

Reflections

2022-2023

THE INSTITUTE OF
EDUCATION



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MESSAGE FROM THE TEAM

Dear Students, welcome to Reflections 2023. Within the covers of this yearbook is a record of your contribution to the life of your school over the past year.

It has been another memorable year. Your school continues to grow and prosper and it is a great joy for all staff to have the privilege to witness and be a part of your immense optimism, enthusiasm and drive.

Your year book will surely find a prominent place on the bookshelf! In future you can take a stroll down memory lane and dip in and out of its glossy and vibrant pages, bathing in a nostalgic mist!

Over the past year we have seen a return to normality. Social, cultural and sporting events are once more at capacity and it is pleasing that you can now partake in the wondrous and various experiences that youth brings.

Your school has participated and been successful in many extra-curricular activities over the course of the year; from debating to athletics, the school has excelled. You are all stars!



Hugh Brett
4th & 5th Yr Head



Liam Dingle
Deputy Principal

The memories contained in your yearbook are a manifestation of your youthful vigour and positive contribution to the variety of life in your school.









We trust you will enjoy leafing through these pages. It is a memento of the past year in your school. The future is yours to forge; embrace that future and hold fast to your dreams.

“ Education is
not preparation
for life;
education
is life itself ”

- John Dewey

ACADEMIC COUNCIL

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

Úna Kearns Director	Yvonne O'Toole Principal	Richard Whealans Retired Principal	Liam Dingle Deputy Principal
			
			
Orla Ní Shúilleabháin Study Skills Mentor & German Teacher	Helen Casey Guidance Counselling & Resource	Wendy Monaghan HR Manager	Hugh Brett 4 th & 5 th Year Head

PRINCIPAL'S ADDRESS



Dear Students,

It is difficult to believe that it is once again the merry month of May! The summer swallows have rejoined us after their long journey north and for you, dear students, another year on your academic journey with us comes to a close. This year's 'Reflections' endeavours to capture within its covers a little of the immense energy and vitality of your contributions to our school over the past academic year. I am sure you will agree that the yearbook reflects the richness and variety of life within and without the famous yellow doors on Leeson Street.

The creation of the yearbook is, as always, the result of a 'meitheal oibre', a combined effort involving, first and foremost, student and staff contributions. I would like to express my gratitude to all the students and members of staff who contributed. It is your contributions which make the yearbook a unique record of the academic year of 2022/2023.

I would particularly like to thank Angie Crowe, David Connolly and the rest of the editorial team who worked tirelessly to weave the many threads of the rich tapestry that is life in The Institute of Education together. They have been successful in their endeavours and the result is this sumptuous tapestry, reflecting the stories, events

and achievements of our school over the course of the past year.

As many of you will be aware, The Institute of Education recently joined the Dukes Education family of schools. This marks a new and exciting chapter in the long history of The Institute of Education and we look forward to the many opportunities this will afford our school community in the years to come.

I trust that 4th and 5th year will have an enjoyable and relaxing Summer after their exams and we look forward to welcoming you back for the 2023-2024 academic year. I wish our departing 6th years the best of luck and all of life's good things in their futures. 'Reflections' will be a tome you will dip your toes into over the coming years, I am sure! The future is yours for the forging. Take it in both hands. Be brave and seize the day!

Warm regards,

Yvonne

HOME ECONOMICS

Ballymaloe School Trip 5th Year





HOME ECONOMICS

Ballymaloe School Trip 5th Year



Benjamin McNamara Pedersen

The Ballymaloe field trip was certainly a day to remember. We left Heuston station bright and early in the morning on our way down to Cork and Ballymaloe itself. The trip down was pleasant between chatting, talking, playing card games and viewing the gorgeous Irish country landscape bathed in sunshine flashing past our windows. Once in Midleton we took a coach which brought us to Ballymaloe House. At the House we perused the store with its assortments of cookery books, utensils and food and explored the grounds at our leisure for around an hour before we hurried on to our main destination, Ballymaloe cookery school.

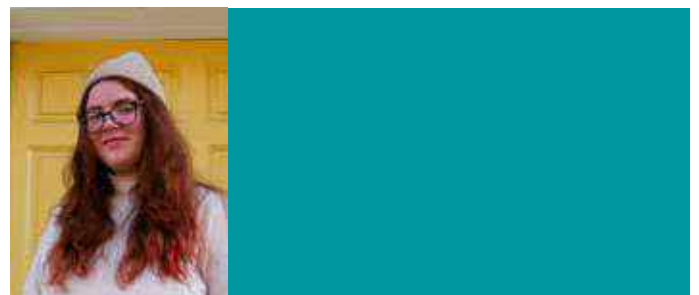
Here we were greeted with refreshments of freshly baked scones, cookies and home-made lemonade before being taken on a guided tour of the grounds. We viewed both the functional herb gardens enclosed in long, dense, neatly kept hedge walls and the more ornamental aspect to the grounds. This included their demonstration garden for small urban spaces and the shell house which dazzled us all with its intricate design, using only shells to decorate the interior. Unfortunately, both time and weather were against us so we had to hurry back to the cookery school where we were treated to a very informative cookery demonstration by the famed Rachel Allen and her assistant.

After the demonstration we were taken to the kitchens to prepare our own versions of the dishes prepared by Rachel

under professional supervision. Here we were split into groups where we all collectively cooked a range of starters, mains and desserts as per the cookery booklet we were handed. Once our intensive cookery session was complete we were allowed to enjoy the fruits of our collective labour with a delicious three course meal.

When we had our fill we took any leftovers that were easily transportable and made our way back to Heuston station and Dublin. Again the return trip was filled with chatter, laughter and more card games, though all done with an air of exhaustion after such a long but enjoyable day.

Overall, I found the day a wonderful experience. It allowed me to explore a new part of the country, a new area of my skill set under the guidance of professionals and all done in the company of great friends both old and new. I would definitely recommend the trip to anyone debating going in the future. All I can say is that there were no regrets, only fond memories.



Chloe O'Malley

We went to Ballymaloe in Summer 2022 and what a day it was! After an early start we were on the 9am Cork bound train. The journeying to and fro alone was an incredible part of the day out; everyone's conversations (a lot of us hadn't seen each other in a while), taking photos of things we spotted (or just each other) and the many ways we entertained ourselves on the two or so hour train rides (cough cough, Uno and playing cards).

We spent the early afternoon visiting the original Ballymaloe farm shop and the old house followed by our trip to the cooking school. On our tour of the grounds there was a lot to be seen like the shell house or the organic gardens.

After some light refreshment we then got a cookery demonstration of what we were going to make from Rachel Allen, we then split into groups and made a delicious array of foods for our dinner. It quickly became time to leave which is always difficult but after a jam packed trip we were at least ready to head back home and see everyone again soon after, at the start of the school year!



HOME ECONOMICS

Easter Bake Sale 5th Year

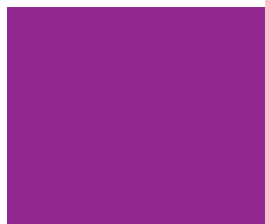


In Aid of Embrace Badjao

Well done to Sandra Cleary and all the 5th years who helped to make the Easter Bake Sale such a success. Between bake sales, the raffle and a 'guess-the-sweets-in-the-jar-game' - a total of **€2,042** was raised for Embrace Badjao.

The raffle had great prizes including the cake pictured on the top left which was made by 5th year Katie Kent, a One4all voucher and a ticket worth 30 mins with our school mascot Bodhi the dog. The 5th years put a lot of work into the day and were very creative with their ideas. They worked extremely well as a team and thoroughly enjoyed the experience. The standard and quality of the baking was incredible and we were spoilt for choice on the day. It helped get the spirits up in preparation for holidays and to get our palate's ready for Easter!





GERMAN

Guten
Tag



Tyler Rex Rocamora 5th Year

Learning German for me was a rollercoaster of a journey, but a fun one. Prior to attending The Institute of Education this academic year, learning German was quite the experience — isolated by a pandemic which had spanned for the most of two years. As I entered the Senior Cycle, there was a sudden click, and the gears for learning German wheeled into motion.

One of my favourite parts of German is the grammar. I detested it, but with Orla my view has changed completely! It is often one of the most loathed aspects of any language, but I believe many pass over the benefits and importance of learning it. The sheer satisfaction of understanding an aspect of grammar whether it is merely distinguishing who/whom or learning to use the four cases, the feeling can't be beaten and I think it should be given more attention, and believe me, it's way better than learning sentences off without knowing the meaning (I learned that the hard way).

By far, the culture that came with it is another strand of this experience which I find great enjoyment in. I had the pleasure of travelling to Germany last July and it was by far one of the best experiences. Being immersed in the culture, whether it be something as subtle as their McDonald's menu, scootering with friends through the bridges of Cologne, visiting the beloved Cologne Cathedral, the preference of cash over card, or being surrounded by the language itself, it was not one to forget. This new environment at The Institute was brilliant to work in, was unique to me and reminds me of the wonderful experience of learning German in Germany. Although it can be difficult at times, the effort is always worth it at the end of the day. I look forward to the future with German and can't wait to see what it has in store for me!



Jennifer Gleeson 5th Year

Similar to my peers and classmates, my schooling experience was disrupted by the tumultuous years of COVID-19. Consequently, going into The Institute in 4th year I had a compromised ability in German and was yet to sit a formal exam. Doing German in 4th year benefited me immensely. I also had the amazing opportunity of sitting the A2 Goethe exam. This was such a profitable experience to obtain especially as I never sat the Junior Cert. I gained valuable knowledge in how to sit a formal exam. It was especially significant as I sat an oral exam. In doing this, I will have a better insight into what to expect when I do my Leaving Cert oral exam next year.

Going into 5th year having done 4th year here in The Institute and completing the A2 Goethe exam was of great use to me. During 5th year not only did I continue to learn the German language, I also became aware of the value of having the exam skills necessary to excel in the Leaving Cert paper. Without these skills no matter your level of German your grade will be compromised. I also learned the significance of discipline whilst completing exam papers. This has greatly improved my paper skills.

Without the dedication from the German department, especially Orla, I know my German wouldn't be to the same standard as it now. I can now go into 6th year feeling much more confident in my German and prepared for what to expect in sitting the Leaving Cert exam.

FRENCH

Bonjour



Quel est votre quartier préféré à Paris?



La Rue
Mouffetard

Carole: Mon endroit préféré à Paris est LA RUE MOUFFETARD, une des plus vieilles rues de Paris. C'est une rue piétonne très vivante toute la journée, avec un marché qui vend des produits frais et plein de restaurants et de cafés. J'adore l'ambiance du vieux Paris, les vieux bâtiments et l'animation. Trop sympa!



Le Marais

Arnaud: Mon lieu préféré à Paris est LE MARAIS, qui doit son nom aux marécages qui l'abritaient. C'est un quartier très historique avec ses rues pavées, ses musées souvent situés dans des hôtels particuliers comme le musée Picasso. Très prisé des Parisiens comme des touristes, le Marais est à la fois, festif et branché, avec ses friperies et boutiques tendance (ma préférée est Fleux), mais aussi romantique avec des lieux incroyables comme la Place des Vosges.



Le Jardin du
Luxembourg

Patrick: Mon endroit préféré à Paris est LE JARDIN DU LUXEMBOURG. C'est un parc charmant, incroyablement beau et très paisible. Il y a des sièges où s'asseoir pour lire ou manger un bout devant des vues à couper le souffle. En sortant du parc, on n'est pas loin du PANTHÉON et il y a plein de restaurants dans le coin aussi. A chaque fois que je retourne à Paris, j'y vais tout de suite. Allez-y pour faire des photos et profiter du beau temps!



Le Quartier
Latin

Corinne: Un de mes endroits favoris à Paris s'appelle LE QUARTIER LATIN. C'est le quartier des étudiants avec la magnifique université de LA SORBONNE, les librairies JOSEPH GIBERT et tous les livres d'occasion qu'on peut y trouver. N'oublions pas les bords de Seine et toutes les belles balades à faire ! On ne peut jamais s'ennuyer à Paris!



GEOGRAPHY

School Trip 6th Year





COMPUTER SCIENCE

Computer Science - what's it all about?



There are a lot of misconceptions about computer science. When people hear “computer scientist” or “coder” they often think of someone working alone in a dark basement, surrounded by empty crisp packets and energy drink cans, never interacting with other humans. The reality is a long way from that!

We spoke to our computer science teachers, Diarmuid and Daire, about some of the most common preconceptions about computer science, and asked them to separate truth from fiction.

Computer scientists and coders work alone - it's not a career path to pursue if you like working with people.

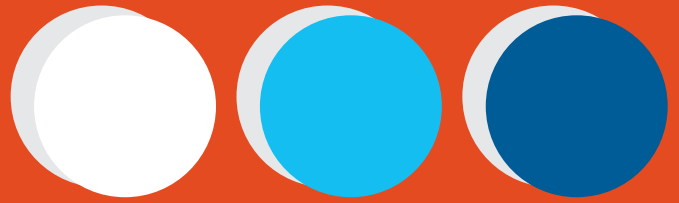
Absolutely not! Computer science can lead to all sorts of different careers, but almost all of them require you to work extensively with other people. There might be a handful of “lone geniuses” who make a career for themselves in IT, but for the most part communication is absolutely essential. Being able to work well with others, and work well in a team, will be essential to a successful career in IT.

Computer science is a really mobile skill-set. You can travel and work all over the world with a degree in computer science.

This one is definitely true. IT skills, and particularly software development, are massively in demand almost all over the world, and there are few skills which travel as well as tech skills.

Computer scientists need to be geniuses at maths - if you don't like maths, don't bother studying computer science.

We'll say this one is “not true, but not totally false”. Computer science is about problem solving. If you like breaking down maths problems and figuring out how to solve them then there's a pretty good chance you'll like computer science! If you don't like maths? You might still like computer science! Coding doesn't actually involve “doing maths” very much, so if you like problems solving, or any kind of puzzles, there's still a good chance you might like computer science. Don't be put off just because maths isn't your favourite subject.



I'd love to study computer science in college, but I didn't take it for the Leaving Cert so I can't. I'd be so far behind.

Good news - this is totally false! Leaving Cert computer science has only been a subject for a few years, and most schools still don't offer it. Some students in third level computer science will have some coding experience before they start, but plenty are coming in as totally blank slates. As long as you're willing to work hard, that's fine!

I heard chat-GPT is going to make computer scientists redundant. If chat-GPT can code, why would I need to learn to code?

Chat-GPT is an amazing technology, and it's going to change how we do a lot of things. It won't replace tech workers though, certainly not any time soon. Studying computer science (or computer engineering) is about understanding computers, and how we can use computers to do useful things - that's never been a more important skill to have than it is right now!

You have to go to a top-ranked university to get a job in computer science.

This is false. While attending somewhere like UCD or Trinity can certainly be an advantage, it's not necessary to get a job in computer science. What's more important is having a strong foundation in computer science concepts, as well as practical experience working on projects or internships. Many employers value practical skills and experience over academic credentials, and that doesn't require any particular degree or particular institution on your CV.

All computer scientists work for tech companies - I shouldn't study computer science if I want to stay away from big tech.

This is false. While many computer scientists do work for tech companies like Google, Microsoft, or Amazon, there are also opportunities to work in other industries, such as finance, healthcare, or entertainment. Virtually every industry today relies on computer technology in some way, so computer scientists are in demand across many sectors. Studying computer science can be a great entryway into lots of different fields!

Computer science is just for people who want to be coders. If I don't want to be a coder I should stay away from computer science.

Absolutely not! People with computer science degrees may become software developers (aka coders), but there are tons of other jobs you can do too. There are technical jobs, like software testers and database administrators, but also lots of semi-technical roles like product managers, project coordinators and engineering managers. Computer science is also a great basic skill set to have going into a whole range of other areas. If you want to work in marketing, senior management, teaching, politics, or any of a whole range of other things, understanding technology will be a huge asset! From a career perspective there are few subjects that can compete with computer science in terms of lifetime earnings or the array of different job opportunities available. Computer science isn't necessarily for everyone - but it might just be for you!



MUSIC



The Music Department has had a very busy, enjoyable, and successful year. Here are some highlights from the year:

October: Our 'Singer-Songwriters' Concert showcased original compositions from music students in 5th and 6th Year (pictured above), including a very memorable performance by Michael Moloney of his recently released single 'Home'.

November: The school choir had their first outing of the year at the school Open Day, with rousing performances throughout the day for prospective students and their families. There were further beautiful performances throughout the school from individual students on piano, violin, harp, flute and guitar, providing a warm and welcoming atmosphere for all the visitors.

December: The school choir was delighted to perform Christmas carols as part of the school's fundraising day, with proceeds going to Focus Ireland.

January: The choir were back in action right after Christmas, together with an array of soloists, performing at a concert to mark Wellbeing Week. There was an impressive and eclectic mix of musical genre on offer, including pop, rock, classical and trad performances!

March: In March, 5th Year music students worked hard on a composition project and ten new songs were completed and presented to the extended year group.

As the year draws to a close, the school choir are looking forward to performing at the upcoming Graduation Ceremony at the O'Reilly Hall in UCD.

It would be remiss not to mention the following outstanding achievements of two of our 6th year students: in October, pianist Lucy Byrne was one of six finalists in the Frank Maher Classical Music Award, which showcases musically gifted students from secondary schools all over Ireland; Lucy was awarded 1st place in the Nordell Cup competition at the Feis Ceoil in March. Another significant achievement was Dylan Hanly's invitation to perform at the renowned Celtic Connections Festival in Glasgow, at the beginning of the year. Dylan is a talented pianist and is equally well versed in Irish traditional music and performed accordion with his band Ríl Óg. Congratulations Lucy and Dylan!



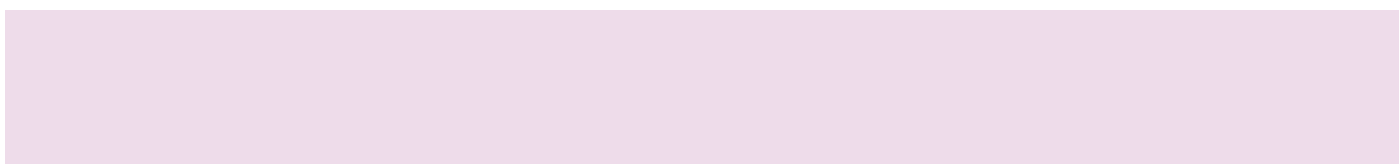
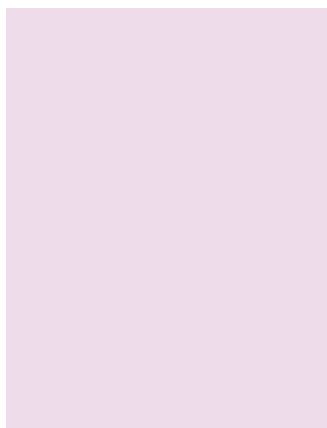


THE ART ROOM

Finished Pieces



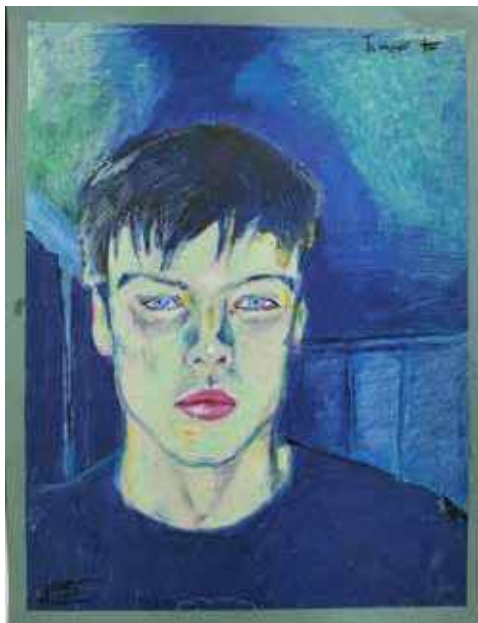






THE ART ROOM

Finished Pieces



HISTORY



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

Faye McGarry

**Gráinne Mhaol:
Ireland's Notorious Pirate Queen**



What inspired you to study this topic?

