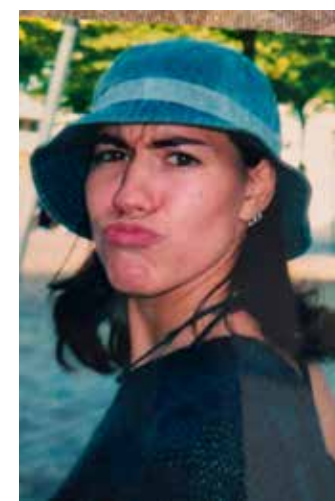
Carole Oiknine Flying would be brilliant, as I would be able to fly to France for a pain au chocolat breakfast with my family every weekend!

Paul McAndrew Fly... I can already read minds. I know everyone thinks I'm a rugby loving, southsider!



SCHOOL DAYS-GUESS WHO?

Teachers & Staff Answers on Page 190



OUR TUTORS



6th Year Tutor Orla Ní Shúilleabháin

It has been such a great privilege and an absolute pleasure to have carried out the role of 6th year tutor with the students of 2024, this as I entered my 39th year at The Institute of Education. I am truly grateful to all the teaching staff, management team and support teams who have provided such invaluable assistance to me this academic year. The range of supports provided, enabled our 6th years to take on the many new challenges and achieve many goals during this academic school year. I would also like to thank the parents of our class 2024 for their support in ensuring all students could achieve their full potential.

Michael Sunil 6th Year



The Leaving Cert year is a difficult year of academic intensity. The pressure to do well is daunting, and the weight of expectations can honestly be overwhelming. However, The Institute gives us all the resources we need to achieve our greatest potential. The teachers, the notes and the continuous personal and academic support is second to none. The 6th year team, including Orla our 6th year tutor and Liam our 6th year Head, have been outstanding throughout this challenging year, offering not only academic assistance but also invaluable insights into strategies for success and personal support. I believe I wouldn't have made it this far without their continuous support and motivation.

I found the dramatic jump from Junior Cycle to the Leaving Cert quite taxing in 5th year and it was difficult to get used to the new ways of learning at first. I was honestly not prepared for the large amount of information thrown at me from the onset, especially with all the jarring Chemistry definitions! I knew that I had to change something I was doing in terms of study, and I had to change it fast. I found my answers within all the support that was given to me from all the support systems we have available to us in every single area. This support always continued throughout 6th year and Orla's door is always open, offering guidance and helping us take action to solve our problems, rather than leaving us to solve them on our own.

As the year can be a strenuous and tiresome one, through highs and

lows, it is important to take breaks. A positive attitude helps us to be better equipped for setbacks and overall makes the journey that bit more enjoyable. A positive mindset can take you a long way. "Every action you take is a vote for the person you wish to become." Is the resounding mantra from our 6th year tutor Orla that I will take with me as I venture in my next exciting chapter of my life!!!

Kate Delaney 6th Year



6th year has been a long and eventful year, and I could not imagine it anywhere but here in The Institute of Education. The best aspect of this school is without a doubt the teachers and the 6th year support staff. All of them are amazing and have endless experience preparing students for the Leaving Cert exams. The teacher's notes for each class are brilliant and contain everything we need to know for June. The office was available whenever I had an issue, such as with my projects, and my 6th year Tutor Orla and 6th year head Liam were always there to help every step of the way.

Both the management and the teachers have been continuously helpful and motivating throughout the entire year, helping me to achieve my best results in each of my subject. Of course, this year has brought with it a lot of stress. Since Christmas, between my class tests, my projects, my mocks and my orals, my life has been a blur of countless study hours and panic. The 6th year tutor Orla held study talks throughout the year to help us through these issues and reduce our stress. I was able to gain useful advice on organising and structuring my study. She was also available during the week at lunch for one-on-one sessions to provide individual help and support whenever we needed it.

Caoimhe Ni Threasaigh 6th Year



As a 6th year, I feel supported in every way. My persistent search for advice and for further support was never dismissed. My questions were welcomed by all those who worked with me during my time in school. The countless lunchtimes I spent in Orla's office discussing various study strategies reflect the dedication that she has to helping each individual student achieve their end goal, while also setting them up with lifelong skills. Her motivation for helping students and her role as the 6th year tutor has had a positive impact on everyone that has walked through her door. My constant questions for the guidance team in school were met with practical and tactical advice that guided me in the direction of my future. The continuous support from the office staff and year heads were what sustained and aided my school experience.

