

# THE BUZZ

NEWSLETTER @ THEINSTITUTEOFEDUCATIONDUBLIN

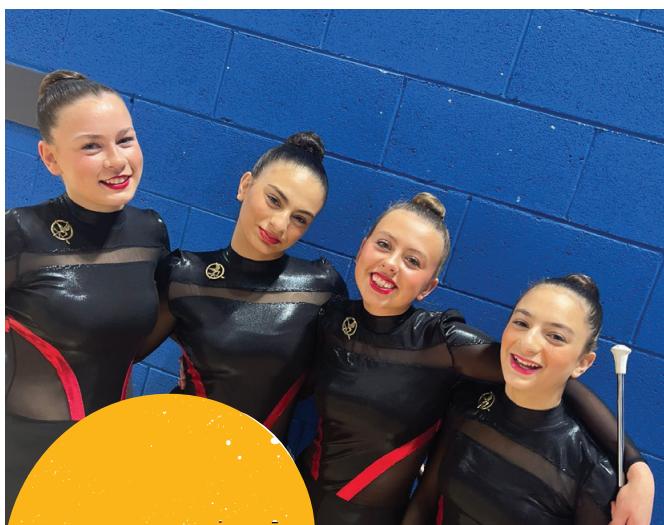
12.01.2026



## STUDENT SPOTLIGHT



Congratulations to 6th year student Lara Elkadi who recently competed in the Freestyle and Majorette Cup and International Trials for Baton Twirling. Over the course of two action-packed days, Lara was awarded 4 Gold medals and 1 Silver medal. Lara also qualified to represent Ireland in the European Technical Championships in Eindhoven, Netherlands in April. The Freestyle and Majorette Cup celebrates dedication, creativity, and athleticism, offering spectators a vibrant and dynamic display of twirling excellence. This exciting national competition brings together talented baton twirlers and majorettes from across Ireland to showcase skill, artistry, and performance at the highest level. We wish Lara the very best of luck in April!



## WELLBEING WEEK

Our annual Wellbeing Week is here! This week we have daily events aimed at boosting morale in the approach to mock and oral exams while also equipping all students with skills for positive wellbeing. Events include tea and treats in evening study, wellbeing workshops, yoga, lunchtime movie, a concert and competitions. There is also mindfulness colouring and board games for 4th and 5th years. We encourage all students to take part in any event that sparks their interest! Full details are on your January Calendar and a programme has also been emailed to you.

Our Positive Poetry Competition will run all week and we invite students to submit their own poetry with the aim of promoting positivity. Entries can be sent to [studentwellbeing@instituteofeducation.ie](mailto:studentwellbeing@instituteofeducation.ie). On Friday we invite all students to wear bright colours to brighten up the school and promote positive wellbeing!



## THE BIOLOGY BIBLE

The Biology Bible is a FREE Leaving Certificate Biology revision guide created by our expert teachers at The Institute of Education. This revision tool will help Leaving Certificate students master the Biology syllabus and achieve top exam results. It provides clear revision notes, practical study tools and exam-focused explanations so you know exactly what to study, and how to score top marks. The Biology Bible with all key illustrations, definitions and graph interpretations will be distributed to 5th and 6th year students by your Biology teacher. You do not need to register online, you will receive it in your Biology class.



# GUIDANCE

## HI STUDENTS



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It is a busy month in particular for our 6th year students, who are preparing for their upcoming Leaving Cert mock exams in February along with projects and practical coursework deadlines approaching.

**In addition to this, the CAO normal Closing Date for Applications is the 1st of February at 5pm.** Students can apply on-line before 20th January for a reduced fee of €35. Please note that certain courses are **Restricted-Application Courses**, which have early assessment procedures that may start as early as February and must be included among your original course choices by 1st February 2026.

A reminder to our 6th year aspiring medical students, that the **HPAT-Ireland Registration DEADLINE is Friday 16th January at 5:15pm.**



## THURSDAY TALK

**Thursday 15th January: 12:30pm - 1:20pm in HG-1**

Dr Áine Ní Choisdealbha, Assistant Professor at the School of Psychology at UCD, will host the Lunchtime Talk on Psychology this week for our 6th year students. Feel free to bring your lunch!



## DARE

DARE 2026 is now open! Students who have not yet collected EIS B forms from Helen Casey need to do so as soon as possible. Appointments through the booking system and remember there is always drop-in available daily (except Wednesdays) to room 2-6A from 8.30-9.30am,



## OPEN DAYS & EVENTS

**Wednesday 14th January 2026**

UCD Engineering Open Evening from 6pm - 8:30pm.

This UCD Engineering on-campus event is open to 5th and 6th year students, and parents. The open evening will take place in the UCD Sutherland School of Law in UCD, where prospective students will have an opportunity to speak with lecturers, students and recent graduates and find out about studying Engineering courses at UCD and the many career paths for UCD Engineers.

**Saturday 17th January 2026**

**UCD** Architecture, Landscape Architecture and City Planning & Environmental Policy Open Day from 11am – 3:30pm.

**University of Limerick** – UL Undergraduate Open Day from 9am – 2pm.

*\*Students must register online to attend these events*

Have a lovely week ahead,

**Liz, John, John, Sarah,  
Margaret & Helen**

## CANTEEN SPECIALS

**Mon:** Chicken Carbonara with Penne Pasta **€6**

**Tues:** Beef Stroganoff with Steamed Rice **€8:50**

**Wed:** Mexican Chicken Burger with Sweet Potato Fries **€8:50**

**Thurs:** Slow Cooked BBQ Beef Brisket, Mash & Cowboy Beans **€8:50**

**Fri:** The Spice Bag, Crispy Chicken tossed in Spice, Peppers Onions Golden Fries & Curry Sauce **€6**



## EXTRACURRICULARS

### BRIDGE

Bridge is cancelled for today only - back next week as normal in G-4 at 3:30. All welcome!

### PHOTOGRAPHY

This week photographer Babs is bringing in her photography equipment to teach students light-painting. L1-2 Computer Lab at 3:30 on Wednesday. All welcome!

### WELLBEING WEEK

is a good time to remind students they have Yoga teacher Lesley available every Wednesday, 11am in Convent Place. You can bring your lunch and wear your normal clothes. All welcome! And did you know Meditative Drumming is not only a fun way to learn drum skills - it is also good for you! It reduces stress, boosts mood, improves focus, and connects you with others. Every Friday, 11am in Convent Place. All welcome!

## MASTERCLASSES



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This Wednesday, January 14th, we have a Masterclass in English with Liam Dingle. It is for 5th & 6th years and is live online at 7pm. *Link is on your Moodle.*



## REVISION CLASSES



Every Mon, Tues, Wed & Thurs we have drop in revision classes in HL Maths with Hilary. For 6th years from 7:55-8:27am in 2-3 (Mon, Wed, Thurs) & in H1.1 (Tues) & for 5th yrs 8:30 - 9am in L2-2.



Every Monday we have a drop in revision class in Economics with Rob. It is for 6<sup>th</sup> yrs in HG-0 / 4:30-5:30pm. Rob covers a new topic each week.



Every Tues & Fri we have drop in revision in Biology with Roisin in G-4. For 6th yrs from 7:57 - 8:27am. *Bring a set of Biology past papers with you to get the most out of the workshop.*



Every Wednesday we have a drop in revision class in HL Maths with Aidan. It is for 6<sup>th</sup> yrs in H1-0 / 3:30-4:30pm. Aidan covers a new topic each week.