I was completely unaware of the fact that we had such an inspiring and formidable female character in Ireland's history. To learn of a female pirate was surprising, let alone the power and notoriety she held as a feared ruler. I heard of her during the summer of fourth year on Tik Tok where a user described the many battles she fought against the British and knew I wanted to research her in September for my research topic.

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

The most surprising aspect of Gráinne's character that I learned was her perseverance in a deeply patriarchal society. She cut her hair to look like a boy to be allowed to sail on the ships when she was young. She was held captive for 2 years before being released and returning to the Irish Sea, defending her homeland. To rule over a crew of 30 men and succeed in the 1500's in Ireland was an incredibly inspiring and surprising aspect, to learn about Gráinne Mhaol.

Amy Kelly

The Mouth of the South



What inspired you to study this topic?

Martha Mitchell (the 'Mouth of the South' as she was referred to in the press), was the primary whistle-blower of the Watergate scandal in the US in the 70s. Given her significant role in the event, I was shocked that I'd never heard her name before. Many historical events are retold from a male perspective, and the names of the women involved are sadly lost to time. I

wanted to shed a light on Martha's pivotal role in the scandal, as well as her immense resilience in refusing to be silenced in a time where cabinet wives were to be seen and not heard.

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

The most surprising thing I learned during my research was that Steve King, a man who physically assaulted Martha to prevent her from speaking to the press about President Richard Nixon's role in the Watergate scandal, was promoted during Donald Trump's presidency. I found it unbelievable that his actions could be overlooked, especially in modern times where women are more respected in society.

Alanna Kelly

Rudolf Hess: peace broker or madman?



What inspired you to study this topic?

As part of the Leaving Cert course we have to study dictatorship and democracy. I remember Susan was teaching us about WW2 in class and she mentioned Hess's name. Having been the deputy Fuhrer to Hitler during the war it immediately sparked my interest. This was before I even knew of the mission he undertook. I have always been interested in the war and the various people and missions involved that are often overlooked. Most people only know of the bigger battles and figures, if any at that.

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

This is quite a difficult question as I learned a few nuggets of information that shocked me. However the most surprising thing was undoubtedly Hitler's involvement in this mission. I came to this realisation from new information revealed concerning the flight which Hess undertook. His involvement cannot be denied as it was before. This shows that Hitler had doubts about Germany's successes in the war. So much so, he was willing to agree peace with Britain. Quite out of character for Hitler, the all-powerful Führer I would think.

Emma Casey



The Bielski Brothers

What inspired you to study this topic?

I chose this topic as it was one that I previously knew nothing about. I was surprised that these people who did something so historically significant (they organised the largest rescue of Jews by other Jews during WW2) received such little recognition at the time and since.

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

I was most surprised by the sophistication of the camp. Rather than being a camp in the middle of the forest with minimal resources, the camp had a wide range of facilities. Not only was there a barbers and a hat makers, there was even a performance troupe.

Lucy McCullagh



How Did the Cumann na mBan special convention and The Dáil treat debates affect the outcome of O'Callaghans Motion?

What inspired you to study this topic?

While studying the tragic period of Irish history when we descended into civil war I noticed that women were blamed for the encouragement of violence. So I wanted to explore what factors led to this.

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

The intricacies of the treaty and the destruction of the civil war.

Lucy Cronnelly



Investigating the Injustices of the Profumo Affair

What inspired you to study this topic?

Susan suggested the topic and I was immediately drawn to the fact that the central character was a woman, Christine Keeler. I felt it would be a great topic as it was different to the usual aspects of the history course we focus on. It involved Cold War espionage and an affair between a British politician and Keeler during the 1960s

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

Probably the fact that looks and personality brought you a long way in high society. Keeler grew up in a caravan in Middlesex, and went onto mingle with some such as MP Bill Astor and Minister of War John Profumo, the man she had an affair with. I was also shocked at how the Macmillan government covered up the scandal at the time, by implicating an innocent man, Stephen Ward. He was used as a scape goat to cover up the scandal. Several false allegations were made about his sexual life. Ward was charged with living off the immoral earnings of Keeler, as well as procurement. Before the final verdict of his trial, he committed suicide. John Profumo largely got away with his role in the affair. Although having to resign, he rebuilt his reputation through charity work and was eventually awarded a CBE. The hypocrisy of the upper classes in Britain was also disturbing. There was a very large and hidden, sexual appetite among the aristocracy and upper classes. However this juxtaposed the front of conservatism and traditionalism presented by the very same people. It was a time of hypocrisy and insecurity, and the affair resulted in the collapse of the Macmillan Government.

Lucy Jennings



The Chicago 8

What inspired you to study this topic?

I was inspired by the movie 'Chicago 7' that aired on Netflix in 2020. The movie was directed by the very talented Aaron Sorkin who wanted to create a "relevant, provocative and persuasive drama." The trial of the Chicago 8 and eventually 7 is shocking for many reasons. I was baffled by the treatment of the defendants, especially Bobby Seale, by Judge Hoffman but also found ridiculousness of the trial - I had to learn more!

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

I think the nature of defendant Abbie Hoffman has to be one of the more surprising aspects of the trial. Hoffman had a unique humor that not everyone understood. He used this humor in many of his demonstrations and protests. For example, his 'most famous event' was in 1967 at the New York Stock Exchange where he and others entered the visitor's gallery and tossed dollar bills on the trading floor. During the trial, he, along with fellow defendant Jerry Rubin, also entered the courtroom dressed in judicial robes which they flung to the floor and stomped on. There was never a dull moment during the conspiracy trial of '69.

CHINESE



This has been a challenging but exciting year! Since I started teaching Leaving Cert Mandarin Chinese in 2021 at The Institute of Education, I have witnessed the development of this subject and I feel proud and privileged to work with such a group of excellent teachers.

In 2021, the school introduced Leaving Cert Mandarin Chinese courses, becoming the first Irish secondary school to offer Chinese as a subject for state exams. This decision has benefited more than 40 Leaving Cert Mandarin Chinese students in 2022, all of whom achieved H1 results, adding a beautiful score to their ideal university application! The good news is that 81 students are taking the Higher level Leaving Cert Mandarin Chinese exam this year, double the number from last year.

However, as a subject teacher, I have felt and still feel tremendous pressure and challenge. The language level required for the Leaving Cert Mandarin Chinese exam is at the CEFR PRE A1 and A1 levels, which is equivalent to the level of

first grade or second grade Chinese primary school students. However, most students taking LC Chinese are native speakers, some are Chinese teenagers born and raised in Ireland, some have recently immigrated to Ireland, and some have spent several years in Chinese primary schools. Therefore, although they are all native speakers, their Chinese proficiency varies greatly, mainly in the area of Chinese character writing. Some non-native speakers are also taking Leaving Cert Mandarin Chinese courses. In response to this situation, I believe that it is most important to deepen students' understanding and recognition of the Chinese culture. So in the past two years, I have led students to actively participate in the school's cultural day activities, organizing students to use their skills to showcase Chinese traditional culture, such as calligraphy, paper-cutting, Chinese chess, lion dance, Tai Chi, Chinese music, and dance. I've also organized a Lunar New Year dumpling-making workshop, celebrating the Lunar New Year with more than 200 students and teachers from different cultural backgrounds. We used research, debates, posters, presentations, and group work to explore topics related to cross-cultural communication, such as the difference between expressions of kinship in different cultures, the different symbolic meanings of the moon and rabbit in different cultures, and the connotations behind parent-child relationships, educational concepts, and traditional culture.

Years of teaching experience have taught me that language learning is about application. If learning a language can be used in daily life and there are opportunities for interpersonal communication, people will have the motivation and interest to learn. Therefore, I actively organize, advocate and lead Chinese language learners to participate in the first Chinese essay writing competition held by UCC by correcting, guiding, and helping students improve their entries. In the end, all 12 participating students won awards!

The Chinese speaking challenge is another activity that has received a great response from teachers and students. I encouraged students to pick up their phones and recording

devices and interview their teachers, classmates, and even strangers in Chinese in a street interview style. This process not only trains students' social skills but also creates conditions and environments for them to learn and use Chinese. Many teachers and students in the school have become the "victims" of these interviews! In order to excel in Chinese language learning, I believe that it's crucial to have a scientific understanding of the origin, development, structure, components, strokes, stroke order, grammar, and word order of Chinese characters. Many students have studied Chinese for years but still struggle with writing characters and using proper Chinese sentence structures. Therefore, it's essential to have a solid grasp of these fundamentals of the Chinese language in order to overcome these difficulties and further improve Chinese proficiency if you are in the normal-paced class. This will also pave the way for a deeper understanding and appreciation of Chinese culture.

These are only some of the highlights from last year's LC Mandarin Chinese classes, yet we constantly continue to strive for the best and aim to create new, exciting and engaging activities all year round, every year! Learning a new language can be challenging, but the rewards are worth it. May your language skills open endless opportunities for you!



CHINESE



Students decorated the school to celebrate the Lunar New Year. Some of their work is on the right, on the left is a painting by our Art teacher Declan Kelly and pictured above is Lucy Byrne, 6th year student, with her painting which was also on display. (国画) I went to China when I was 10 and took a few lessons to learn the art of Chinese traditional painting. After many failed attempts I finally painted something worthy of being framed. In the painting are 牵牛花 (the flowers) and 麻雀 (tree sparrow).

Since I grew up in Ireland, I found it hard to stay in touch with my culture sometimes. Studying Chinese for the Leaving cert allowed me to learn more about the Chinese culture and language. Through workshops, projects and even taste tests, I got to catch up on my culture and how it is celebrated. I got to learn why we celebrate these festivals and why we do the things we do. It's important to stay in touch with our cultures and contribute as much as we can!





Congratulations to 6th year student Lucy Du who was awarded first prize in the 'AiHua Cup' Chinese Essay Competition run by The Confucius Institute at University College Cork which is open to all of Ireland. Lucy is pictured above receiving her certificate and prize for the essay. Below Lucy reflects on the year:

The year 2023 marked a significant milestone in my academic journey – a year in which I felt like a true conqueror, achieving the grades I'd been tirelessly striving for and even surpassing my own expectations in many subjects. My secret weapon? A personalized study schedule that catered to my unique learning style, coupled with a steadfast commitment to prioritizing self-care to ensure I was in top mental and physical shape. Even when the going got tough and obstacles threatened to derail me, I refused to let them defeat me. Instead, I boldly sought guidance and support from my teachers and friends and made use of all available resources to overcome challenges. I can't help but feel an overwhelming sense of pride in my growth and development. It's been a journey with its fair share of bumps in the road, but through it all, I've gained invaluable insights into who I am as a learner and what it takes to continually improve and evolve.

This year, I faced the challenge of balancing my academic performance with getting to know people and my surroundings at The Institute. Despite this challenge, I was able to find fulfilment through various extracurricular activities like bridge, basketball, and badminton, which allowed me to make meaningful connections with others. While maintaining good grades was not easy, of all my subjects, English stood out as the

one that improved the most. In the past, I struggled with English and found writing essays particularly difficult. However, over the course of 2023, I dedicated myself to improving my English skills by reading books, reciting vocabulary, and speaking more English with my friends and classmates. Looking back, I know that the hard work and dedication I put in paid off in a big way through an average grade of 90% in my English performance assignments and tests.

I also found art to be a challenging and innovative course for me throughout the year. I was inspired by the work of my classmates and their brilliant ideas, which encouraged me to push myself further, improve, and refine my own work while coming up with new and creative ideas. As a perfect example of this learning experience, I spent weeks designing my self-made wooden structure of the Shanghai Museum. The process of making it was really hard and time-consuming. I had to design the structure from scratch based on a photo I took of the museum, and then assemble it layer by layer using wooden sticks and wood glue that I purchased. My idea was fascinating but tough to make, so I really put in the effort by measuring and marking the sticks using a pen with my designed measurements, which was different for every layer. I then cut the sticks using saws, painted each one with acrylic paint, and stuck them together layer by layer. To prevent the wooden sticks from looking unbalanced, I didn't use a glue gun, but instead used liquid glue, which took much longer to dry. Throughout these challenging processes, I learned the importance of making an effort and paying attention to detail, so I will never regret spending that much time on my model. (pictured below)



Below: Lucy Du's artwork, images of her taking part in our Culture Day, and her 1st place certificate for her Essay.



Well done to 6th year student Michelle Pemberton who was awarded third prize in the 'AiHua Cup' Chinese Essay Competition run by The Confucius Institute at University College Cork. Michelle is pictured above with her certificate. Below Michelle reflects on the competition:



I'm Michelle, a 6th year student who has been studying Mandarin Chinese here in The Institute for the past two years. One of the highlights of my language journey has definitely been taking part in and placing third in a national essay writing competition. This event was hosted by University College Cork and ran for the month of January 2023.

Students nationwide were invited to put their own spin on the set essay theme "My anti-epidemic story". I decided to write a piece detailing the impact Covid-19 had on my personal life. I found writing about the struggles of being unable to visit my family and friends during the lockdown to be an enriching exercise, especially seeing as it pushed me to elevate my proficiency in Chinese. While I initially found this chance to put my newfound knowledge to use daunting, my teacher encouraged, supported and was always there to help me through any challenges I faced throughout the entire process. I thoroughly enjoyed using what I had learned in class for something unrelated to my schoolwork, as it gave me an outlet to broaden my perspective through Mandarin. I cannot emphasise enough how much I recommend stepping out of your comfort zone to try something new, and who knows, maybe you will be receiving recognition for a similar achievement someday soon! I could not be more grateful to have had the opportunity to participate.



ENGLISH



Essay Competition 5th Year

This was the second year of our essay writing competition which was open to all 5th years. Thanks to Emma Grealy for organising and to all the English teachers who helped make it a success. 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 and students were free to write in any genre or on any topic of their choice.

Congratulations to our winners Tarz Aoife Manedvi (1st place), Stephanie Ntemuse (highly commended) and Nayera Shokry (commended). Also to our runners up Sanidhya Arora and Shourya Varang.

Stephanie Ntemuse - Highly Commended



Highly Commended "The Reckoning"

Judge's comments: This writer shows real promise. The choice of narrative structure is an interesting one, not easy to sustain but managed superbly here.

The conversational tone invites the reader's participation and even complicity; the slow reveal of the main character is well managed.

The author has a wonderful command of language, articulate and mature:

"It was as though I had spent my whole life underwater and was only then experiencing the wonder of breath",

"we were akin to a feather seemingly suspended in the air, indifferent to the forces around us merely floating on the breeze".

The observations on human behaviour are perceptive and wry.

The core moment is somewhat reminiscent of "American Psycho", quite brutal and savage.

Nayera Shokry - Commended



Commended - "Where the Waters Stand Still"

What a fine title!

There is much to admire here in the exploration of a young girl's emotional trauma.

The opening is dramatic and the reader is instantly caught.

I can't help thinking of the film "What a Wonderful Life":

An attempted suicide from a bridge into water,

An examination of alternative life outcomes;

A rescue by a ghost/angel;

A happy ending.



Tarz Aoife Manedvi - 1st Place



Guilty

8AM: GUILTY, GUILTY, GUILTY. I feel it like the taste of metal upon my tongue, weighing me down, making my body so heavy that I can't move. I can't speak. I can't see past the all-consuming blackness that devours most my vision, the small unaffected spots not enough to make out what is really happening. My mind is kaleidoscope, fractured. My hand is bleeding— when did that happen? The windshield is broken to pieces, most of it sticking into that hand, it seems. It's sort of beautiful, isn't it? The glass shards glittering in the light of the car, catching the rays and reflecting without a care. My skin is opening, bleeding, painting the pale brown of my flesh red. It throbs. I want that. I deserve this. I deserve this. I deserve this. I deserve...

But no. A part of me still cannot believe it. Or, rather, refuses to believe it. Maybe that's because this all happened so fast. Her hands were on the steering wheel, and I was laughing and so was she, just laughing, then her eyes flickered to me for a second and I felt so proud, and then... The uncertainty starting to creep up my throat tastes like bile and dubiety, and combined with my unsteady breaths, I cannot keep quiet, though I know I'm probably annoying her right now. But I know who I am. I know what I can do, and what I'm capable of.

Last week, I cried over accidentally stepping on a cat's paw. I didn't mean to; I was just in a rush to catch my bus, that's all. I know who I am. I don't harm things on purpose— why would I? But killing a person? No. That is not me. I know who I am... or at least I thought I did. Surely me, who is beaten up over harming an animal in the smallest way, can not be capable of something like this. I didn't do it. There is no way I did it.

"Stop telling yourself that." My fleeting train of thought comes to a screeching halt as I look up to meet the eyes of Moira. She

Winning Entry: "Guilty"

Judges comments: This is a wonderful piece of writing which focuses on the emergence of a character from under the shadow of another controlling presence into an independent spirit. It is articulate and sensitive in the observation of a good person struggling to arrive at the right decision to change her life.

There is some wonderful detail in description and excellence in its observation of human behaviour: "The fingers are splayed, each nail painted the same shade of pink, startlingly bright against the grey of the road and the crimson red of their blood." "I breathe it in, the morning's ice-cold fingers stroking my face, stinging."

The reader cheers on as the protagonist eventually breaks free from the stifling influence of Moira and acts on her conscience. While there are some moments where the writing is overdone the writer grows in confidence and allows the story develop in an organic fashion.



does that sometimes, talking unnecessarily loud, when she sees me thinking. It grounds me. It's just what I need right now, to be honest... I can't be daydreaming. I swallow the blood in my mouth, my heart thrumming loudly in my ears, a marching band of a foreign army, declaring war. One I know I am destined to lose. "I'm listening," I try reply, my lips cracking under the strain of speaking. "I'm listening. Go on."

"Stop looking at it." Her command is sharp, piercing, almost like a knife to my side. All I can hear are her stops—stop panicking, stop crying, stop being so dramatic. I try control my incessant breaths to keep quiet and make way for her words. "Try pay attention. We need to do something here quickly, we need to think. How could you distract me like that? Are you stupid, or—" her voice reaches it's signature high, erratic pitch, and my heart rate spikes with it.

She's worried, she's scared, but she's right. I am stupid. "I didn't mean to." I plead. She silences me with a look. "That doesn't matter right now. Well, obviously it does matter, but not at this moment. We need to do something and.." her eyes inevitably flicker to the twisted thing that might have once been called a body lying in front of my car.

I'm looking at it too— how can we not? It's disgusting. It's contorted into a strange stance, almost as if we caught them in the middle of doing an intricate dance. The fingers are splayed, each nail painted the same shade of pink, startlingly bright against the grey of the road and the crimson red of their blood. Their eyes are pretty, I suppose. Bright, bright blue, staring up at the dark, dark sky, but what do they see? Nausea rolls like tidal waves in my stomach. I can't look at her body any longer, but... I need to. We did this. I did this.

Moira's cursing softly beside me. "Well, obviously we need to move the body," she's saying. "The road isn't busy now, but it will be soon. And we can't have someone seeing a dead body on their way to work." With a soft pop, her side of the car door opens and the brisk morning air rushes in. I breathe it in,

the morning's ice cold fingers stroking my face, stinging. "So let's move it," I hear myself replying, almost on autopilot. She flashes me a quick glance, then nods— our plan of action has been decided. With trembling fingers I open my door as well, following her as she takes a hold of the dead girl's limp feet. Of course Moira's left the arms for me— it's the closest to her unseeing, frozen face.

The same eyes I was admiring seconds ago stare up at me, accusing. They're too blue for a dead girl. I look away. "Do I really have to carry the arms?" I ask, my voice quavering. I don't want to feel her cold hands in mine, not when we both know what we've done. "Just pick them up, and lets get this done with," Moira's voice is irritable, forcing me to shut my mouth and lean down to gather her hands in mine.