My journey through 6th year has been one filled with friends, new beginnings and what seemed like a new impossible task every week. This year has been the most stressful of my life, but with the help of the support of the 6th year support team as well as the career guidance teams in this school, my friends and my teachers I can say without a shadow of a doubt, that I will look back on my Leaving Cert experience with appreciation for those who made the challenging journey less daunting.

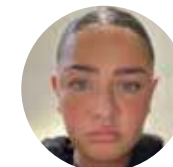


5th Year Tutor Nicky Dowling

It seems like only yesterday since I met a large group of 5th years for the first time during their orientation day. As I entered the room, there was a palpable air of both excitement and some apprehension on that very first day. Of course many students were a little nervous as everything was so new and unknown. I remember telling them that we all feel a little nervous when faced with new experiences and that this was a normal part of life. I reminded them to give themselves some time to settle in and that there was a huge team behind them, ready and willing to support them in this new chapter. I mentioned the importance of embracing this new beginning and how everyone had a clean slate in a way. I asked them to be open to trying new things, from new subjects, new approaches to study, to being brave enough to extend the hand of friendship to others. They listened and did all that I asked, and even more!

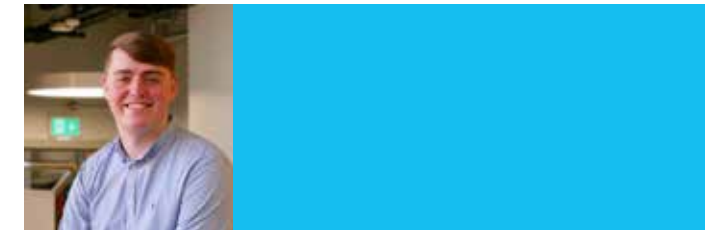
I have really enjoyed my role as 5th year form tutor this year. It has been an absolute pleasure to work as part of the team here where the students' happiness is at the centre of all that we do. It was a privilege to meet so many students and to get to know them outside of the classroom. I was so impressed this year with students' willingness to ask for support, to take advice and at times to re-set in order to reach their true potential. I am very proud to have worked with such a respectful and focused cohort and I wish them continued happiness and success in 6th Year.

Mia Belle Gray 5th Year



I personally found it very helpful to have Nicky as form tutor. I think it definitely makes it easier for the students to be able to come to someone if they have any problems. It makes them more comfortable knowing that there is someone there for them that they can talk to, or ask questions if they have any concerns about school. I really appreciate everything Nicky has done for me this year, it has definitely made my

5th year experience a lot easier and better! Thank you so much for everything.



4th Year Tutor Luke Rock

It has been a pleasure to work with the 2023/2024 cohort of 4th year students as their form tutor. This is my 3rd year in the role and it continues to be so rewarding to see the exceptional progress of our students on their journey of academic and personal development as they transition from Junior Cycle to Leaving Certificate.

4th year in The Institute offers students a unique opportunity to get a taste of the Senior Cycle while undertaking personal development modules, work experience, and various co-curriculars. This year's students have thrown themselves into these opportunities while successfully negotiating the transition not only to Senior Cycle, but also to a new school. This transition for many students involves a new commute and forming new friendships and this year's 4th years faced these challenges head on. It has been a joy to see these new friendships and networks of support forming and I encourage all 4th years to continue to foster them as these will be vital in 5th and 6th year.

In my role as 4th year tutor, I have the privilege of supporting students through the entirety of their 4th year in The Institute. Welcoming 4th year students at their orientation in August is consistently one of my favourite days of the year as I get the opportunity to meet our incoming 4th years and begin to see the varied interests and talents in the year group. This orientation invariably gives students their first taste of feigning laughter at my terrible jokes, a task that this 4th year's cohort has generously kept up throughout their tutorials and Irish classes!

