

THE BUZZ

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The buzz is a weekly newsletter for all students at the institute

04/11/19

Message From Your Principal

Welcome back everyone. I hope you have had a happy and restful mid-term break. It is important to enjoy moments of calm and reflection; they help us gain perspective and put things in focus.



No matter what year you are in, there will be challenges and tests (of study and resolve) in the run up to Christmas. Approach these weeks with the clear aim of making the most of them. A consistent, steady attitude to your studies will tackle whatever challenge may be around the corner.

At this stage in the year, you should be established in all your classes and working your way through the course-work. Avoid changing your timetable and undoing the foundations you have already formed in your classes; these are the roots that will help you withstand whatever sudden gusts or chills the shifting seasons may throw at you.

If you feel you need something extra to your timetable, make sure to check the notice boards and, of course, The Buzz. We have masterclasses across a wide range of topics that allow students to avail of a cornucopia of insights from our brilliant teachers. These are the people that supervise the exam corrections and write the textbooks so make sure to reap the benefits of being taught by the experts.

Additionally, between the sports and extra-curricular classes there are copious ways to add your passions and personality to the school day. Make sure you try out them out and get a taste for all that is arranged for you. While academic success is the cornerstone of the Institute, it is important to remember that a student that feels engaged and invigorated will flourish, no matter the weather.

Date for your diary!

The Institute of Education's 50th Anniversary Christmas Concert will take place on **Monday, 16th December** in St Patrick's Cathedral, Dublin.



The concert will feature performances from our school choirs and orchestra. Tickets are €10 and all money raised will be donated to The Soar Foundation and The Fr Keenan Philippines Project. Places are limited. To book go to www.eventbrite.ie

Health Tips from Brian Gregan

Are you stuck for time in the morning? No problem, overnight oats are a great breakfast choice. You can prepare it the previous evening and have it ready to go when you leave in the morning. You can eat it on the way or have it when you arrive at school.

Recipe:

- 50-80g of oats (depending on your needs)
- 100ml milk
- 1 Tbsp nut butter
- Handful of nuts and seeds
- Handful of berries
- Add honey or cinnamon (optional)

Add everything and mix (except the berries) to a container (a glass sealable jar ideally). Mix it up, leave it in the fridge overnight. Add the berries and some more milk if required.



Film Studies



What is unique about visual storytelling? We know about heroes, villains, trials and resolutions but what is it about a film's way of conveying its story is special and why is it so compelling? In this club we try to answer these questions. We look at aspects of camera movement, shot alignment, scene edits and cuts, music, colour and artifice over a wide range of genres. We look at old masters like Hitchcock and Méliès as well as contemporaries like Chazelle and Ramsay to see what insight each can offer. We will see how we are subtly guided to compassion, fear, sadness or joy by directorial choices. Not only will we look at successes but also failures and discuss what it is that makes them so poor. This class combines lectures, movies and group discussion to provide a friendly environment for students to hone their critical capacities.

Classes take place every **Thursday at 3.30 in Room 1-4.**

Careers

CAO
www.cao.ie

The CAO applications for 2020 open this **Tuesday, 5th November**. Make sure to keep an eye on the noticeboards as there will be talks for 6th years. At least two of these talks will be during the 6th year lunch break to make sure they don't clash with classes. It is strongly recommended that 6th years attend these talks.