Slowly, we move the body to the side of the road, behind the trees and out of sight, embarking on our pilgrimage of murder and guilt. I'm breathing heavily when I let go, yet Moira looks unaffected.

"What now?" Air condenses in the air as I speak. I watch it instead of both their faces—if I look at either one of them now, after putting the body down and feeling the slight scrape of her acrylics leave my palm, I think I'll throw up. Moira's looking back at the car, her face set. I don't know how she can stay so focused in times like this, but maybe that fault lies within me. She's always been better than me, anyway.

"We get back in the car, and we drive. Obviously." She's already walking back to the vehicle, drivers seat her target as always. I never drive, not when I'm with her; I think she likes feeling in control. I just go along with it. It's probably for the best, though, because I've never been much good at driving anyway. I hurry to follow her, each step on the concrete matching the fast pace thud of my heart. Still that foreign army. I wish they'd stop.

Only as we get back into the car and start driving off do I notice Moira's face has gone a little pale- but nothing compared to

my disheveled appearance, pupils of my eyes blown wide and cheeks coloured scarlet with shame. But, maybe that's because this wasn't her fault. It was mine.

"And you know we can't tell anyone, right? You can't tell anyone." Her voice cuts across the silence, commanding.

I swallow before I reply. "Yeah."

12AM: WE DIDN'T EVEN KNOW HER NAME. I don't know why that just now occurred to me, in a coffee shop of all places, but I can't stop thinking about it. My eyes never leave my coffee, but my thoughts spiral; who was she? What was she doing on a road, in the dark, in the early hours of the morning? She was dressed prettily, her hair all curled and her lipstick red, the same colour as her blood as it spilled. And her eyes... I can't forget her eyes. They were beautiful, her lashes dark and long and curled, but the blue unseeing and unseeing and unseeing and relentless as she stared up at the sky, at nothing. I stir my coffee anxiously with my straw, chewing my lip.

"That's going to start bleeding if you keep doing that, you know. And stop stirring your coffee— it will spill." Moira's speaking to me softly, her tone quiet. I look up at her and nod quickly, trying to smile a little bit. Her coffee's nearly done, she's always been a fast drinker— but I don't know how her stomach can handle it, especially now. A stranger's flickering gaze towards me catches my attention, and my eyes dart over to look at them, but their gaze is gone again, wandering. They could perhaps just be looking around. But what if they know, what if they saw...

My heart is racing again, thudding incessantly in my chest and singing a loud, unruly song against my ribs, crooning the same words again and again to me. Guilty. Guilty. Guilty. Everyone is looking at me. They know. Everyone looks like her, that nameless girl. I'm staring at the first person who glanced at me— I can't look away as their cheeks became too red, blood red, their eyes becoming too white. They're staring back, obviously confused, but if they know, why aren't they doing anything? Oh, God. Did they know her?

"You are so dramatic," Moira's sudden chuckle brings me back to the present. I stare at her in shock, my breath coming in short pants, my chest rising and falling like the beat of a drum. "You know, if you think that boy is good looking, go over and say something. Don't stare like an idiot."

My eyebrows crease in confusion. I look back at the stranger, but they're not looking at me anymore— their eyes have moved back to their friend, and they're laughing, sipping their coffee. Did they stare at me? Were they ever looking at me, accusing me, knowing what I did? I blink forcefully, my eyelids two anvils pushing down onto my cheeks. It's hard to open them again. "Moira, no," my voice scrapes my throat as it comes out, raw. "You know that's not what happened. And you know that's not what I was thinking about. I was thinking about..." my voice trails off, the obvious suspended in the air between us. Her grimace is enough to let me know I've said the wrong thing.

"I know why you feel guilty. I understand. I do too," she starts. She does? She certainly doesn't look it. Her makeup hasn't smudged, not one bit, and she looks as radiant as ever. I almost want to reach out and tug her hair, hard, and hear her hiss in pain or see any emotion at all break through that perfect mask she calls a face. She continues on, unwavering, "But you thinking about it twenty four seven and looking as if you're about to cry every second isn't going to do anything."

Her voice drops down several octaves, secretive. I lean in, like a fish on a hook as if she is the fisherman I cannot help but be enamoured by. "Yes, there is a dead girl in the woods. But, we don't know about that. We didn't do anything." She leans back, her expression shrewd, penetrative, leaving me wanting more. "Are we clear?"

I lean back as well, mirroring her, though my expression nothing like hers. "Yes," I whisper, my mouth dry. "Why were we talking about woods, anyway?"

A small smile flickers across her face, a bit but not enough for her dimples to form. My small attempt at a joke pleased her, obviously, but that doesn't bring me as much satisfaction as it normally would have.

"Exactly," she stirs her coffee triumphantly, though she'd just told me off for doing the same thing seconds ago. "Anyway, it wasn't even my fault. I'm not guilty."

I notice she doesn't include me.

3PM- SPIRALLING. I CAN'T HELP IT. I can't see two feet from my couch, and the bleak, dark, overwhelming blackness is coming again. Maybe I should open my arms wide, welcome it, thank it



as it washes over and seals off my senses one by one. Then I'll curl up into a small ball and hold myself, unseeing, unfeeling. I don't want to feel.

But I'm thinking. And thinking is feeling, my brain decided not too long ago, as every thought feels like a knife to my chest. Every thought twists it in deeper, and every thought leaves a gaping wound with invisible red leaking out, onto my hands, my lap, my carpet. It's pooling in my hands, in my lap, though strangely it's not touching Moira who's spread her legs across it, making herself at home on my sofa.

She's flicking through the channels on the TV, bored. I can tell by her expression, face flat, mouth pursed— almost as if the TV has somehow offended her by not playing anything that captures her interest. It prompts a small snort from me, but I don't know if I'm laughing at her fondly, or not. It's strange not to know.

Her eyes flicker to me, inquisitive. She's paused on the news channel, which is fine, I suppose. Nothing they ever show on there effects me, anyway. "What are you laughing about?" her voice is all indignant with mock outrage. "I will fight you, silly girl. Come here." As she reaches out for me, I lean back, a real smile forming, but the words emanating from the TV catch my attention first. Missing girl, Alivia Morales, since yesterday. Black hair, blue eyes. 17 years of age. Last seen leaving the supermarket. Thought to be suicidal.

Moira is no longer reaching for me, her hand suspended mid air. Both our pulses are racing, I know it— I hear them, matching, in sync, rendering the same ballad of sin. Though mine must be louder than hers. I've always been more scared.

"Well, there you go," Moira is taking her legs back, standing up and stretching, her eyebrows raised. My TV remote slips out of her hand and onto the floor, but she doesn't react so neither do I. She's looking at me now, so I snap to attention.

My face of confusion induces an explanation. "She was suicidal," Moira's voice is slow, condescending almost. "We did her a favour."

Oh.

I don't know what to say, so I say nothing. Moira's no longer watching me, my lack of reaction unsatisfactory for her— she's looking back at the TV, but they've already moved on, the girl no more but another story for them to display. That's clearly how Moira views it too. So why don't I?

"That's—" I can't speak, the words refuse to materialise. With the strength of a thousand men, I force them to. "That's an awful thing to say."

My words hang in the air between us. She looks back at me sharply. I've made her angry, but I can't bring myself to care about that right now. "No, it's not." She snaps. "It's the truth. If you can't handle the truth, why watch the news at all?"

But she's the one who put it on.

"Moira, that was a terrible thing to say," my voice is matching her tone, but I don't have the capacity to feel surprised. "How can you just- how can you be so unaffected—"

"Do you think I have a choice?" She spits back at her, her voice all fire, red hot. I can feel her spittle on my cheek, burning. "Do you think I'm happy? No! Obviously not! But someone out of the two of us has to keep our calm, and since you insist on acting like a baby, I guess that's going to be me, yet again—" her voice drones on, still scorching me, but I'm no longer listening. I've stood up, right beside her. I'm taller than her; why have I never noticed that?

"Are you even listening?" Her voice is so loud now that it hurts my ears. It's following me down the corridor as I head toward the door, so luminous that it hurts my eyes as well, demanding

all my attention. But I bat it off. “Where are you going, you fool? You can’t-”

The door shuts behind me, sealing of all sound. Though I know she’s still yelling, I can’t hear her anymore. I’ve always loved that door.

6PM- I’M BAREFOOT. I didn’t even notice, not until I was outside and hearing the twigs crack under my feet each step I took. But of course, that happens to me sometimes when I’m focused, when I have only one goal on my mind. I forget about other things. I haven’t thought about Moira for two hours.

I’ve walked for what feels like ages, my feet stinging from the relentless pressure I’ve forced upon them. But the ground’s getting softer now, a relief; the patchy softness of the grass almost soothing. I leave the clearing of the woods, leave the road, and head toward the trees. She’s around here somewhere.

6.30PM- SHE REALLY WAS BEAUTIFUL. She looks like a dancer, her limbs once elegant, nimble. I can see her dancing in my mind’s eye, each move a carefully planned force of its own, bewitching just like her. Just like she was. The picture on the news didn’t do her justice, not at all— though how peculiar is that, I cannot help but wonder, that someone can look more beautiful in death than alive and well. Though maybe I’m just weird, for thinking that.

I crouch down beside her, slowly, as if she might startle awake and push me away. It feels wrong, looking upon her when she’s so defenseless. But...

My hand reaches out, shaking like a leaf in the bitter winter cold blowing. My fingers touch her face, her glacial skin unwavering under my touch. She is still staring up at the sky, though I suppose she cannot get bored of it. She does not see it, after all. I withdraw my hand.

My hand is no longer shaking when I reach out again, a finger on each eyelid. Her eyes are still so blue. “I’m sorry, Alivia.” I whisper, my voice lost in the wind. I push down her eyelids, closing her eyes to the world.

I know what I need to do.

8PM- THE AIR STINGS. It’s cold, too cold, as I stare at the building in front of me. Something is vibrating in my pocket, incessant, and it takes me a moment to realise it’s my phone. I draw it

from my pocket, wincing as the full brightness of the screen hits me. Ten missed calls from Moira, alongside countless texts... before I can stop myself, on instinct I tap to call her back.

One ring is all it takes before she’s picked up her phone, snapped it up from my coffee table in my apartment which she is still in, I’d imagine. She’s never respected my space. “Where are you?” She hisses, her voice like a snake, venomous. It’s almost as if she’s in front of me, her gaze boring into my skull. I shake my head and dispel the vision. “Hello? Where are you? You can’t just storm out on me like that, are you stupid?”

It takes me a moment to answer, my throat too dry. “The police station.” My reply is short, straight to the point, like an arrow in a bow. Pointed, the string tense. Waiting.

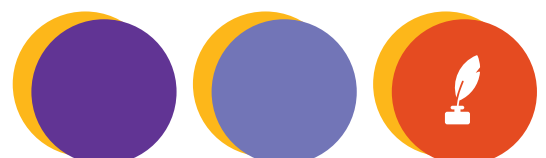
“The what?” Her voice sounds incredulous. “What are you doing there? You really must be stupid. Not after what you did. You really must be-”

I’m deaf to her voice. My phone is back in my pocket, though it’s still on, but just loud enough so that her voice is a quiet drone in the background. Each step I take toward the station is different, alternating between heavy and light, punishing and weightless. The wind whips my hair around my face, into my eyes. It’s nearly a relief when I walk in.

The officer’s smile is bright, her pink lips curled upward. She’s friendly— I ignore it. “How can I help you?” She chirrup. This must be her routine question. She asks it with no emotion, nothing past the smile on her face.

The arrow lets loose from the bow, and flies. “I’d like to report a crime.” My voice is jagged. Her eyebrows have raised, her hands reaching toward her notepad— she’s intrigued. Another deep breath rushes through my nose, burning. My heart beat seems so loud yet so quiet.

Moira’s gone silent. I can’t hear her anymore. No venom, no commands. Waiting. After all, she knows just what I do. I’m not the only one that’s guilty.





CARLINGFORD ADVENTURE

Lina Hassan 4th Year



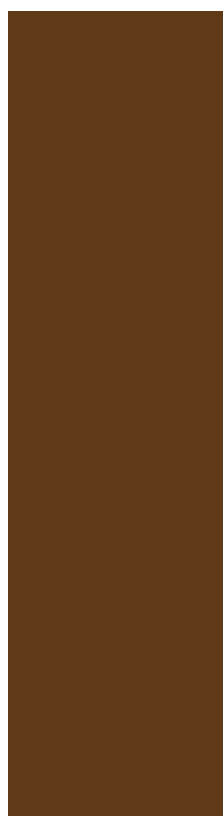
25 kilometres, 35 hours, shared bathrooms, mattress heists, lions, tigers and bears oh my! Carlingford was a trip. In all honesty, I dreaded it. A dread so deep I completely forgot there even was a trip until the night before which was coloured with a frantic packing and panicking as I dashed around the house looking for my things. It was a gloomy miserable morning as my mother so graciously offered me a lift. I arrived into the characteristic limbo school seems to be wrapped in anytime you arrived before the typical bustle of the school day. Waiting 15 minutes early, as students flooded in. Each bag, which eventually devolved into a suitcase, was more comically large than the last. We filed in the disorganised manner that teenagers so often do, onto those BO ridden buses, a TY signature! Carlingford was no less damp and cold than Dublin but the increased sense of camaraderie began to set in.

The hike was rather predictable, the slow trudging steps as we meandered aimlessly ahead was tedious so I won't divulge too many details. The occasional slip of a fellow hiker proved

to be a source of endless entertainment as we laughed like sadistic zombies like clockwork. The night yielded itself to some prepackaged bonding activities, and, despite my cynical appearance, I don't see myself as so self important that I can't enjoy this wholesome evening activity. As we clustered into teams to destroy the others and assert dominance, obviously. We thrashed and cheered on our teammates as they jumped hurdles, held each other up and rambled to an apple for minutes on end.

Coming second place in the apple competition is one of my proudest achievements truly! Our evening was full of snacks, gossiping and late night chats as well as a clandestine operation to smuggle a mattress from one end of the hall to the other (which was a success might I add). I'm not an insanely outgoing person, it takes me a while to warm up to people but the fun I had in Carlingford and the bonds I formed were truly great and I wouldn't change anything.







Emma Russell 4th Year

In 4th year, I got the opportunity to go on the trip with my year group to Carlingford. Over the two days spent there, we hiked, kayaked and more and had plenty of fun doing so. The trip was a truly memorable and exciting experience. Over the two days in Carlingford, we climbed up hills and mountains, trekked through woodland and crossed through streams. As we walked, we were able to admire the wonderful scenery, from the tranquil view of the ocean to the vast hilly terrain. Throughout the hike, the amazing views I witnessed made the whole experience even more enjoyable. The trail was challenging at times, but we all worked together and motivated each other along the way. The hard work we did on the hike was worth it in the end, as we all felt a significant sense of accomplishment after completing it.

On the second day there, before leaving Carlingford, we got a chance to go kayaking and to participate in various other enjoyable water activities. Despite the chilly weather, I had



lots of fun kayaking and we all could not stop talking about how much fun we had afterwards. It was my favourite part of the trip, and it was the perfect way to end our adventure. In addition to the physical activities experienced on the trip, we had plenty of fun with friends. The journey brought everyone together as a year group and overall was a fantastic opportunity to bond and connect with one another. Overcoming challenges together was a memorable, special experience and I was glad I was able to experience it.

Altogether, it was the adventure of a lifetime. It was a great chance to disconnect from our busy school lives and to spend time outdoors and with each other. We explored nature, overcame challenges, and made great, lasting memories. Our time in Carlingford was filled with many moments of joy, laughter, and camaraderie. This trip was truly an extraordinary adventure. It was a highly enjoyable experience that I will always remember, and I would love to do it again.





CINEMA TRIP



DRIVING SCHOOL



Ciara Allen 4th Year

Unorthodox as it is, I have always enjoyed being bad at things, by this I mean not just below average, but soul crushingly, abhorrently atrocious. This is why I truly did relish my time in the Mondello driving school, crammed in a tiny car with three other people, making the world's sharpest turns, 60 kilometers per hour, terrifying my friends and stressing out the teacher.

At the time, I seemed to be the only one who found the humour in the situation, even the car seemed to hum in frustration as we screeched to a halt, after having veered off the road, nearly hitting a wall. Meanwhile everyone else was gently guiding their cars around the circuit. I admit that I did feel empathy for the instructor who was sat stiff as a poker in the seat beside me, one hand braced on the chair, and the other holding the handle above his head in a vice grip. Professional as he was, the man never expressed any negative emotions, even when he had to interfere and stop the car himself to prevent the morbid tragedy that would have been our deaths.

I must stress that my incompetence is in no way reflective of the program. I am just uncoordinated, and inexperienced behind the wheel. Of course, the fact that I have never even sat in the drivers seat of a car before, let alone commanded a vehicle of comparable size, did me no favors. In the situation I think this complete lack of experience did, however, increase my enjoyment of the time hugely, because it meant I could relax and just enjoy the first stage of the learning process. I did not have to justify my ineptitude, I felt no shame and I could truly live in the moment, and just have fun with it.

I know how insignificant this sounds to anyone else, but I

spend so much time striving for something between average and perfection in almost everything I do. So, to be given the space to make lots of mistakes and be terrible at something was so refreshing and much needed break from the pressure I administer on myself. The driving academy provided an environment where making mistakes was expected and safe, and where improvement is imminent.

No Prior knowledge was required, no level of skill refused and to handle such a variety of skill levels with such grace and ease is a very commendable achievement. It is this element of the experience that really stood out to me and made it so memorable and enjoyable.

As well as this, there were several other interactive activities offered, on topics such as the history of formula one in Ireland, and the lecture on the importance of road safety. All of which lived up to the high standards set by the other element of the course. I was extremely impressed with how enjoyable the whole thing was, especially because many of the topics covered would be considered "boring" to the average person, so I was pleasantly surprised at how much fun I had.





Peter McLoughlin 4th Year

It takes no stretch of the imagination to understand why I was nervous going to Mondello park. I had never driven a car before and had presumed it would be years before anyone was foolish enough to let me try. The anxiety of this soon to be crash course, was dwarfed only by my classmates stories of the painfully drawn-out bus journey that they had endured the day before. The driver, having lost his way, drove around endlessly, the passengers stranded somewhere along the solitary roads between their destination and their origin, trapped in an unrelenting purgatory.

So, as I awoke on that fateful morning. My heart sank knowing what would be awaiting me. A gruelling journey on cramped, crooked, country roads with only the company of my comrades to distract me. The journey, though admittedly a demanding venture, allowed me to calm my nerves, and enjoy the time with my friends. Although I knew eventually I would have to face my fears, a new feeling awakened within me: excitement. As we stepped off the bus into the glaring sunlight, I heard someone comment on the fresh countryside air. Having grown up in the countryside, I immediately identified the pungent smell of manure. The excitement intensified as we were shepherded towards a line of automatic cars. Three to each car and an instructor sitting in the driving seat. He took us for a lap around the track, explaining the route we would take and showing us some basic manoeuvres which we would be attempting. The moment of truth arrived as he pulled over to the side of the road. Needless to say, I was stressed. a one in three chance I would be driving first, I wasn't a fan of those odds. Unfortunately for me, luck was not on my side that day.

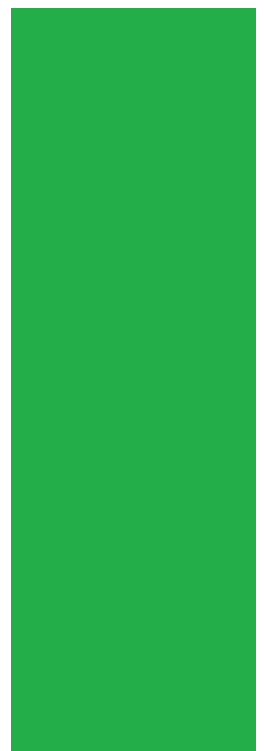
As I settled into the driving seat, I started to question whether or not this was such a good idea, but there was no time to think. Prior to this lesson I had stupidly decided to familiarise myself with the method behind driving a manual car. Though I wasn't too worried; a car is a car, right? It was time to set off.