Early in the term I provide guidance to students regarding their timetables and subject choices and help them to settle in while doing my best to guide students towards the clubs, modules and extracurriculars that may interest them. In the 1-hour weekly tutorial I have with all 4th year students, students are introduced to the wide array of academic and extracurricular opportunities on offer and encouraged to sign up for any work experience opportunities that interest them and reminded of key upcoming dates and deadlines. It has been a privilege to share in students' achievements this year from the BT Young Scientist to students being accepted to highly sought-after work placements, as well as students excelling in various areas of writing, photography, and art to name a few. I wish them the best as they embark on their Leaving Certificate journey under the support of our exceptional academic and pastoral support teams.

GRADUATING CLASS of 2024





MY SCHOOL EXPERIENCE

Moving to a new country ✈️📍



Wenlin Jiang 4th Year

My First Year in Ireland

I had never been to any European countries before last year. Ireland is the first European country I have visited and lived in for one year. When I first started living in Ireland, the biggest problem was not studying or language, but the food. The variety of vegetables here is really small, but fortunately we quickly found many great Asian supermarkets. I know there are also many tasty foods in Ireland, but it's just a bit weird for me to not have cooked vegetables in a meal. Also for the snacks in the supermarkets here in Ireland, I don't really understand the strange combinations of flavors. Does anyone actually buy a drink with the mix flavor of mango, ginger and goji berry? The weather in Dublin doesn't change much from year to year compared to where I used to live with four distinct seasons. It often rains suddenly in Dublin and is accompanied by wind, making it difficult to open an umbrella. But, to be honest, there are times when it's really cool to be in the rain, and it feels like all your troubles are just washing away with the rain. (Of course, super storms are another matter.) And it's nice not having to worry about the hot summer and not having to reorganize and sort clothes every season.

And then, all I can say about the first school year I spent at IOE is that the teachers are really nice. Even when I have some questions and did not express them in fluent English, the teachers could accurately guess what I meant and answer my questions in a simple and understandable way. And also all the staff in the first floor's office are very friendly and they can always find a good way to solve any problem. One thing I want to mention is the Bridge class. Before entering The Institute of Education, I didn't even know what Bridge was, but to my surprise, the Bridge classes were quite interesting. Bridge is a card game. Oliver Murphy only introduced us to the simplest rules at first, but as more rules were added, the game became more complex and interesting. Although I was not good at playing it, bridge has been a really wonderful experience because Oliver Murphy taught it so well. Finally, many thanks to the IOE teachers. I am looking forward to the next two years of high school life in The Institute.

Jiaqi Tallie Qian 5th Year

My First Year in Ireland

January in Dublin is a cold season, with strong winds carrying rain sweeping the land, yet never dispersing the clouds. Sunshine seems scarce, and everything is immersed in rainfall. In contrast to London's "Renaissance" architectural style, the buildings here are more of a combination of retro and modern, with parks and green spaces scattered throughout, despite being in the city center. Consequently, in moments when sunlight bathes the earth, choosing to sit in the park seems like the happiest thing in the world. Surrounded by trees, the fresh air is precious, like returning to nature, to a time before industrialization invaded, back to the calmest moments in the heart. On most streets in Dublin, away from the city center, there aren't many pedestrians, they are just "scattered" along the roadside. Seagulls' figures seem more ubiquitous than human shadows, and we need to "beware" of being plundered by them! The integration of human civilization has built this city, forming its unique charm.

Compared to the simplicity of Dublin's streets, walking through the school is like navigating a huge maze. I pass my way through it like a little mouse searching for classrooms. When I first arrived at the IOE, my biggest hope was that my memory would improve a bit more. Perhaps because of the complex terrain, I felt the friendliness and patience of my classmates and teachers to a great extent. They patiently tell me how to find L-block and H-block or other classrooms whenever I ask. Whether it's about the school building or asking a question during class, during exchanges, I don't have to worry too much about my grammar or expression issues; they always listen to my expression sincerely, over again and again. At the same time, I am very grateful to my mentor Sarah; sometimes, I go to her office for help every day, and she is always quick and patient in solving my problems!

Resident advisors in the dorm Yvonne and Kate are always patient in asking about and listening to my curious questions and experience of school life, giving me some advice, popular science, and insights. Although there are various small troubles and cultural differences when arriving in a new city, feeling helped and overcoming these difficulties always makes me feel delighted!