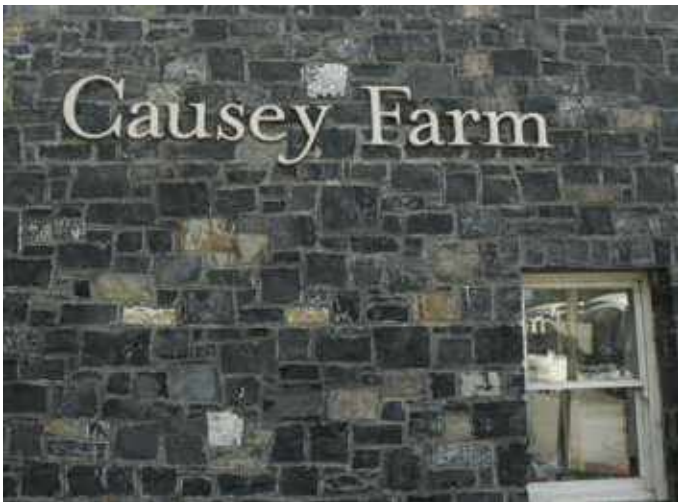
I disengaged the hand brake, and slowly let my foot off the brake. The car began to roll forward and continued at a steady, snail-like pace. Admittedly it took me far too long to realise I had to hit the accelerator, not my finest moment.

I set off down the road, listening closely to the instructor as he showed me the route, and once I felt comfortable, he left me to my own devices. Proceeding to talk to my friends about the rap scene in Dublin. In all regards, I probably should have started freaking out, after all, I was barrelling down a raceway track in a 4,000-pound death machine, and yet all I felt was sheer, undeniable, thrilling freedom. An intoxicating feeling of self-control, I could drive in a way that suited me. Never being forced to speed up or slow down. Trusted to do what felt right for me. Trusted.

Trust, respect, and freedom. These concepts are the very foundation of the Institute of Education, I have never in all my life seen a school that respects its students as much as the Institute. The teachers work with their students, not against them. The students' input and ideas are valued, and each student is seen as an individual to be cared for. The teachers and students are put on a level playing field, hell they're on the same team. Many schools in this country are just a long war of attrition between the students and the faculty, but in the Institute, everyone works together in a harmony that is unheard of in any other school in the world. At the core of this school are the amazing teachers, so dedicated to their subject and enthusiastic about what they teach, they pour their life and soul into helping the students to achieve their potential. They avoid the monotony brought to so many classrooms and speak with such passion and fervour, instilling a love for any subject into the hearts of their students.

Working with kids, let alone teenagers, is never easy but the Institute gives people their very first taste of independence. It is the pinnacle of education. A system in place that would fall flat in most schools, which thrives thanks to the student's commitment. The Institute gives anyone willing to try a chance to succeed, it offers an immense number of resources for anyone who cares to take them. In my opinion the Institute epitomises empathy and compassion. It endeavours to understand each and every student that walks through those yellow doors and helps them to forge themselves into the people they want to be, irrespective of who they were to begin with, and for that, I am eternally grateful.





CAUSEY FARM

Rebecca Anderson 4th Year

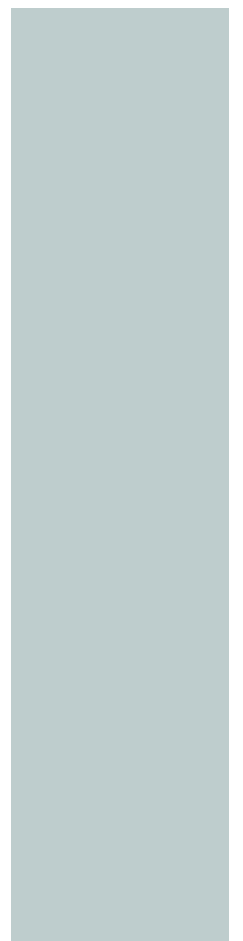


The start of a school year is always scary but it's particularly terrifying starting a brand new school. We, the fourth years at the Institute of Education had only been at school for four days. This meant only four days to get to know each other, four days to make friends. While walking into school on the ninth of September, I remember dreading this day. I had only met a handful of people and this day was all about interacting and having fun with many new people. In many ways it was a good thing that I had gone that day even though the knot in my stomach would disagree. Luke had told us many times that we would have one of the best days at Causey Farm.

We all boarded on to the buses that would drive us the hour to get to Causey Farm. After hearing the excited chatter that filled up the bus, I was not feeling as nervous and was actually excited to get there. I started chatting to a few people around me and really started to feel comfortable. The hour flew by and before I knew it we were being rushed off the bus and put into groups. We started off with Soda bread making which was fairly simple and although it was messy, I had a lot of fun. Later that day, we got to taste our Soda breads and to be honest ours was kind of gross. After Soda Bread making, we got brought into a barn to learn Irish Dancing. For me this was a completely new experience and I was terrible at it but it was fun to laugh at myself with all the new people I had met in my group. The last thing we did was the bog run. This was the part I had

been the most scared to do and looking back on it now I have many mixed feelings. On one hand it was disgusting. The mud was very sticky and bouncy and the feeling of landing in it made me feel uncomfortable. On the other hand, it was a completely new experience that made me stretch my comfort zone in a good way. I laughed a lot at the boys driving head first into the bouncy, gloopy mud which we were told specifically not to do. Overall I probably would not do the bog run again but it was a fun experience that made lasting memories.

Studies show that trying new things gives us a hit of dopamine which can make us feel rewarded. Although I was nervous to go to Causey Farm, I really enjoyed and I know that I would have regretted not going. I feel the same way about coming to fourth year at The Institute. It was something that made me feel worried but now that I am settled I can see that without coming here I would not have the opportunities that it's provided for me like Causey farm, going to the movies, doing a barista course and trying different personal development modules. I tried many new things and now I feel so rewarded!





Kauthar Ahmad 4th Year

What is the first thing most schools do to serve as an icebreaker for over 100 kids who may or may not already know each other? Well for our school, a peaceful Institution right in the middle of the street, the answer is a day long trip to Causey Farm.

I was fifteen then- I'm not that much older now- but I didn't have as many friends as I do now. I sat down patiently awaiting the last few students to arrive. Not much you can do in bright blue chairs and a phone, that was minutes away from death. That's when two girls approached me to say, "hi", and I wasn't alone anymore.

Maybe I should've worn something better than my mother's tracksuit, as I unfortunately found out once we actually made it to the bog. We were expected to take off our shoes and joyfully step into what looked like a wasteland of crap. And they wanted us to jump too! I'll never forget the first time I delicately dipped one toe into whatever it was, and immediately felt the urge to pull it back out again. Then, just as I was about to call it quits, I felt to hands on my back. Next thing I knew was my legs were coated in soil. Fun times.

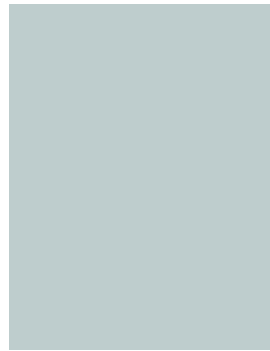
Or maybe it was when my friends and I decided to venture into the bog together, a pair of fifteen-year-old fools with enough

optimism to believe it would be a brilliant idea. Spoiler alert: it most certainly was not. My friend ended up getting completely stuck in the bog. I still remember calling our tutor for help. He took one look at us, howled with laughter, and completely refused to help us. I don't think my friend has forgotten it either. To this day she has a bitter expression on her face when interacting with this tutor, a fact he is blissfully unaware of.

By the time we somehow managed to escape that horrifying hell, everyone else was heading to a shack in the middle of nowhere to get dressed. That's right. A literal shack. I was forced to change in a shed with a disturbingly wet floor and maybe 12 other girls. It's a miracle we even made it out of there.

I'd never actually been to a farm before, thanks to my parents not being big fans of the idea, but when I actually went, I started to understand their feelings a bit more. I would now like to sincerely apologies to my parents for ever doubting them.





BARISTA COURSE

Ciara Mas 4th Year



When I think of satisfaction, I immediately think of coffee. Not only can a single cup turn a long and tiring day where all I want to do is sleep into a slightly more manageable one but it can also be a comfort. So, what better way to spend my time than to take part in the Dublin Barista School training course. The basement kitchen was densely packed as an excited group awaited the highly anticipated barista course. Being placed on the last day of the course I had heard many reviews of the previous days from my peers, so I was eager to see what it was like for myself.

The first thing we learned was to make an espresso shot – the base for most coffees. Admittedly I probably looked like I was biting into a lemon when I tried it, as the bitterness was pungent and overwhelming. I still don't understand how someone could enjoy drinking them. Soon after we learned how to steam milk. This turned out to be more complicated than I thought. It was all about timing and listening to the squealing noises the steam wand would make. But with a bit of practice, I managed to get the milk frothy enough to make the different coffees.

Sarah Flanagan 4th Year



I must admit it, I was strictly a tea drinker before I did the barista training. I was anxious at first because I was worried if it would be complicated or if I would be any good at it. The instructors put my worries to rest once we started. They were amiable and helpful, and we all introduced ourselves with our names, favourite animals and favourite types of coffee. We played memory games to see if we remembered each other's facts. We all became fast friends.

It was clear the instructors had a passion for coffee. They were knowledgeable and gave us guidance, explaining how coffee drinkers around the world had different tastes – describing how the size of coffee grains could affect the taste, whether acidic or bitter; the ratios of milk to coffee in different types. We got a demonstration on how to make a shot of espresso. We used funny memory tricks such as “blessing” a portafilter. It worked because I can still remember it to this day.

Nare Paronyan 4th Year



The cool American guy with the cool American accent showed us how to make Lattes. Americanos and Hot Chocolates. I compared cappuccinos with Olive and Mohana, who took a billion pictures for fun, and sipped shots for sourness like it was a wine tasting. Maybe it was the fact that I got to miss a biology test, or that for once in weeks I got the opportunity to get to know fun people, and I laughed and smiled and drank coffee for the first time.

I'm grateful for learning how to make an espresso, as stupid as it sounds. That day put my entire year at ease. Maybe it was because of my fifth empty cup, or that Lina said she liked my shirt, or that they played my “Crack a Bottle” by Eminem on the speaker. My panic regarding mundane sixteen-year-olds withered and levelled to the ground, and finally, I was able to sit with my bagel friends without with the skin crawling fear of a normal conversation with normal people. From training how to pull a shot, and downing them with the ardour of a clubber turning up to a rave, they became special to me.

Running from sassy seagulls in St. Stephens Green on our break on Barista day, with litres worth of caffeine coursing through our veins, turned into cookie walks every lunch!



Coffee



PHOTOGRAPHY APPRECIATION

Jack Hyland 4th Year



I wasn't expecting to like photo appreciation when I saw it on my timetable, but I ended up liking it loads. You get to go outside lots and kinda chill out, taking photos with your friends. It ended up being fun. At the end of class, the teacher and everyone goes over the photos. It's fun hanging out with your friends and trying to take different types of photos. Sometimes during the class, we would go to photography museums to look at different photos that professional photographers took. This sounded a bit boring to me, but it was actually very interesting noticing the different techniques that they use. Which I otherwise wouldn't have noticed if I hadn't taken this course.

My Favorite thing was "Gallery X", it is only a five-minute walk, and it has a super unique style of photography displayed. Overall, this is a great class that I would recommend. I don't even like photography that much and I still enjoyed it very much. It is the most adventurous class I have ever taken; you go to many places across town like the Iveagh gardens and galleries in temple bar and I really appreciate that. This class has increased my photography mindset and skills exponentially, and I am now one hundred percent more confident in my skills as a photographer. 4.5/5

Rebecca Anderson 4th Year



This term I did photography appreciation, and I really enjoyed it. Although it was two hours, those two hours were filled and went by super-fast. We often went to different parks like St. Stephens Green and the Iveagh Gardens. It was a lot of fun to explore these different places and take photos. My favourite time was when we learned about forced-perspective. We got given different props that were very useful, to take photos with my group and I used a toy bear to take a photo of someone getting chased by that bear. We also took photos of us crawling

into glass jars and high fiving wooden dolls. It was a lot of fun and very funny to execute. As well as parks, we also went to many photo galleries to see professional photographers at work. This helped us to see the different techniques that we had been learning in real life. My favourite exhibition was Gallery X: Tingladography. In this gallery, the artist had taken old vintage photos and re-purposed them to be something completely different and unique. The best part was where people visiting the museum could create their own artworks. There was a table full of vintage photos that people coming to see the gallery could draw like the artist, that was my favourite part and our pieces were added to the exhibition! Overall, I highly recommend photography appreciation, it improves photography skills, creativity and overall is a fun module!

Sam Moran 4th Year



This year photography was probably the favourite module that I picked. It was quite different from all the other things that I've done, as we were able to go out to multiple different places such as Gallery X, the Photography Museum and The National Photography Archive Museum in Temple Bar. While going out, we learned some of the techniques to use when taking a photograph to allow the photo to tell a story and give it a deeper meaning. These techniques can also make the photo just look more appealing.

Some of the exhibits that we went to were really effective in showing us how photos are taken from the perspective of others. You can take a photograph of some of the most common things to tell a story with them—it might just be a traffic cone, or maybe a dog. I also found it interesting how some photographers put themselves through some of the most severe conditions, like war, to send a powerful message to the world. My favourite photo technique was probably perspective. I love how you can completely change a photo depending on where you take it from. I've really enjoyed photography this year and couldn't recommend it more.



PHOTOGRAPHY APPRECIATION

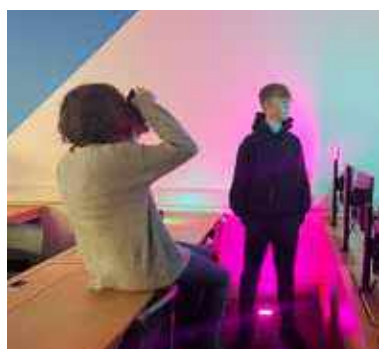
Alex McDonnell 4th Year

I picked up photography appreciation as a 4th year module at the start of the second term. I have always had an interest in photography and I saw this class an opportunity to expand on my interest and learn and improve my photography skills. We visited photo exhibitions which opened my eyes to the quantity and quality of Irish photographers. This helped show me that there is definitely a career in photography available if I choose to pursue it. The Graphic Design class, also ran by Angie, improved my photo editing ability and Photoshop knowledge.

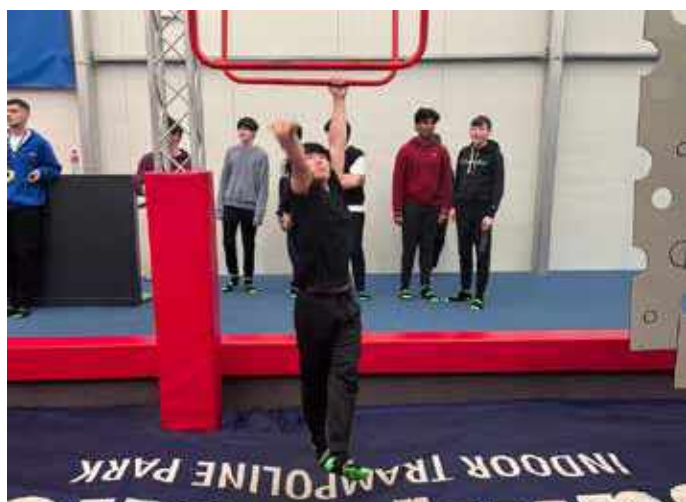
On two different occasions we were also visited by a photographer called Babs, I learned a lot through her classes. She is a good teacher with a passion for sharing her career with young people. I found her class on how light affects photos very useful. We took the pictures on the right in these classes. I enjoyed this module and would recommend it to anyone with an interest in photography. Thanks to Angie for running it.

Recently I have been shooting photos and videos for music artists and for a clothing brand, there are certainly things I have learned in the class that are reflected in my photography. The two images below, on the left, are some examples of my recent work. I used a long exposure to get the affect on the image on the far left, it has not been altered in Photoshop. I have been getting work experience and have some upcoming work experience with artist Monjola.





JUMP ZONE



MINI-MED



Amy Adam
Henriquez
4th Year



Bláthnaid
Fitzgerald Smith
4th Year

This year I participated in the RCSI Minimed online programme. It was jam-packed full of interesting and informative discussions and presentations on a number of different medical professions. The programme went into detail about rheumatology, life as a surgeon, pediatrics and forensic pathology. We even got a firsthand live insight into surgeries which were very informative and showed us the part of medicine that people generally don't get to see.

We began the first day with an introduction which led into a discussion about life as a doctor, going over the pros and cons of becoming a doctor and a student doctor, the hours, opportunities, workload and exams. We also went over an example of what the daily life of a doctor looked like, which was really insightful towards what a potential future could be like. We later got to listen to various talks from a neurosurgeon, a pathologist and a gynecologist who all went into detail about what their work entailed. I gained a great understanding of their career and what their day-to-day lives looked like.

On the second day they helped us become aware of what to expect from taking up an intern year in medicine, we were told about the workload and hours and later on in the day we had a chance to witness a new life being brought into our world via a live Caesarian section, the surgeon patiently walked us through each step of the fascinating modern procedure, overall it was very rewarding to watch the surgery. At the end of the day we heard from a rheumatologist and a forensic pathologist about their work. On the closing day of the programme, we received a discourse from a few different medical professionals about sports injuries and doctors for sports teams. We also learned about the work and journey of a surgeon, even getting to see laparoscopic surgery live. We finished off by being introduced to the HPAT, the programme gave us example questions that helped us get a better perspective of the exam. Overall the programme was really enjoyable for me and gave me the tools and motivation I needed to believe in and to follow my dreams into a medical career.

I attended the UCD "So you want to be a doctor" 4th year webinar programme in early March with 20 other like-minded students who share an interest in Medicine and Health Sciences. The programme was an online series of insightful talks from a diverse array of healthcare professionals. They each gave down-to-earth descriptions of a day in the life of their specialty, how they got there and why they chose it and enjoy it. Their presentations were also full of real-life medical cases and images, which made them even more engaging.

One of my favourite talks was by Dr. Rory Kenelly, a colorectal surgeon. I loved the way he gave an outline of his specialty but also filmed himself getting ready to perform an operation, might I add on a night shift! He showed us the various parts of the operating theatre and even introduced us to some of his colleagues who were taking a coffee break after a long working day. During the talks, I noticed a trend in that many of the professionals mentioned that the camaraderie between their colleagues was important to them.

Another presentation I enjoyed was by Ms. Sharon Kennedy, a Specialist Registrar in Plastic and Reconstructive Surgery. We soon realised that there is a lot more to Plastic and Reconstructive surgery than meets the eye, that it involves reshaping noses, repairing cleft lips, and even the re-attachment of a severed hand! All of us found this fascinating as she told us all about it and showed us images to give us practical examples. Each talk also had Q&A time at the end, and this was a fantastic opportunity for us to get encouraging answers to our questions from role models in their disciplines. It was exciting to think that in a few years' time we could be the next generation of medical professionals, that we may be able to answer those questions and take pride in our chosen specialties. I really enjoyed the programme. It opened my eyes to the wonderful world of life as a healthcare professional, with all its ups, downs, and coronary arteries. I feel even more empowered and enlightened to pursue a career in this field. This programme is a MUST for any 4th year student who has an interest in Medicine and Health Sciences.

CROKE PARK



SIGN LANGUAGE



FIRST AID **Life** Skills





Clarissa Brian 4th Year

I didn't join The Institute where most students did, the starting line; I started running in the race two months after.

First days are typically frightening for the majority of people. However, the first thing that scared me was how fast Hugh started walking towards his office in his brown work shoes, I genuinely couldn't keep up. After sprinting for my life, I was a little frightened when Hugh brought me into his office to make my timetable. Up until that point in my life I had never met any grown-up teacher, let alone a Year Head (with gums, candies and fidget toys on his desk).

To me, The Institute sounded like a place where high grades were the be all and end all. I had an idea that every single teacher would have stoic expressions, the straightest posture and the most intolerant personalities. Yet I was quickly proved wrong when Hugh handed me a green fidget toy to play with while making my timetable. It definitely scared me, but it was a good kind of scared.

After that I met Luke Rock, my tutor. Since I started late, I was afraid as everyone else had already gotten to know each other. However Luke transformed that nervousness to embarrassment when he said, "We have a new student!!" Luke was my third-year Irish grinds teacher, so it was pretty cool seeing his side fringe in real life rather than on Microsoft teams. He gave me a tour of the school and he asked whether

or not he was a good grinds teacher. I started daydreaming for a short while, but I guess that 1.45 seconds of reminiscing was way too long as Luke immediately said "I guess not". That hesitation deserves an apology, sorry Luke. The next core memory was Patrick Fitzsimons's smile. He took one small glance at me and went "You're new!!" with the biggest smile on his face. His smile was really contagious, I started smiling too (until he handed me five stacks of French notes). I remember my smile quickly turned into a smile of nervousness. Since that day I've never seen Patrick stop smiling, even for a minute. Enda Dowd pretty much did the same thing. Except Enda talked super-fast, and back then electronegativity meant nothing to me except for PANIC!!

Since then, I've truly progressed a lot. Despite my introverted nature, I found friends and I learned how to use public transport. I realised that the teachers here aren't scary. Enda taught me not to panic when hearing the word "electronegativity", Patrick taught me to smile a lot, Luke made me realise that I should use whatever gel he uses for his hair and Hugh taught me to love fluffy dogs and carry at least one fidget toy everywhere.

Soon fourth year will be over. As I'm finally nearing the end I'll end with one last confession: I can't say I'm excited for the Leaving Cert. It truly does sound like a rollercoaster with many loops and inversions. However, after riding many rollercoasters I've observed something: There are two types of people getting strapped into their seats. One who is thoroughly excited, flinging their hands into the air and shouting throughout the rollercoaster track. It's safe to say this person is ready to make the most of their experience, creating new memories and being brave. The other one who is afraid, closing their eyes waiting for the experience to end. This person didn't make the most that they could out of their experience. As a rollercoaster junkie, I strive to be the first person in this hopefully not terrible analogy. I aim to make the most of my Leaving Cert. experience and I aim to increase my academic knowledge as well as knowledge in other aspects. I understand there will be loops and twists in this rollercoaster ride, but hey? Why not scream, shout and make the best of the experience.

I may have started running late at the starting line, but who's to say I can't start sprinting.



Cambridge IGCSE

This year 34 of our 4th year students will be undertaking at least one Cambridge IGCSE exam. Successful students will attain an internationally recognised result, equivalent to the UK GCSE. The IGCSE is the world's most popular qualification for secondary school students and is accredited by Cambridge International Examinations. Our 4th year students have the choice to sit Math and/or English. Best of luck everyone!



CEFR International Language Exams

This year 47 of 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 our students have the opportunity to register for the exams during the year. 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. They 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.



DELF 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

Well done to all our 4th year students who are taking part in TEG. Congratulations to last year's 4th years pictured below who got their TEG certificates in September this year. Students left to right: Caitlin McDermott, Kate Lynch, Hope Casey, Sean Lacey, Adelaide Vial.



STUDENT SPOTLIGHT



Calum Burke 5th Year



Congratulations to 5th Year Calum Burke, who represented Ireland at the Tae Kwon Do World Cup, in Slovenia in October 2022. Well done also for winning gold medal in sparring at the Dutch Open in Helmand in February 2023. Calum had five fights to reach the final and came out on top at the end.

Calum was also selected for the Ireland squad and competed in the AETF European championships in Romania in April 2023. We wish him the best of luck in all his future endeavours.



Anna Capcarrere 6th Year



Well done to 6th year student Anna Capcarrere who represented Ireland in the IIHF Women's Development Cup in Kuwait. The round-robin tournament, from the 6th-12th November 2022, served as an opportunity for teams and countries not currently competing in the IIHF Ice Hockey World Championship program to have meaningful competition against other nations. For countries that don't have an ice rink, such as Colombia and Ireland, the Development Cup also provides valuable on-ice experience.



 **Michael Moloney 5th Year**

 **Róisín Tully 6th Year**

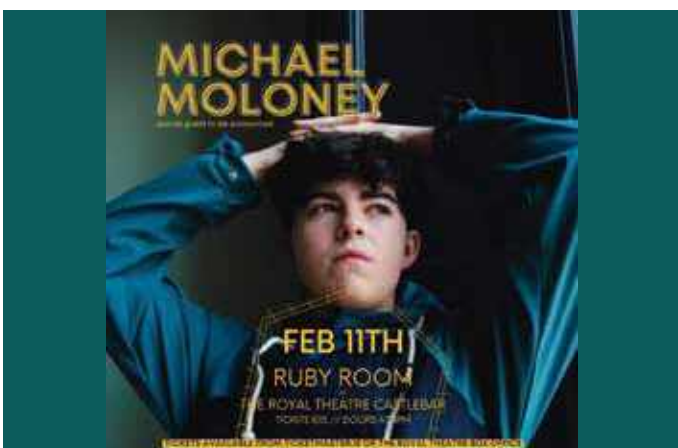


Talented 5th year student Michael Moloney released his song “Home” this school year. The song which Michael wrote and performs is available on all streaming platforms. You can listen to it on Spotify, Apple Music or iTunes. Michael has had an amazing year with his musical talent, from writing his own music and performing in the school to performing at sold-out gigs in Soundhouse in Dublin and Ruby Rooms in Mayo. We wish Michael continued success in his craft.

Róisín Tully in 6th year was involved in Sing Ireland’s Irish Youth Training Choir. The choir performed at the 30th Anniversary of the annual Business to Arts Awards at the National Concert Hall in September 2022. Well done Róisín.

Conducted by Patrick Barrett, the choir featured young singers from across the Island of Ireland. Róisín is pictured below, performing with the choir at the National Concert Hall.

The Irish Youth Choir (IYC) is the only dedicated national youth choir that offers training opportunities for conductors and singers from all over Ireland. Set up as a choir in 1982, IYC now consists of three choirs; the Irish Youth Choir (18–28), the Irish Youth Chamber Choir and the Irish Youth Training Choir (14–17) all overseen by Sing Ireland.



STUDENT SPOTLIGHT



Lucy Byrne 6th Year



Talented 6th year student Lucy Byrne reached the finals of the Frank Maher Classical Music Awards in October 2022. Lucy also won the Nordell Cup in the Senior Feis Ceoil this year which took place in the RDS in March 2023. Lucy competed against college students from both England and Ireland to take home the cup pictured below.



Our Equestrian team



Congratulations to our show-jumping team who had a fantastic year. From October to March the team consisted of a variation of the following - Irene McNamara, Aisling Rice, Samantha Bretzer, Zoe Bolton and Siobhan Doyle and Saoirse Dollard. They competed individually but their scores are combined at the end of the day.

They won their jumpinaction.com Secondary Inter-Schools league event in Killossery Stud in October 2022. Then went on to win the second league match also in October 2022. They topped the standings after 6 weeks and by December they were 1st in the league. Competing from October over a series of weekends, building up points, they secured the Leinster inter-school show-jumping team event title in March 2023. This is an incredible achievement, well done girls!





Siobhan O'Leary 4th Year



Pictured above is Siobhan O'Leary whose Football Team, Clanna Gael, won the Division 1 Shield Championship on Saturday October 22nd 2022 against Naomh Barrog with a winning score of 8-10 to 2-10.



Continuum Youth Choir



We were thrilled to hear our students were the overall winners of the City of Derry International Choir Festival with the Continuum Youth Choir in October 2022.

The students also won First place in the Sacred Music category, Youth Choir category, Mixed Voice category and Second place in Pop, Jazz and Gospel category. Students: Amy Adams Henriquez (4th year), Charlotte Bisset (6th year), Saoirse McSharry (4th year), Isabelle Pierce (6th year), Blaitnaid Doyle Fox (5th year).



Edward de Bono 6th Year



Well done to Edward de Bono. Edward was awarded with Distinguished Delegate for his incredible contribution to the debate in the Royal Russell's Crisis Committee. The committee is convened at short notice in response to a surprise event. The students had only an evening to prepare and research before launching into a day of discussion and resolution writing.



Caitlin McDermott 5th Year



Congratulations to 5th year student Caitlin McDermott on being selected for the Ireland u17s National Basketball Academy in October 2022. This was Caitlin's first selection to an international squad. We wish Caitlin and all the students at the Basketball Academy, the very best of luck!

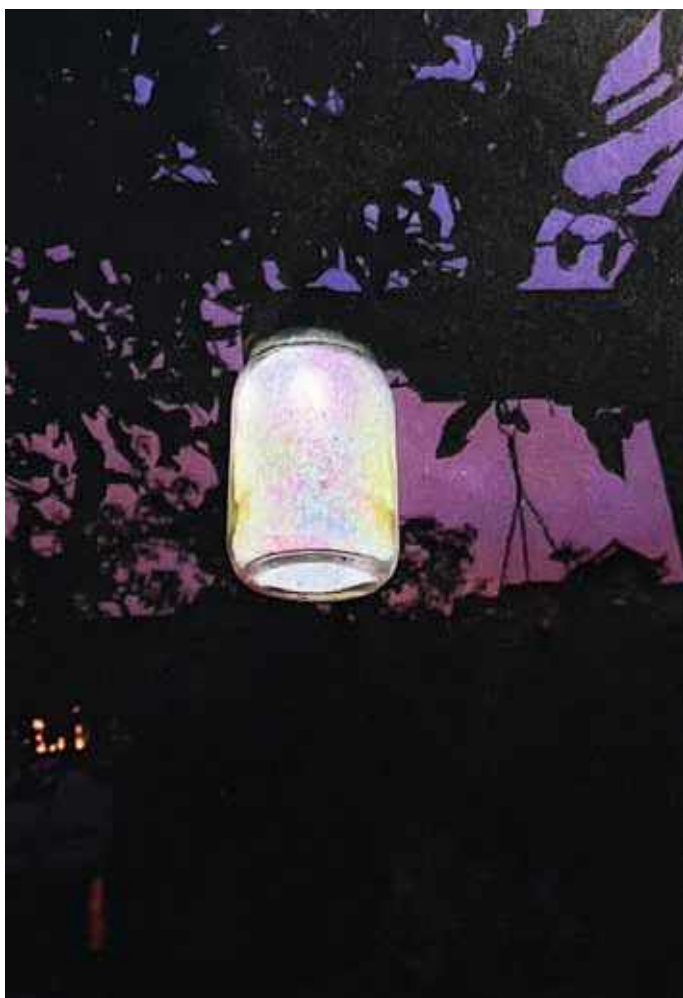
STUDENT SPOTLIGHT



Blathnaid Fitzgerald Smith 4th Year



Well done to Blathnaid in 4th year, who won the Irish Science Teacher's Association's Biodiversity Photo Competition, the photo was published in the November 2022 issue of *Science*.



Zoe O'Connor 5th Year



Congratulations to Zoe in 5th year, who had an article published in the November 2022 issue of *Astronomy Ireland*. The article is called *Tim Peake – My journey to space*.



 **Aoife McNerney 5th Year**



Well done to 5th year student Aoife McNerney who is part of the leinster traditional youth orchestra called Ceoltóirí Óga Laigheann. Aoife has performed at many concerts this year including one at the Wexford Opera House.

 **Alice Lenehan 5th Year**



We are very impressed with 5th Year student Alice Lenehan who travelled to South Africa with the Niall Mellon Education programme on the 12th of November. Mellon Educate is an Irish-based African development charity founded by developer and philanthropist Niall Mellon. Since 2002 the charity, thanks to the enormous collective effort of some 25,000 volunteers, has built houses for 125,000 homeless people in Africa's poorest townships. Alice held a Stationary Appeal in the school to bring much needed supplies to students in Africa and is pictured above with some of the items that her fellow students in The Institute donated. Thank you to everyone who generously donated to this very worthy cause.

 **Ella McCourt 6th Year**



6th year Ella McCourt is now the under 18's Leinster Champion after competing in the Leinster Championships in November 2022. She has qualified for the CLRG World Championships in Montreal in 2023. Well done Ella and Best of luck!

 **Senan Noonan 6th Year**



Congratulations to 6th year student, Senan Noonan, who competed with his team, St Vincent's Water polo Club, in the Under 19's National Cup in November 2022. The tournament took place in the University of Limerick. Senan and his team triumphed in the group stages, leading them to a nail-biting semi-final, which they won on penalties. Well done!

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, 4th December 2022. It was a wonderful event featuring many musical acts performing Christmas songs. It ended with the traditional turning on the lights and decorating the Light Up A Life Christmas tree.



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 24th December and the gift wrapping was in aid of The Irish Cancer Society. Well done on raising money for this very worthy cause.





Football Championship



Naomh Mearnog are now County Champions after winning the Dublin Under 17's County Football Championship Final against St Peter's on Sunday the 20th of November 2022. Well done to all our 5th years who played in the final - pictured above (left to right): Emmet Fields (right half back), Ross O'Boyle, (right half forward), Archie Duncan (team captain, full back) Dylan Cronin (corner forward), James Wall (corner forward).



Xiwen Tan 5th Year



Congratulations to Xiwen Tan in 5th Year who achieved a remarkable score of 120 in the American Maths Contest for 12th Grade (AMC 12) in December 2022. Xiwen received a commendation for his high score and got through to AIME (American Invitational Mathematics Exam) 2023. In the AIME Xiwen scored 100, giving him a total score of 220, just missing the cut-off for the final round of 223. Only 2.5% of participants worldwide qualified for AIME 2023. So, congratulations Xiwen and we will certainly watch this space!



Maths Quiz Team



Well done to Junjia Li, Xiwen Tan, Heyan Zhang and Theo Murphy who represented The Institute of Education in the Team Maths Quiz at Gonzaga College in February 2023.

There were 47 teams taking part and we were in the lead right up to the last round. It was very exciting and a great effort. Well done to everyone involved!



Lahita Javadpour 5th Year



Congratulations to our 5th year Lahita Javadpour for her success in Feis Ceoil in the Summer. The Feis Ceoil is Ireland's biggest classical music competition. Lahita took part in the Girls Vocal Solo A and won Highly Commended, singing 'Irish Skies'. The competition took place in the RDS on the 20th of June.

STUDENT SPOTLIGHT



Aaron McGeehan 6th Year



Congratulations to 6th Year student Aaron Mc Geehan who was included in the Irish Cricket Under 19 Men's touring squad. Aaron had the opportunity to travel to Pretoria, South Africa in March 2023 – well done Aaron and best of luck in your future sporting endeavours.



Sarah Fitzsimon 6th Year



Gifted 6th year student Sarah Fitzsimon released her new song called 'This Existence'. Sarah worked on the song as an individual artist, recording all the tracks with equipment at home. This Existence has been available to stream since 31st March 2023, on all streaming platforms including Spotify, iTunes, YouTube Music, Deezer and Instagram. Sarah has built her music platform by busking on Grafton Street and we wish her continued success with her music.





Thomas Murphy Breen 6th Year



Congratulations to 6th Year student Thomas Murphy Breen who has been accepted on a scholarship to swim and study at Ramapo college. It is a division 3 college located in New Jersey. Thomas will be on a 6 year doctorate programme studying physical therapy while swimming at a NCAA level. Thomas has had an incredible year with his achievements in the pool. He qualified for the Nationals this year competing in the Irish Open Championships which took place at the Sport Ireland National Aquatic Centre in Dublin from Saturday April 1st to Wednesday April 5th 2023. Thomas has also qualified for Swim Ireland's Championships in July this Summer. We wish him the very best of luck in July and with all of his future swimming endeavours.



Amy Deng 6th Year



6th Year Student Amy Deng was awarded first prize in the Irish Society of Human Genetics (ISHG) National Student Essay Competition in September 2022. Amy created a video entitled 'How DNA can help us to discover ancient human history.' Amy's project also received honourable mention in the European Society of Human Genetics DNA Day 2022 Essay Contest. This year's contest attracted 190 entries from students in 22 European countries. Winners were selected by a judging panel of 62 experts in the field of Human genetics. Well done!



Xiang Lian 5th Year



Congratulations to 5th Year student Xiang Lian who qualified to represent Ireland in the European Girls' Mathematics Olympiad. Lian was top of the list of the four students who represented Ireland in Slovenia in April 2023. The competition lasted for two days, consisting of two 4.5-hour papers with 3 problems each, at an increasing difficulty level. Xiang got an 'honourable mention' for solving the geometry question on day one!

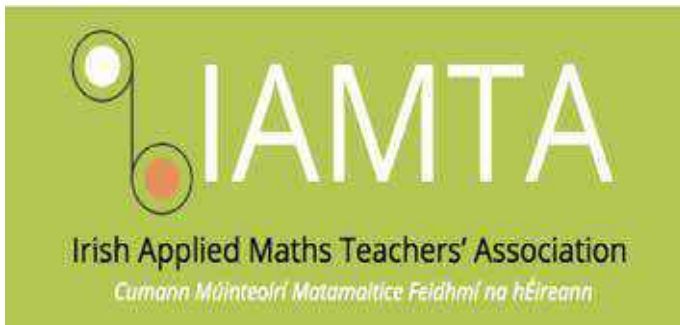


Coco Elise Lynn Browne 5th Year



Coco Elise Lynn Browne who represented Ireland at The Four Nations in Glasgow in September 2022. The 4 Nations is were the top 2 boys and girls in Ireland under 12, under 14 and under 18 plays the top 2 players from England, Scotland and Wales. It's a team event that ran over 3 days and they played two matches a day singles and doubles.

STUDENT SPOTLIGHT



IAMTA EVENTS

Each year the Irish Applied Mathematics Teachers' Association (IAMTA) hosts three major events. The annual Teacher Conference, the Junior Problem Solving Competition and the Senior Applied Mathematics Quiz. The IAMTA Quizzes took on the 19th of January (Junior Quiz) and 9th of March (Senior Quiz) this year.

The Junior Problem Solving Competition and Senior Applied Mathematics Quiz are held in venues all across Ireland each year with the National finals for both events taking place in Athlone Community College annually.

IAMTA JUNIORS JANUARY 2023

Well done to all our students who took part in the IAMTA Junior Quiz. Congratulations to Victor Golub and Eoin Lai, one of our teams who came 4th with a score of 37 which would have won outright in many centres around the country. Thank you to Oliver Murphy for organising and to all the staff and students who helped out on the night.



Nare Paronyan 4th Year

"I participated in the IAMTA Senior Problem-solving quiz this year, held by our school. There were so many people, approximately 54 3-person teams from different schools! It was intimidating, to say the least.

Oliver Murphy, our Applied Maths teacher, organised the entire thing. He has a great passion for the subject, which really shows since The Institute team with Heyan Zhang, Yibo Zhao and Haoran Ni won 2nd place to a tough tiebreaker and another spot, in the category for teams without 6th years, was taken by a team which I was on with Polly Delaney.

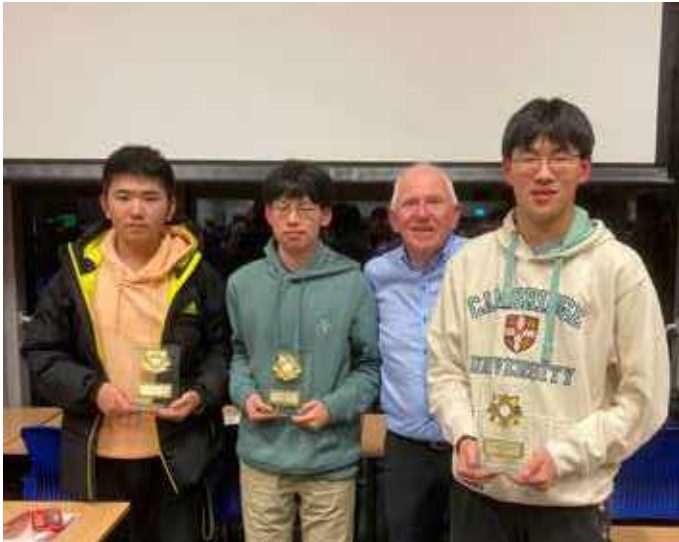
I will definitely be participating in next years' quiz! Hopefully with more knowledge, skills and tactics. The event was a great way to meet new friends, and for healthy competition. A 100% success!"