Ho Bao Phong Le 4th Year

My First Year in Ireland

Education is primary. Intelligence has always been truly the strength that has brought us the capability to create masterpieces to this day. Yes, yes, I am starting off with something that sounds straight out of philosophy class. My deepest apology for bringing the topic so ominously, yet, to gain access to education that will provide such beneficial skills for a bright future and career, is sure tough. All of these lines hit me back when I was Vietnam, looking for a school that would suit me well by searching "schools you can imagine in Ireland". I know, Google tried its best to solve the

term "you can imagine" by providing good rated schools to me; absolutely appreciated, Google engine. Back to the point, I looked up a list of different schools across Dublin, and stumbled a name that felt like, at the first glance, wasn't a name: The Institute of Education.

I ought to be honest, I never thought that this would be the genuine one after spending hours exploring the website. They had me in the first half, not going to lie. I deeply researched more, and found how fascinating this place might be. The designs of the website, informative details, bright photos got me hooked. And then there's me, attending here now. Do I enjoy being here? Absolutely. The people and my fellow students here are fantastic; deadly friendly I must say. The classrooms and colorful hallways are beautifully decorated. But the education is what we are looking for, aren't we?

Each subject has its distinguishing features and is fun to learn. As I would expect from a school like this, the information is very clear, down to the minute details. The notes are either thick with expanding fonts and a handful of illustrations, or thin ones containing compressed information; these depend on which teachers have written them. The questions found within exams and notes and relatively straightforward, and I believe that teachers here are nice and easy to understand; they always keep the classes joyful. Not only that, there are always folks beside who are willing to aid me while studying and I appreciate that. Unless I'm not sitting at back of the class, unpacking that Tayto or losing myself in a fantasy land, it is exciting to obtain new knowledge every day to explain daily phenomenon and train myself for a better future. It's not just about the academic facts that we get from here, but the cultures and personal skills we gain through friendship.

And yes, that put us to the end of the show. It was fantastic to enroll to this fascinating school, encountering dozens of new exciting things. The education is splendid! I realized how my frontal lobe, the part of my brain that is writing this, has grown bigger, smarter, and funnier. Big old appreciations toward all staff and teachers for being helpful, and surely, friendly. Forgive my manners, my biology class is waiting for me.



Tips for moving to Ireland by Livia Guimarães 6th Year

Hello there International Student! Welcome to the outstanding environment of The Institute of Education. My name is Livia Guimarães and as an international student I know there are several challenges to adapting in a new country, language and culture so I am here to offer advice, tips and recommendations in this section totally dedicated to you!

Participate in as many extracurriculars activities you are interested in at the beginning of the year. As the year goes on, and especially if you are in 6th year, it will be hard to enjoy them later on due to the time dedicated to the Leaving Certificate. So find your favourite extracurriculars at the beginning of the year and then fit them into your routine. This way you will find a point of peace while you are studying hard for your exams. From choir to football, you will find something you like within the more than 20 extracurriculars at The Institute!

Engage in the diverse number of cultures we have in school: have an open mindset and embrace all cultures with respect, politeness and kindness. There are hundreds and hundreds of students from all around the world at The Institute. This means that there is a world of possibilities for friendships, bonds and connections. Talk to people, be empathetic and enjoy this great opportunity to learn about different traditions, cultures and lifestyles.

Be knowledgeable regarding the Irish academic system: your greatest challenge is called the Leaving Certificate (LC). To get there, you have to choose subjects and do exams for each one of them. The Institute advise you to choose 7 subjects so you can have a backup option and this is really useful to have. English and Maths are compulsory for everyone (if you are Irish, you also need to do Irish). Additionally, be aware that some subjects have projects that are part of your LC grade and all languages (except English) have an Oral Exam. If you speak another language despite English, check if they offer exams for it (for example, I am a native speaker in Portuguese and it is

not on The Institute curriculum. However, Portuguese is a LC subject, so I will do the exam). You can find everything regarding this on the curriculum of the Irish Leaving Certificate.

Ask questions: the office, the principal and especially, the teachers are here to help you with any doubts, questions and queries you might have. Don't be shy to request help, it will contribute to your studies. We also have the favourite of everyone in the school: our mascot puppy Bodhi, enjoy his heartwarming presence around school!

Colleges Lists and Careers Appointments: The Institute have an amazing team to guide you through your college applications. Book an appointment and talk about everything that is concerning you. You do NOT need to have all the answers about which course, college or country you are thinking of. If you are still deciding, ask the Careers Guidance and Pastoral team for advice and do an "Interest Survey" to discover your main passions and fascinations. Also, attend the Open Days in the colleges you are interested in; they usually happen at the beginning of the school year.

Explore Dublin: take some time to explore the city and improve your language-skills while making new friends. Here are some places for you to discover the beauties of Dublin: Phoenix Park, Grafton Street, Saint Stephens Green Park, National Botanic Gardens, National Gallery of Ireland, Malahide Castle, Bray Beach.

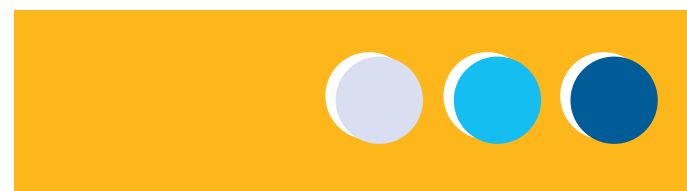
Organisation and study skills: start planning your study-schedule from day one of school! Do not let the amount of work to turn into a snow ball. Go to the talks about Study Skills, Mindset and Meditation for you to improve your organisation skills. Watch the masterclasses that the teachers provide you and talk to them if you need anything.

Raymond Kearns Hall: you have study periods between your classes and you can go there after school to do your hard work. It is an outstanding room where you can sit with your friends and study together (but in silence because it is a quiet space).

Timetable Change: on the first two weeks on your first year in school, choose carefully the subjects you will do. However, also try out other classes of subjects you have an interest in or curiosity about.

Institute events: engage in the events that the school organises such as Culture Day, Christmas Fair, Open Day, Bake Sale, Wellbeing Week and music concerts. You can spend time learning new things and meeting new people!

You will definitely feel motivated, supported and encouraged in the amazing, heartfelt Institute. Thank you so much, Lív <3.



A YEAR IN THE LOOM

Moving to a new country



We moved into our accommodation on Saturday the 26th of August 2023. Our accommodation is called The Loom. We are on Cork Street, and it takes us 25 to 30 minutes to walk to school, or we can take the 27 bus. It is a lovely walk and there is a Starbucks on the way.

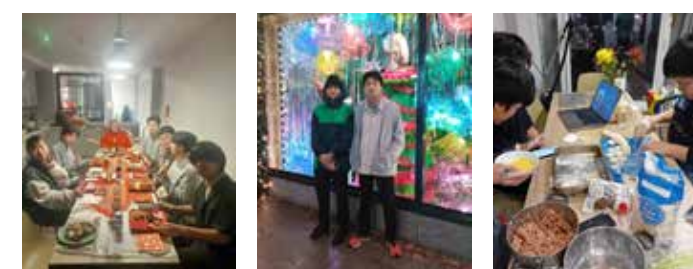
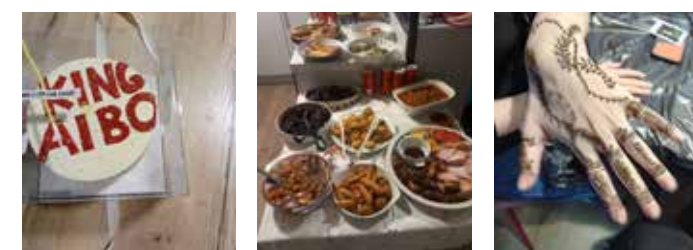
The first person to arrive was Chenlin and he moved into apartment 6. He did the tour of The Loom with us. As other students began to arrive Chenlin did the tour with them. He showed then the gym, rooftop garden, laundry room, common room with the pool table and many seating areas. On the Sunday we walked into school and looked around Grafton Street and dropped into Butler's Chocolate.

We celebrated the harvest moon. The full moon rises the morning of the 29th of September, and it was wonderful to see it from the roof top garden. We had hotpot to celebrate that evening. There have been many events during the year such as; a Halloween party, a number of birthday parties, Christmas Eve, Christmas Day, New Year's Eve and Chinese New Year, pizza evenings, pumpkin carving and pottery painting.