IAMTA SENIORS MARCH 2023

A huge congratulations to Heyan Zhang 6th Yr, Yibo Zhao 6th Yr and Haoran Ni 5th Yr who came 2nd (after a tie-breaker in 1st place) in the IAMTA Senior Problem-solving Quiz 2023. The night was a huge success with 54 teams from all over Dublin competing in The Institute of Education. Thank You to Oliver Murphy for organising and to all the students and staff who helped make the night a huge success!



Pictured below is Oliver Murphy, Yibo Zhao, Heyan Zhang, Haoran Ni and the Chairperson of the Irish Applied Maths Teachers Association, Meighan Duffy. Well done to the team who competed in the national final of the IAMTA Senior Problem-solving in Athlone.



STUDENT SPOTLIGHT



BT Young Scientist Exhibition



This year I took part in the BT Young Scientist Exhibition. My project focused on the impact of plant based diets on our health with an evaluation of current Irish attitudes on this topic also. I am vegan and wish to study medicine in the future so this was a particularly intriguing area of research for me.

Four years ago, I became aware of the impact of agriculture on animals. I learned about the animal agriculture industry through books and documentaries such as 'The Game Changers'. In third year, I gave a presentation to my religion class about veganism. At this point I had been transitioning to a vegan diet for roughly three years so I felt quite knowledgeable. I presented shocking statistics yet this reaction was not reflected in my class. I wanted to further investigate the impact a plant based diet could have on health and also gain information on the Irish perception of vegetarian and vegan diets currently.

I began to read papers about the health effects of a plant-based diet on the human body and I chose to focus on diabetes, cancer and cardiovascular disease. I also conducted a survey with over two hundred responses to determine Irish attitudes towards plant based diets.

My project showed that vegetarian and vegan diets can reduce the incidence and mortality of not only the diseases I examined but others too! The knowledge of this was not reflected in the survey though. The survey showed widespread negative

attitudes with poor awareness of the health benefits associated with vegetarian and vegan diets.

I believe if public education was improved and people transitioned to a plant based diet, the rate and severity of these illnesses would decrease. This would also reduce the burden on our healthcare system. I thoroughly enjoyed my experience at the BT Young Scientist Exhibition. I learned so much in the process of submitting and completing my project. I was greatly supported and encouraged by the school community but especially Wesley Hammond. I would highly recommend anyone interested in STEM to get involved!



Hello!

My name is Ilona Lowney and I'm in 5th year. I recently participated in the BT Young Scientist exhibition 2023 - which was a wonderful experience.

I have been vegan for four years and hope to study medicine in the future which led me to this project.

**TOFU
TAKE
OVER**





In this project, I created a smartwatch style device that can reduce stress. The device emits a slow pulse-like vibration against the user's wrist which reduces heart rate, and stress levels. Stress is defined as a state of mental or emotional strain caused by adverse circumstances. Also known as the silent killer, stress can lead to many health complications in people, for example high blood pressure and heart disease, as well as a host of mental health conditions such as anxiety and depression. Elevated stress levels are becoming worryingly common, triggering a rise in the number of many of the above diseases.

Stress also predominantly affects certain groups of people, for example those with special needs. I was inspired to start this project by my uncle who has a severe intellectual disability. He experiences high levels of stress every day and I wanted to find a solution for this. During my research however, I noticed none of the current stress reduction methods were time-effective, or guaranteed to reduce stress. I wanted to create a device to reduce stress in a time effective and guaranteed way, which is when I came across the concept of heartbeat synchronisation. This phenomenon occurs when two heart rates going at different speeds align, and the faster heartbeat slows down to match the slower one. An example of this is when mother's cradle their crying baby against their chest; the mother's slow steady heartbeat acts like an anchor, bringing the baby's heart rate down and calming them.

My goal was to replicate this in the form of a device. I formed the hypothesis; Playing a pulse-like vibration against someone's wrist will reduce their heart rate and can reduce stress. I completed surveys on targeted groups to investigate the current stress levels of society, relaxation techniques,

REDUCING STRESS THROUGH A SMARTWATCH STYLE DEVICE

HYPOTHESIS: PLAYING A PULSE LIKE VIBRATION AGAINST THE WRIST CAN REDUCE STRESS

Abstract
The goal of this project is to create a device to reduce stress in a way that is non-invasive, portable, and can be used by anyone. I created a smartwatch style device that emits a slow pulse-like vibration against the user's wrist, which helps to reduce stress levels. I conducted surveys on targeted groups to investigate the current stress levels of society, relaxation techniques, and stress levels. Multiple experiments were conducted to test the functionality of the device, which all showed that the device had a positive impact on reducing stress levels. The device was used in a controlled environment, and the results were compared to a control group. The device was used in a controlled environment, and the results were compared to a control group.

Rationale + Stress + Applications
Stress is a state of mental or emotional strain caused by adverse circumstances. Also known as the silent killer, stress can lead to many health complications in people, for example high blood pressure and heart disease, as well as a host of mental health conditions such as anxiety and depression. Elevated stress levels are becoming worryingly common, triggering a rise in the number of many of the above diseases. The device was used in a controlled environment, and the results were compared to a control group.

Experimental methods
The device was used in a controlled environment, and the results were compared to a control group. The device was used in a controlled environment, and the results were compared to a control group.

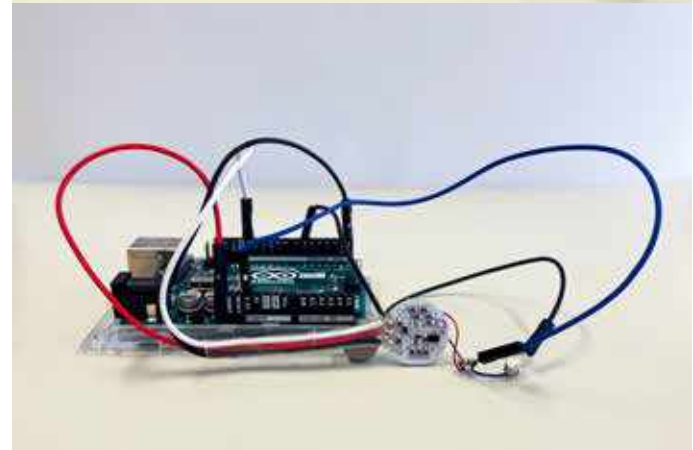
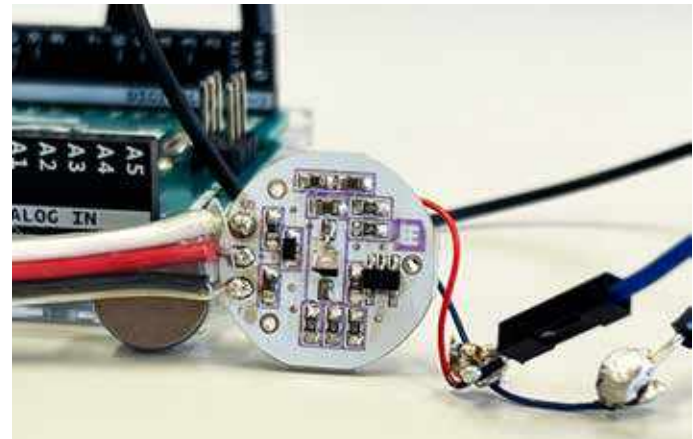
Prototype
The device was used in a controlled environment, and the results were compared to a control group. The device was used in a controlled environment, and the results were compared to a control group.

Results
The results of the project showed that the device had a positive impact on reducing stress levels. The device was used in a controlled environment, and the results were compared to a control group.

Next steps
The next steps for this project are to improve the functionality of the device, and use it to improve the lives of people facing chronic stress, and even in a commercial setting for students, athletes, and people with high stress jobs.

By Adithi Vijayakumar **INSTITUTE OF EDUCATION**

and the effects stress was having on people's health. I then created my device, using an Arduino board, vibrating motor, and pulse monitor. I carried out experiments to optimize and test the functionality of the device, and finally, to test my hypothesis, subjected participants to a stress test. Participants reported lower stress levels while wearing the device and this was reflected in the data collected, which showed participants heart rates returned to the resting rate significantly faster while wearing the device. This supported my hypothesis: that playing a pulse-like vibration against the wrist will reduce heart rate and stress. In the future I hope to improve the functionality and user-friendliness of my device, and use it to improve the lives of people facing chronic stress, and even in a commercial setting for students, athletes, and people with high stress jobs.



STUDENT SPOTLIGHT



The Economists' Corner



Well done to 6th year student Junjia Li who was the sole writer of The Economists' Corner in our weekly newsletter "The Buzz" for the entire school year. She managed to write every week, never missing a deadline, even during the Mock exams!

We found her pieces extremely interesting and timely, keeping us up to date and accurately informed. In particular, we enjoyed Junjia's piece on Chat GPT with the clever twist at the end being that Chat GPT wrote the piece! Junjia is pictured above receiving a well deserved thank you gift for her contribution.

We are delighted and not surprised to learn that Junjia received a conditional offer to study at the London School of Economics, we wish her the very best in her exams and studying Economics in the future. Below Junjia has written about her experience of being a writer for "The Buzz".

Reflections on writing for the Economists' Corner Junjia Li 6th Year

It all started with a 'light bulb' in my head, "Can I do something about it?" I was not an expert in Economics, but I had a passionate heart for writing and staying up-to-date with the news. Reading economic articles in 2022 was a rollercoaster ride for me, with soaring inflation, the Ukraine War, and economies reopening after COVID-19... everything happened

too fast. I believed that everyone around me felt the same way, wanting to stay informed about the latest developments in the world and their impact on our lives. Therefore, I founded the Economists' Corner on the Buzz.

In the beginning, writing economic articles was challenging for me. It took me a long time to select useful information and use easily understandable language to present complex economic issues in a concise and accessible way. It required many drafts and 'moulding' to finally craft the version that I wanted. However, it did not take me long to acclimatise to this professional and formal writing style. I improved my grammar and syntax in a very short time, more quickly than I ever had before.

By reading and writing economic articles, I have been able to broaden my horizons and clarify my reasoning, which has enhanced my critical thinking skills. I have been inspired by the numerous economic and political events that have occurred in various parts of the world and gained a deeper understanding of global economic trends. Writing things down has compelled me to organise my thoughts, and continually shift perspectives to evaluate different sides of the arguments. Gradually, I have been able to thoroughly analyse economic topics and identify any gaps in my knowledge!

Most importantly, what I gained the most was personal satisfaction. It was a gratifying experience. Nothing was more fulfilling than when people came up to me and told me that they had learned something new from the articles or had a good laugh at the hidden 'Easter eggs' that I randomly threw in the titles. Knowing that I had helped them and seeing the excitement on their faces warmed my heart. I never thought it would have such an impact on people or me. Thanks to the Institute for providing me with that great opportunity, the editor, Angie, behind the scenes for making my articles so aesthetically pleasing, and my weekly loyal friends/readers who often gave me new ideas and suggestions. Their compliments motivated me to write interesting and fresh articles every week.

There is so much more to life than studying, and Economics is a magic door that opens a new and exciting view to life, it is a study of people and their behaviour, a concoction of humanity and science. This is why I think Economics is so fascinating and rewarding to learn, I hope the Economists' Corner will still continue in the future!



British Biology Olympiad



Congratulations to 5th Year's Isha Muzammel and Udaiveer Parihar on their success in the British Biology Olympiad in April 2023. Isha achieved a Gold award and Udaiveer achieved a silver award. 34% of schools had gold medallist winners and we are very proud to be amongst them, well done!

Over 13,000 students from more than 800 schools worldwide took part in this year's British Biology Olympiad. They completed two 45-minute papers covering familiar and novel topics across the entirety of biology from ecology to biotechnology!



Focus Ireland Movie Night



In April 2023, our 4th year students organised a fundraiser for Focus Ireland. An after-school screening of Paddington was arranged and all proceeds from the ticket sales went directly to Focus Ireland. They raised €185 on the day.

Well done and thank you to the students on their brilliant work in organising this event. They took care of every element from organising the snacks to designing the poster.

The organisers are pictured above: left to right: Ciara Allen, Mohana Kuruguntla, Roshni Govindaraj, Nare Paronyan, Carolyne Surpikaite, Alex Dawson, Lilly Heaton.



Andrew Goh 6th Year



6th Year student Andrew Goh has had an amazing year performing with the Lion Dancing Community in Ireland. The Lion Dancing Community is partnered with Dublin City council for the Lunar New Year events throughout Dublin. Before the New year begins, Andrew participates in photo-shoots with the team, for newspapers and advertising, taking pictures with the Chinese/Korean ambassador and the Dublin City Mayor.

This year Andrew and the team performed at the Dublin Fringe Festival with traditional Chinese, Korean and Mongolian dances and instruments. Afterwards they performed on Parnell street going from stalls to stall (doing the Chinese lettuce ceremony to wish them good luck and good fortune) and they finished the evening with a huge feast.



STUDENT SPOTLIGHT



Kate Lynch 5th Year



We are very proud of Kate Lynch who was invited to be part of Newsbrands Ireland's Journalism Awards this year. Kate is pictured above with some of the top journalists in the country, celebrating their awards.

Kate was invited to be part of the event as last year, whilst in 4th Year in The Institute, Kate was awarded Student Journalist of the Year. It was awarded by PressPass, Newsbrand Ireland's Transition Year Programme. Kate had this to say about the event:

This November, I had the honour of being invited to Newsbrands Ireland's Journalism Awards 2022, as part of the PressPass Student Journalism programme. Each year, the event awards and celebrates the best of Irish Journalism from investigations, analyses of global and domestic events, sporting glories and more, and is held in Dublin's Mansion House (so I didn't have far to walk after school)!

The event began with everyone nervously congregated in the Round Room, providing the perfect opportunity to meet new people, gain inspiration and, most importantly, to network. Once everyone was seated, and undeniably well-fed, full of Five mile Town goat's cheese, leek and tarragon tranche and mini dessert slates of Bailey's profiteroles and Sicilian lemon tart, the ceremony commenced. Special guest Catherine Martin, TD, Minister for Media made a speech about the importance of honest, fair and respectful journalism and discussed the value

of Irish journalism in a global context. Then, the winners were announced, from categories ranging from Arts Journalism & Criticism, Crime Journalist of the Year, Headline of the Year, Investigative Journalism and Best Use of Video.

Then came the most anticipated moment of the night- who will be Journalist of the Year? This award encapsulates all the others, honouring the top writer from across all categories. The winning story was compared to Watergate- "a slow burner"- and was described by the judging panel as "a textbook illustration of why journalism matters, exposing as it did a couple of stubbornly persistent traits in Irish politics- cronyism and complacency". The overall winner was The Irish Examiner's Daniel McConnell for his inside scoop on Varadkar's Fine Gael.

The awards ceremony was an incredible opportunity that exposed me to the wider journalistic world, as well as being the opportunity to meet some incredibly influential people through whom I gained invaluable advice for my future career (hopefully)!





Our senior cross-country team of Siomha Magee, Alice Hickey, Aoife McNerney and Isabella Tomkin-Beddy, had an absolutely incredible year. This year they won the:

- East Leinster Schools Senior Girls Cross-country team (1st place)
- Leinster Schools Senior Girls cross-country team (1st place)
- All-Ireland Senior Girls Cross-country team (3rd place)

The team became the East Leinster Champions in Cross Country Running in January 2023. This was a fantastic achievement for them as we know they put a huge amount of hard work into it and we were delighted to celebrate with them. They then went on to become the Leinster Champions, coming 1st place in March 2023. This brought them to the All-Ireland in March 2023 and after a heroic performance on a difficult course, they finished in 3rd place taking home the bronze medal. A huge congratulations to the team and to our director of sports Brian Gegan.

Below a member of the team Siomha Magee tells us about the experience and her love of cross-country.

Siomha Magee 5th Year

Muck, sweat and grimacing faces are regular features of a cross-country race. You complain about the ankle-deep mud, the freezing sleet and the bumpy terrain - but secretly - you love it. It's exhilarating. Hordes of people gathered together for the same reason, bodies mingling at the start line, tense and waiting for the gun. The first few minutes are chaotic, elbows and heels clipping those around you. Then the hills come, and the crowd pans out into single file. Breathe. In and out. Lap one: settle in, find your place. Lap two: start moving up the ranks, if you can. Lap three: final round, give it all you've got.

"Dig in!" your coach roars from the sidelines as he watches you struggle up the long, arduous climb. "Move the arms, hang in there. This is what you've trained for."

The commentator is chattering excitedly about the European champion leading the pack, but all you care about at this moment is not falling or downright stopping. As Rudyard Kipling knowingly writes, "If you can fill the unforgiving minute / With sixty seconds' worth of distance run," you're doing well. His words lead me to think he too may have run cross-country!

"If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'"

There's the finish line. Even though your legs feel like lead, your arms are stiff from the cold and you feel nauseous, you manage, somehow, to summon the strength to lengthen your stride, to pump your arms faster, to ignore the discomfort. One hundred metres. Fifty. Twenty. And you're through, it's over. You collapse on the wet ground ripped up by the athletes before you, but that's the last thing on your mind. You did it - and not so badly either! People mill about, patting you on the back, telling you to move along, keep walking. 'You didn't run the race', you feel like saying to them, but your mouth is too dry and your head is spinning. A few minutes later, when you've caught your breath and had a drink of water, you congratulate yourself (hopefully) on your place, and if you made the podium, it's more of an exultation. Then out break the smiles and congratulations, group hugs and pictures. It was worth it. You'll be back - of course you will. It's cross-country.

STUDENT SPOTLIGHT

★ EmilyFaye Xantho 6th Yr



Congratulations to EmilyFaye Xantho on being accepted to The Dual BA Program between Trinity College Dublin and Columbia University. This is an extremely competitive process with applicants from all over the world. Despite many students applying over the last few years, including students who received offers from Oxbridge, EmilyFaye is the first of our students to be accepted to this uber competitive programme. What an outstanding achievement for EmilyFaye.

❤️ Irish Cancer Society



Pictured above our 4th years who volunteered for Daffodil Day in March 2023. In true Irish form it was a beautiful sunny day until the heavens opened and they had to run for cover. Thank you to Daire Corcoran, Nare Paronyan, Bláthnaid Fitzgerald Smith, Saoirse McSharry, Charlie Bermingham, Mohana Kuruguntla, Edie O'Brien, Felim Haughey, Rita Onachko and Gabriel Barl for braving all weathers for such a worthy charity.

❤️ Johanna Casey 5th Yr



Well done to 5th Year Johanna Casey (above right) who brought in skillets of shamrocks to sell in school for St Patrick's Day. All of the skillets were sold thanks to Johanna and the other students who helped out on the day. A total of €515 was raised for Embrace Badjao.





Hari Vignesh Vijayakumar 5th Year



Well done to Hari who took part in the British Physics Olympiad (BPhO) Senior Challenge on Friday the 10th of March 2023. The BPhO aims to encourage the study of Physics and recognise excellence in young physicists through annual Physics and Astronomy and Astrophysics competitions. The BPhO Senior Challenge is an exciting opportunity for young physicists to push themselves and stretch their problem solving skills as well as apply the fundamental principles of Physics in new and unique situations. The AS Challenge is a single, one-hour paper that provides an excellent tool to assess and challenge students' ability to work at a high level in Key Stage 5 and beyond.