We have had a number of trips. On our 1st weekend we went to IKEA. Followed by trips to Dundrum, Malahide for fish and chips in January and in April, both were very cold days but the fish and chips were very good. We went to Belfast Titanic; that was an early start, we got on a bus at 6.35 at Connolly Station to get a train to Belfast. After Titanic we went down into Belfast City centre for lunch and some shopping, then back on a train to Dublin and we went to get something to eat, a long day but a great day.

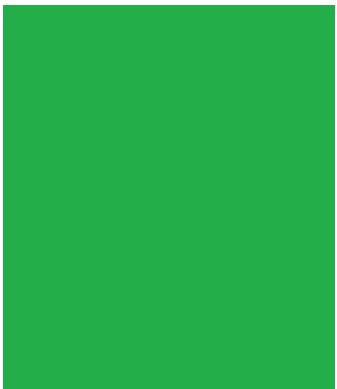
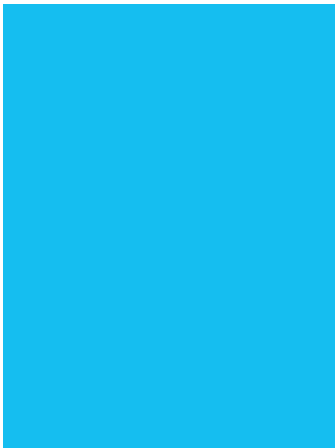
We are now at the end of another Academic year, and we are all heading home for our summer break. Have a great summer holiday.

From The Loom staff Yvonne, Joel and Kate and all the students

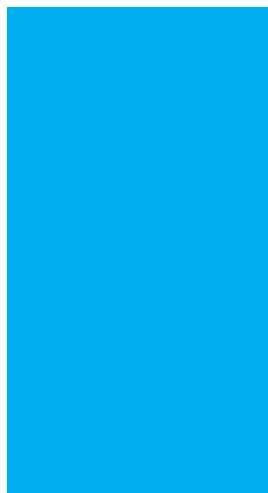


AROUND THE SCHOOL

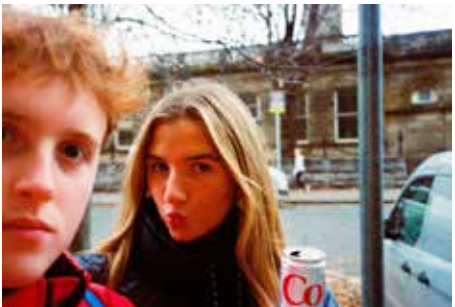
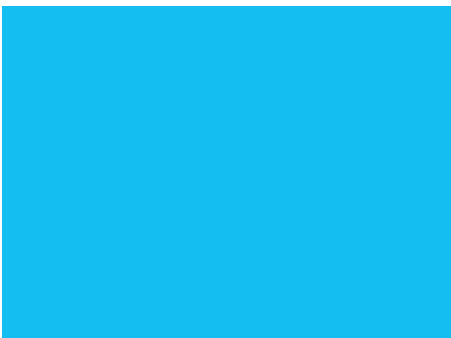
Thank you to everyone who sent in pictures for this section, we love seeing your candid 'around the school' and school trip pictures every year!



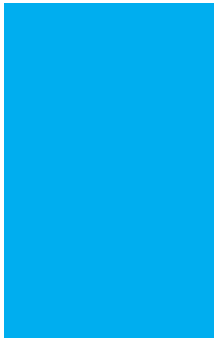
AROUND THE SCHOOL



AROUND THE SCHOOL



AROUND THE SCHOOL



AROUND THE SCHOOL





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

“True friends are never apart, maybe in distance but never in heart.” – *Helen Keller*



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

Answers Staff School Days Guess Who:

Page 166 left to right: Patrick Fitzsimons, Enda Dowd, Oliver Murphy, Jean Kelly, Liam Dingle, Hilary Dorgan, Tara Lyons, Yvonne O’Toole, Corinne Gavenda, Liam Dingle, Luke Rock, Jean Kelly.
Page 167 left to right: Ciara Coleman, Lesley Aslin, Brian Scully, Keith Hannigan, Hugh Brett, Erika Capello, Louise Boylan, Clare Greal, Chloe Griffin, Clodagh Havel, Derick Clarke, Patrick Fitzsimons, Angie Crowe, Erika Capello, Begoña De La Fuente, Pat Doyle



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