Over 6000 students take part in this prestigious competition every year with only the top students achieving an award. Hari achieved a Silver Award, a feat achieved by only a small percentage of students.



Junjia Li 6th Year



Congratulations to 6th Year student Junjia Li who represented The Institute at the PDST Young Economist of the Year 2023.

Junjia won €500 for the "Best Use of Economics Awards" from Maynooth University for her project called 'Refugees immigrants: Assets or Burdens? What policies should we adopt?' Junjia advises that writing the Economist's corner, weekly for The Buzz, helped her win this prize - proving that small steps, doing something you love can really get you places!

The YEOTY National awards ceremony was held in UCD O'Reilly Hall on the 31st of May 2023. The theme of YEOTY 2023: Broken Supply Chains, Wage-Price Spirals, Fiscal Profligacy, De-Globalisation, War; Inflation strikes back!

While the 2023 theme suggests some areas for consideration, projects may be in any area of Economics.



STAFF SPOTLIGHT



Erika Capello



A huge congratulations from all the staff and students to our Italian teacher Erika, her husband Brendan and their children Lara and Liam.

Erika and Brendan got married in Dublin, in the fabulous style pictured above, on the 9th of February 2023. We know they had a fabulous day and we wish them all the best as they embark on the next exciting chapter of their lives.



Oliver Murphy



We are very proud of our Maths and Applied Maths teacher Oliver Murphy who has just published his latest Maths book entitled 'Bridge The Gap – Transition Year Maths'.

Oliver has been a teacher of Mathematics and Applied Mathematics for over 40 years. He is on the team of teachers who have written the best-selling Maths series, Active Maths. Oliver Murphy taught for 33 years in Belvedere College and The Institute of Education, making his mark as a dedicated and enthusiastic teacher of Maths and Applied Maths.

Oliver has had many achievements in his career in Maths and Applied Maths. In 1998, he was the first winner of the Victor Graham Perpetual Trophy for achievement in Applied Mathematics, awarded by The Institute for Numerical and Computational Analysis. In 2005, he was appointed as the first Chairman of the newly-formed Irish Applied Maths Teachers' Association (IAMTA). He has a long history of inspiring young people to understand, master and love these wonderful subjects and we are excited to see his new book in classrooms across the country.



Helen Casey



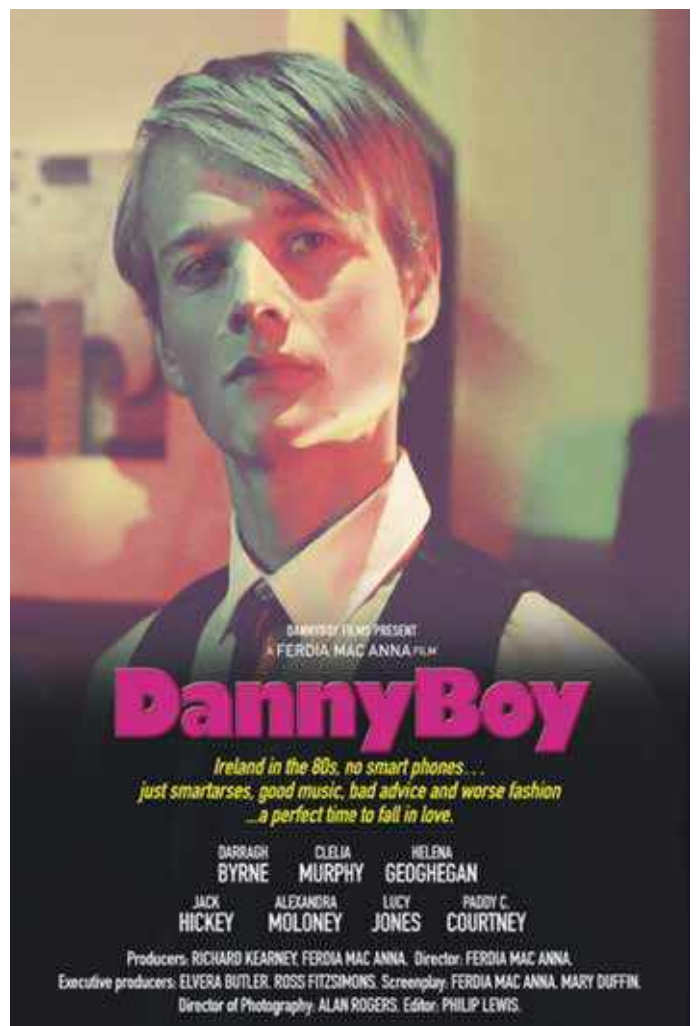
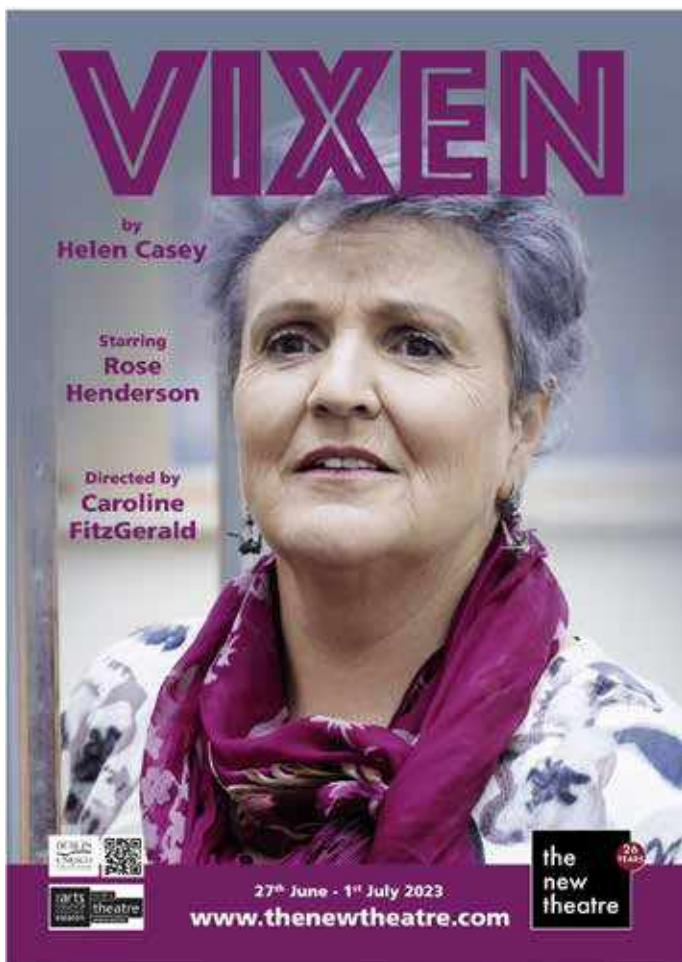
Helen Casey from our Guidance Counselling and Resource team has written a play called 'Vixen' which is on in the The New Theatre, Dublin this Summer. Helen's involvement with theatre began with her company Pale Mother staging Brecht shows in late 90s. Since then she has worked extensively as a workshop facilitator in drama in education; creating and devising theatre in school and community settings. We look forward to seeing Helen's work in July and wish her the best on opening night!



Fiona Condon



Well done to our Drama teacher Fiona Condon who played the part of Faye in the feature film 'Dannyboy' which premiered on RTÉ 2 in September 2022. Fiona has had an impressive year and also took part in creating 'A Greyhound of a Girl'. The animated film premiered in February 2023 at the International Film festival Berlin (Berlinale). The film is based on a Roddy Doyle novel of the same name.



STAFF SPOTLIGHT



Georgina Wilkinson



Our English teacher Richard Hogan interviewed current staff member and former pupil Georgina Wilkinson. The below piece was published in The Irish Examiner on International Women's Day this year. The Irish Examiner 08.03.2023:

Richard Hogan: Young women like Georgina Wilkinson are an inspiration on International Women's Day. "Sitting with Georgie is an incredible experience. Her energy and zest for life is infectious. She is the kind of girl who inspires people."

Today is International Women's Day. It's a moment when we reflect on the impact women have on our society. I am blessed, in my life, to be surrounded by women. I have three daughters and was raised by my mother and grandmother, two strong Cork women. In honour of the week that's in it, I had the great fortune of speaking with an amazing young Irish talent, Georgina Wilkinson. At 20, Georgie is the next big thing to happen to Irish Junior Supersport, motor biking. She got a motorbike at 16 and fell in love with the world of biking. But it's in her genes, her great-grandfather, she informed me with a glint in her eye, raced at the Isle of Man TT and that is how he met her great-grandmother. So, Georgie literally owes her life to the sport and now it is the passion of her life. At 16 she went to the race track for a little bit of fun but someone there told her that, "she wasn't half bad". For Georgie, this was all the feedback she needed. She took that little spark of positivity and turned it into a fire. She is now a member of James Halligan Racing (JHR Racing) and is competing in the Women's European Championship this year. Sitting with Georgie is an incredible

experience. Her energy and zest for life is infectious. She is the kind of girl who inspires people. Having three daughters myself, I am always conscious of internalised prejudice and how it can victimise a person. I have often thought that some of the conversations about equality in the workplace have the potential to develop a sense of powerlessness in young girls. If we tell our children that society is inherently patriarchal and designed to subjugate women, it can make girls/women feel like there's no point in taking part because they won't get fair treatment. And while we must illuminate inequity when and where we see it, we must also teach our daughters to believe they can affect change and that they do have agency and autonomy in their world.

I asked her why girls are underrepresented in the sport and what it was like to be in a very male-dominated sport? "Yes, it is male-dominated, but I don't think it is because women are refused entry into it. I have been welcomed into the sport with open arms; it's been incredible, actually, the love and support I have received," she says. While she does acknowledge that some might find it harder to be beaten by a girl, she explained, "the only ones that comment on it are the ones that might be a little insecure, but nearly every guy has been amazing. They have included me, it's like a family and it would be disrespectful to the guys I've met to say I have been excluded or experienced prejudice."

She is such a powerful force, insightful and honest. I asked her, did she feel the weight of history being the only girl out



there on the racecourse? “The weight is there, but I put that pressure on myself, I have that fear in my head, ‘the girl will be last’ and that motivates me to try harder.” We need to improve how girls talk to themselves, so that is not an idea in their heads. We need to build their confidence so that they know they can take part in any activity that boys are involved in. That needs to start really early in primary school. We must work to break the barriers of prejudice by engaging girls in all sports. Women like Katie Taylor and Georgie are so important because of the message they give young girls, dreaming in their bedrooms about becoming the next Taylor or Wilkinson. We have made such huge strides in equity over the last number of years. People like Georgie tell girls that they are powerful and they should dream. As a parent, I don’t know how I’d manage a daughter who was involved in such a high risk sport, so I asked what her parents thought? “My dad thought it was very cool; my mom struggled with the thought of me racing, but she is always there supporting me, championing me on.”

International Women’s Day is a celebration of women. Georgie is adamant that “all girls should find what they love to do, no matter how weird or male dominated, and just do it”. What a positive message to share with all girls and women. To thrive in life we have to believe we have agency, we have to believe we matter and that we control our trajectory through life. I want to say how much I owe to all the wonderful women who have shaped me and made me the person I am today. Happy International Women’s Week.



Richard Hogan



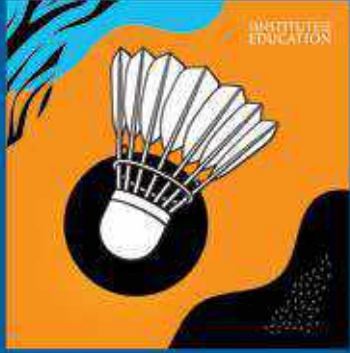
Richard Hogan and the team at Embrace Badjao have been working for over ten years with the Badjao community. Embrace Badjao aims to set up a medical and food mission to ensure that no Badjao child is malnourished and has the same rights as every other child in Davao. The Badjao are an indigenous tribe living above the shoreline in Davao, Philippines who live in extreme poverty. They are marginalised by Philippines society and

receive very little support from their Government. They have no running water and no sanitation. Badjao children receive very little education and as a result do not attempt to break the cycle of poverty they are caught in. Many Badjao children are forced to beg on the street, this further increases societies negative view of the tribe. Embrace Badjao was founded with the ethical principle to help Badjao children access education.


Embrace Badjao’s mission 2023:

1. This year we are building a school. This will be a three story building. The first floor will be where the medical and food mission will be carried out. The second floor will be a school. The third floor will be an area for the Badjao children to play and relax. The cost of the school is five thousand Euro. We have sourced local Badjao builders and they will build the school with our builders and volunteers. This will take two weeks.
2. Badjao houses are very rudimentary and need a lot of work. They are constantly falling down due to the cheap materials they use. The project this year will be to build and repair houses in need of desperate restoration.
3. We will set up the food and medical mission. We will have to develop a fire proof kitchen for food preparation. Our builders and volunteers will build this safe area.
4. We are hoping to be able to set up running water within the community and improve their sanitation.
5. We are also providing dental services for the Badjao tribe. Children generally lose all their teeth by the age of 16 years old. We aim to stop this trend.
6. Teaching in the school we have built will be an important part of our project. Volunteers will work with the children in the school over the course of the two weeks.

This year The Institute of Education has raised money to pay for a teacher to work in the school for a year. The money was raised as part of Wellbeing initiatives and also by the student’s themselves who sold shamrocks and held a bake sale to raise the much needed funds. Students from the school and members of our alumni are travelling this summer to work in the school. The Institute has a long history of altruism and is dedicated to helping the children of the Badjao Tribe in the Philippines.



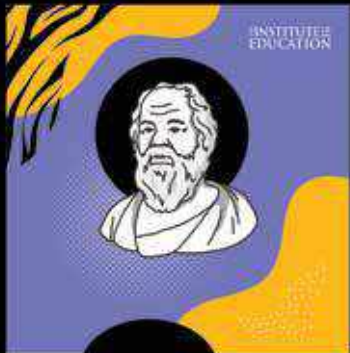
BADMINTON
WEDNESDAY
G-3 • 3:30




BASKETBALL
WEDNESDAY
G-8 • 3:30




FOOTBALL
FRIDAY
G-3 • 3:30




PHILOSOPHY
MONDAY
LG-2 • 3:30




ATHLETICS
MONDAY
G-3 • 3:30




SELF DEFENCE
THURSDAY
CONVENT PLACE • 3:30



HOCKEY
COMING SOON!
WATCH THIS SPACE & THE BUZZ
FOR DETAILS



CREATIVE WRITING
THURSDAY
LG-2 • 3:30



FILM STUDIES
TUESDAY
LG-2 • 3:30

OUR ACTIVITIES

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

Lunch Clubs

- Civil Discourse
- Drama
- Film Club
- Fitness
- Music Appreciation
- Tabletop Games
- Language Club - French
- Language Club - Irish
- Language Club - Spanish
- Social Club
- Walking Club

After School

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

After School Sports

- Badminton
- Basketball
- Fitness
- Football
- Hockey
- Self-defense
- Table Tennis
- Volleyball





have fun, and meet new people. Whether you're a beginner or an advanced player, there's something for everyone in this exciting and dynamic club. I want to thank all the members and the coach for showing me how fun table tennis can be and I will cherish the memories we made. I hope the club will continue to thrive and bring in more members after I leave.



Pictured above are the two finalists of our Table Tennis competition. Owen Yu (6th Year) beat Pranshu Patel (4th Year) at this year's end of year tournament. Well done to both of you.

Table Tennis

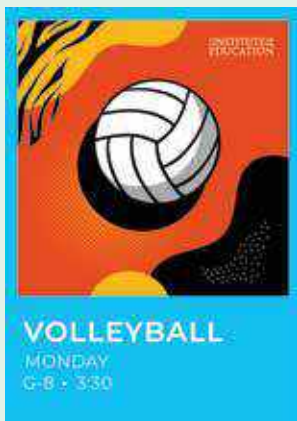
Owen Yu 6th Year

Hmm, one word to sum up my experience with the table tennis club... Exciting? Inspiring? Captivating? I'm not too sure about those words, to put it simply, it was fun! Table tennis on the surface level is quite a simple game after all. Like its big brother, tennis, it is a game played by two (sometimes four) people with rackets and a ball with blue netted tables instead of a court. Simple right? Just hit the ball and win. Unless that ball is traveling over 50mph with spin, that's gonna sting (sorry 4th years but life's not fair.)

But in all seriousness, the Table Tennis Club has been a fantastic way for me to stay active, to improve my hand-eye coordination and also to relieve the stress of the Leaving Cert! I've learned new techniques and strategies from the experienced coach who leads the club, and I've been able to put those skills to the test during tournaments and competitions.

Speaking of tournaments, I found those a fun way to compete and make new friends or enemies, and there's always nice prizes and treats for everyone. Having some previous experience I was shocked to discover how good everyone was and the fast rate they were improving was honestly terrifying. It made me realise that I needed to polish my skills and give 100% for each match. A motto I gained from table tennis is to never give up! Even if you're down 10-0, you can always bounce back as long as you try your best! (With a tiny bit of luck sprinkled in.) Overall, the Table Tennis Club is a fantastic way to stay active,





Volleyball

Pranshu Patel 4th Year

Before the start of the year, I remember my dad telling me that I had to find a school activity to join within one month or else he would make me join one. To be fair to him, I haven't been very active these last few years. I'd rather just sit in my room and watch shows or read a manga.

Thinking back, I don't think I actually joined any activity until two months in. But now that I have been doing them for a while, I feel happy my dad pushed me to do something because it gave me an opportunity to socialise and gain new friends.

I can remember the first day I went to volleyball. It was a cold, dark winter morning and when I got to G-8 I could see a crowd was waiting for the bus to take us to the court. When we finally arrived everyone ran straight to the bag of volleyballs and grabbed the best they could find. Since it was only my first time, I brought my friend with me, so we just played by ourselves in the corner.

Once the first day was over I felt so good, the feeling of just going there and doing some sort of activity made me feel good about myself.

After that I continued going every Monday and now, I'm not nervous going alone, like I was before. Now I have made new friends with people who regularly come, and it has made me a lot better. I enjoy going so much that I even started table tennis also. Honestly, I am so happy that my dad forced me to do an after-school activity.





Football

Ethan Campion & Emmet Fields 5th Year

Football on a Friday is a great end to a hard academic week in The Institute. Every Friday we get a bus to UCD Astro and play football for an hour. Keith is a great referee and coach who encourages good play.

Pure talent is always on show. Every week there are quality goals, crunching tackles, beautiful passes and passionate comebacks. All levels from Premier League standard players like Ethan Campion and Emmet Fields to Sunday League standard players. Everyone always gets involved and it is by far the best extracurricular activity. The students who regularly go to football have not only turned into great friends but have turned into what feels like a team.

It feels good that no matter the ability of the players we can all encourage, support and push one another. Even the lads who have only joined a few weeks ago say it's great craic as well as competitive. It also feels good to have a veteran of the sport Keith looking out for us giving us both positive feedback and letting us know where he thinks we can improve. We strongly recommend Friday football and people show up next year. A special mention: Barra Lynch - goal of the season (nominated by Ethan Campion).



Self-Defence

Sumukh Adiraju 5th Year

Being a part of the kick-boxing club this year was a total knockout! We started the year off with the basics, learning how to defend ourselves from headlocks and punches. But once we strapped on those gloves, it was time for action! We learned all kinds of moves, from jabs and crosses to roundhouse kicks and flying kicks. And let me tell you, it wasn't just about throwing punches and kicks. We were a real team, pushing each other to be the best we could be. Whether we were sparring or refining our technique, we always worked in teams to help each other improve. The fact that we built a sense of community was what made kick-boxing even more special! Whether we were cheering each other on during a sparring session, giving tips on technique, or practicing shadow boxing, we were always there for each other.

We practised speed, power, and aim, working on perfecting our technique so that we could fight with precision and force. We also spent time discussing and perfecting strategies on what to do if we were ever in an actual fight, including how to defend our head and other vulnerable areas. We learned to stay calm under pressure and to be prepared for any situation. Now, don't get me wrong, kick-boxing was no piece of cake. Every session left us drenched in sweat and exhausted. But it was all worth it in the end. We knew that every time a session ended, we were getting stronger and better. That feeling of accomplishment was like nothing else. In the end, being a part of the kick-boxing club was more than just learning how to fight. It was about learning how to be a team player, how to push ourselves to our limits, and how to have a tonne of fun along the way. I am greatly looking forward to getting involved in it again next year.



Chess

Hugo Brosnan 5th Year

The chess club meets once a week on a Tuesday for an hour and a half, starting at 3:30 and finishing at 5:00. It's a great time to engage in friendly competition with each other. The atmosphere is always full of fun and enjoyment, with players laughing and chatting while they play. It's a great opportunity to socialize and make new friends while also improving your chess skills.

This year's chess competitions between The Institute of Education and C.U.S were intense and closely fought, resulting in a tie in both events. The first competition saw both teams engaged in a grueling battle, with each team taking turns to lead at different points in the game. However, in the end, neither team was able to clinch victory, and the match ended in a 11-11 tie. The second competition was equally exciting, with the teams evenly matched once again. The players' skills were on full display as they executed clever moves and counter-moves, and ultimately, the game ended in another 10-10 draw. Some of the chess team are pictured above just before leaving for C.U.S.

Some standout performers of the tournament were Kalin Doherty, Sumukh Adiraju and Hugo Brosnan. They were instrumental in helping their team earn valuable points by winning their games and holding their opponents to a draw. Their tactical and strategic play was particularly impressive, they demonstrated their ability to adapt to different situations on the board.



We all have our own perspectives on the world. Our own insights and beliefs that we hold onto dearly. Yet, we often find it hard to convey those ideas in a way that can feel fruitful. When worldviews collide, we can find ourselves losing focus to our frustration or simply as we cannot lay out our vision and reasoning clearly. Sometimes we find ourselves clinging on to ideas without knowing why, clutter in an uncritical mind. Debating breaks us out of cycles of anger and arbitrariness. It can provide a way to structure our messages that ensures that they are examinable, relatable and justified. This is one of the reasons why every year the Institute’s debating club attracts throngs of students. Each comes with their own vista into the topics but must find a way to present them in reasoned and civil discourse.

This year we had great success in the Leinster Schools Competition, claiming the top prizes in both categories. This event is run by debating societies in UCD and Trinity and runs over several weeks. Students from all over Leinster flock to the event. 5th years DuiLan Sun and Roisin McCormack took the top team prize and 6th Year Yolanda Zhao received the best individual trophy. These are phenomenal achievements, and everyone here is so proud of them.

For the second year in a row The Institute qualified for Oxford Finals Day, with Millie McCabe and DuiLan Sun competing in the Novice finals. Oxford is such an exhilarating environment for enquiring minds and provided the perfect backdrop to some insightful and nuanced debate. Here are a selection of images

and reflections from the year offering a brief glimpse into some of the fantastic events that took place this year.

★ L & H Mace UCD



Well done to all our students (pictured above) who took part in the L&H Mace in UCD’s Newman Building on October 8th 2022. Special mention to Dui-Lan Sun and Millie McCabe who were runners-up in the final.

★ PhilSpeaks Mace Trinity



Pictured above are Dui-Lan Sun, Millie McCabe, Polly Delany and Sanjana Kodishala who participated in the PhilSpeaks Mace, in Trinity on the 13th of February 2023. Students Nare Paronyan, Sahana Dewan, Cathy Rolfe and DuiLan Sun also took part in the Trinity Hist Mace of February 11th 2023. Sahana and Nare made it to the silver final with Cathy and DuiLan making it to the gold. Well done everyone!



Trinity Hist's Girls Mace



Leinster Schools Debating



Congratulations to 4th Year student Nare Paronyan pictured above who won the Trinity Hist's Girls Mace Debating Competition in March 2023. The Hist organises competitions to help secondary school students get involved in debating, develop their skills, and meet new people. Well done Nare and we wish you all the best in your future debating endeavors. Below Nare tells us about her debating experience this year.

After joining the Debate club that ran once a week at 3:30 after Christmas, I found my Friday evenings to be filled with controversial arguments and a hub of strong opinions. As simple as the basis of debating may be, it was an exhilarating exchange between the "right" and the "wrong" and the thousands upon thousands of impacts and possibilities that came in between.

We're a random bunch. Most of the people there I probably wouldn't have even talked to before I joined. After claiming my seat in the English room, I signed up for every debating competition to come along, my first-time debating being the prestigious Oxford Trials. Ever since, I've debated, berated judges for feedback, improved and done it all again and again. Over the span of two months, I've done and dusted approximately four competitions, and am eagerly waiting for next year's season of debates.

Run by either the HIST or the Phil in Trinity, older college debaters set up these competitions for secondary school students. During competitions, I've met so many interesting people from other schools, including debaters on the Irish National Team. I look forward to the next year of debating. To making friends, arguing the government's problems and winning gold painted metals.

Congratulations to 6th year student Yolanda Zhao, pictured above whos stellar performance in the Leinster Senior Schools Debating Championship in UCD, earned her the best individual trophy.

It is with great pleasure and pride that we share these photos of our students with their Leinster Senior Schools Debating trophies. The competition is run as a joint effort between UCD's Literary and Historical Society and Trinity's Hist, and is Ireland's largest secondary school debating competition.

The competition has run for 40 years and has become an institution in senior cycle debating, drawing hundreds of competitors each year. This a fantastic achievement.

Competing as a team, 5th Years Dui-Lan Sun and Roisin McCormack, pictured below performed superbly taking the team trophy.

We congratulate them all on their victory which is a result of much practice and superb coaching by David Connolly and Megan O'Driscoll.





Fearne Morrissey 5th Year

The bus ride to UCD gets increasingly pleasant the more you take it. The first debating competition, I got completely lost on my way there, my “motivational” Grimes music pounding in my ears trying to dull my nerves. I spent thirty minutes just circling around trying to find the bus stop.

The second time I took the bus there I recognised a Belvedere debater that made it to the finals of the previous debate. I attribute my intimidation of his debate skills to me falling down the bus stairs.

The last debate I went to, I was more comfortable and familiar with the commute and was excited for what lay in store for me. This goes to show that overtime debating ceases to be daunting, you look forward to seeing the same faces and become appreciative of your shared common interests. Cliché as it sounds, a real “family reunion” sentiment develops as the year progresses.

When competing in Mace debates, you learn to trust your team mate completely. There’s no greater feeling of pride than when they take to the floor and absolutely destroy the opposition . I would really recommend getting involved with the debate club if your just even interested in making friends, the camaraderie you feel in the pre debate jitters is remarkable.

Another thing I’ve noticed about debate participation is that it changes your perspective on the world. Looking for points to support a position you personally might not be in favour of, helps you keep a broader perspective when considering and discussing politics and society. I usually find myself

momentarily believing whatever argument I’m speaking for by the end of it. I’ve spoken to my friends about this strange power of self persuasion and they agree with me about the phenomena. It really allows you to open your mind and gain a fuller understanding of the world.

For those nervous about participating in debate I would say try out anyways. Your first time may be nerve racking, mine certainly was, however you become not only comfortable with speaking in front of people but really relish it . It’s an opportunity to show off what you know, meet knew people, and overall deepen your skill set.





Millie McCabe 5th Year

I started Debating this September. I had thought about joining before, but I had never gone until one Friday my friend dragged me to debate because she wanted to go. I never really intended to take it too seriously when I went to debate for I first time I was just there to try it out. After a few debate classes I realized that I really enjoyed it, and I signed up for my first debate competition. I was so nervous the morning of the debate I almost decided not to go but, in the end, I went. I was surprised at how much I enjoyed it. It was my first time debating with DuiLan, we worked really well together straight away, and we managed to break to the finals of our first competition together.

After that I was thoroughly invested in debate, and I went every Friday after school. With lots of help from our debate teacher Megan and lots of practice debates in class I was able to improve my debating skills through the year.

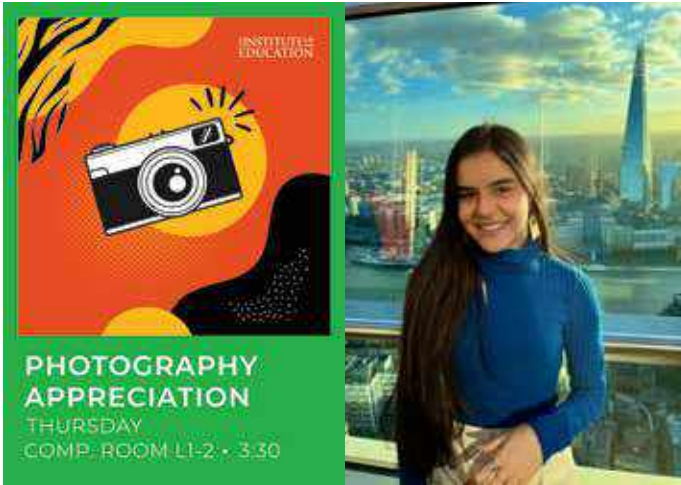
I went to lots of debates throughout the year spending many of my Saturdays all day in UCD or Trinity but the highlight of debate this year was when I went to Oxford. The regional trials were held in the school in January. DuiLan and I were one of the four teams in Ireland to qualify for Oxford. We both flew to Oxford for the weekend of the competition. There were teams from across the UK and some international teams competing. The day was incredibly stressful, but I still immensely enjoyed the experience. DuiLan and I made it to the novice final.

Debate was definitely one of the highlights of 5th year for me and I hope I will be able to continue it in 6th year if I have the time. I would tell anyone that has ever thought about debating to try it out you would be surprised how enjoyable it is. It

might seem intimidating at first, but you will soon realize that everyone is really nice even if they do not seem it in the middle of the debate.

Pictured on this page, Millie McCabe and DuiLan Sun in historic Oxford University, where they were competing in the Novice finals in March 2023.





I think the photography class is really excellent, educational and mind opening. The group is very well received and participatory, everyone gets along well and it was a great way to make new friends. The teacher is really kind and friendly and we learned about so many topics such as perspectives, compositions, textures, leading lines, shapes, depth, movement and of course, we are learning the beauty of photography!



Photography Appreciation

Livia Guimarães 5th Year

There are so many awesome extracurricular activities in the school, one of them is the Photography Appreciation group. The Photography class is fascinating and there are different things to do each week.

We went in groups to so many photo exhibitions, parks and museums to appreciate the art and landscapes. We take our own pictures and discuss other people's points of views. Also, we can post our own pictures on our own social media. We have Photoshop classes where Angie teaches us some techniques on how to use the application properly, step by step. Some tips about contrast, colours and image overlap. Before we go out to take pictures, we always learn a new technique or photography rule to use and train on the day, such as the rule of thirds.

In addition, an awesome photographer came to school to teach us some brilliant techniques about the art of photography. Babs taught us how to handle different cameras with different lenses and sizes. We learned about lighting, projections, angles and shapes.





Below are some of the photos taken by the Photography Appreciation group on some of their Thursday afternoon walks around the city.



Livia Guimarães 5th Year



Donal Salin 6th Year



Polly Delany 5th Year



Tinashe Chiza 5th Year



Tinashe Chiza 5th Year



Blathnaid Fitzgerald Smith 4th Year



Blathnaid Fitzgerald Smith 4th Year



Donal Salin 6th Year



Ilona Findon 5th Year



Rita Chen 4th Year



Rita Chen 4th Year



STEM



Zainab Rahim 4th Year

STEM. Science, Technology, Engineering and Maths. I've always wanted to be a part of it ever since first year. However, since I attended an all-girls school, my interests weren't accommodated due to the lack of STEM subjects such as Engineering, Technology and Tech Graph. As I made my way through the education system, my burning passion to pursue a STEM career continued to grow rapidly, particularly in fourth year. That's when an eye-opening opportunity arrived; iWish STEM Day. A community showcasing the inspiring work of women in STEM and encouraging girls to pursue a career in this field.

The day was filled with excitement and genuine curiosity. The event was split into two parts, the first taking place in a colourfully lit room with a presenter whose name was Blathnaid, coincidentally the same as my friend who I sat next to. We were introduced to a diverse group of high achieving women in STEM, from employees to business owners to CEO's who all had very different stories. I was relieved and elated to see the sheer number of women of all ages finding their dreams and contributing to the world through the power of STEM. To



be honest there were so many lights and flashes from the cameras it seemed a bit like Britains Got Talent which was both entertaining and humorous.

The second part of the event was undoubtedly my favourite. We were brought into an even bigger room covered with countless stalls from different companies such as Google, Irish Rail and Amazon. It felt like a rare, once in a lifetime open day with each stall promoting a different possibility and pocket of STEM. One thing that stood out to me was the use of Lego to model a building or a piece of complex technology. As a growing impressionable child, I remembered myself associating Lego with a toy that only young children played with, but it can be far more practical to model ideas with something as simple and small as Lego in a company as big as Google. A major theme that I recognised through and through again when interacting with the employees at each stall was innovation and collaboration. It made me reflect on the importance of creativity and communication as they're the principal skills when solving almost any problem.

Overall, the event has cleared up several misconceptions of STEM careers for me which I've known all my life and has shown me how broad the world of STEM is. Another follow up opportunity from this event is the Deloitte internship which will be my first ever experience in STEM from a career point of view which is what I've been searching for ever since I started fourth year. In retrospect, I think that I knew from the beginning the incredible impact iWish STEM Day would have on me and am excited for what the future of STEM has to offer.

MUN



Kate Lynch 5th Year

I think I speak for every single one of Tute MUN's delegates, even our contrary security council, when I say that Model United Nations is not only an educational experience that can be gained from no other single activity but also a place where lifelong connections are made, with like-minded students, each one of us with a drive to make the world better place (and to argue incessantly).

At an MUN conference, students for as the representative of a country represented at the UN and must offer resolutions to a selection of global problems such as the question of the rights of women in indigenous communities, transgender healthcare and the development of public health care systems. There's even sometimes that opportunity to delve into historical issues such as post-war development in Vietnam and the partition of Palestine. This academic year, 2022-2023, we've sent delegates to conferences in Terenure College, Rathdown School, Blackrock College, Wesley College, St. Andrew's International School and The High School, Dublin.

Again, I think I can speak for everyone who has been involved in MUN in saying that we've each developed invaluable life skills- ones that you may never engage with in an ordinary classroom- public speaking, debating, critical thinking, leadership and teamwork to name but a few. Of course, the most important and cherished aspects of MUN are the fun, laughs and genuine connections that are formed along the way. I'll leave you with the words of our very own Secretary General "MUN is like having a big family. Sometimes dysfunctional, sometimes odd, but always interesting" (thanks Udaiveer).

In true Model UN fashion, we've included our favourite pickup lines from this year. Use them at your own discretion however (they're very effective):

"I Ecuador you"

"U.N. I belong together"

'Belize let me hold you"

"UK, sweetheart"

"On a scale from North Korea to the US, how free are you tonight?"

"Security Council passed a resolution urging you and me to be together"

"Motion for a one-on-one unmoderated caucus"

MUN



The Royal Russell MUN



Pictured above: Edward DeBono, Faye McGarry, Emily-Faye Xantho and Udaiveer Parihar (pictured left to right) who went to Croydon for The Royal Russell Model United Nations in October 2022. It is the first time we have attended this exciting event.

The 2022 event marked the 40th anniversary of the Royal Russell International Model United Nations; a conference which sees pupils from all over the world join together to discuss some of the world's most important issues. Royal Russell School (UK) hosts an annual four-day International Model United Nations Conference each October. Royal Russell School was the first British school to set up an annual MUN conference. Well done to our students for making the trip to this prestigious event.

Pictured below: Some of our students kitted out in style for RADMUN, (Rathdown School Dublin MUN) one of the many MUN events we attended this year. Students were very keen to take part and happily gave up their weekends, we hope the enthusiasm continues next year!



Terenure MUN



After over a year away due to Covid, this October saw the triumphant return of the Terenure Model United Nations. TERMUN is the first conference in the yearly circuit of events and set a high bar for the others to match.

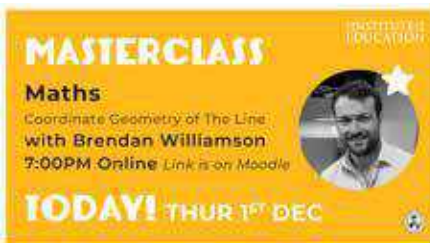
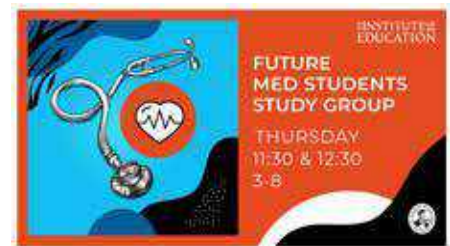
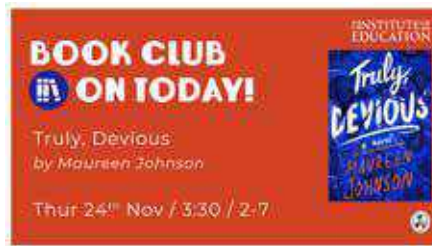
The school had three delegations this year: India, Chile and Colombia. Students represent their countries across a variety of committees that cover issues ranging from ecology to human rights and international security. Students must research their country to gain insight into their particular stances on pressing issues.

Pictured above: (Front L to R): Sienna Manning, Mya Lynam, Kate Lynch, Udaiveer Parihar, Sadhbh McCabe, Yilin Lin. (Middle L to R): Luca McGann, Cian Papendick, Kieran O'Brien, Yuyang Wang, Jiayi Lin, Alan Choi, Matylda Radziwillowicz. (Back L to R): Thomas Sheehy, Jeremy Browne. Pictured right and on page 97 a selection of photos from this year's MUN events.



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.



WELLBEING



This year, students had the opportunity to participate in weekly wellbeing events as part of our comprehensive wellbeing programme designed to support students on their journey of personal development and academic growth. These opportunities allow students to develop lifelong skills for maintaining positive wellbeing that will aid them in their personal journey.

Each week, students had the opportunity to attend a wellbeing event including wellbeing talks facilitated by our own Arnaud Bongrand, a qualified psychotherapist, nutrition talks with Andy Quinn, and Meditations facilitated by Irish international athlete and our PE teacher, Brian Gegan.

Weekly Social Club and Walking Club also took place supported by our student wellbeing committee. Our Positive Poetry and Sparking Joy photo competitions also took place and we were delighted to see our students participating in these competitions and sharing joy with others. Our second annual Wellbeing Week took place in January, and we were also delighted to support a number of charities including Focus Ireland and Embrace Badjao. As a school where students are the centre of everything we do, we are passionate about helping all members of our school community to maintain positive wellbeing. We thank all students for their help and support this year with our wellbeing programme and look forward to continuing this next year!



WELLBEING *Sparkling Joy*



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

Congratulations to 6th year student Zoe Lu, who is the winner of our annual photo competition 'Sparkling Joy - something that made me smile.' Zoe's image (below) will be printed on canvas and added to our Sparkling Joy collection on the L Block crossover. It was very hard to pick a winner this year, we loved seeing everything that brought a spark of joy into your lives. From sunsets to garlic bread, 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.



WELLBEING



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 second annual Christmas Jumper Day. Students and staff alike donned their favourite festive attire in support of **Focus Ireland** and **The Morning Star** Hostel. Collections were facilitated by our 4th year students and student volunteers who collected donations around the school throughout the day. Our choir also sang carols on the steps of the school to support this important cause. The total amount raised was **€2,425**. We look forward to continuing to support these causes in the future.





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 had the opportunity to try food from other cultures, play board games, and listen to traditional Irish and world music. As part of our Culture Day this year, we supported **Embrace Badjao**, a charity initiative spear-headed by our own Richard Hogan, to support the Badjao people in the Philippines. The total raised between cash and online donations was **€1,139**.







WELLBEING WEEK



January 9th - 12th 2023



Our second annual Wellbeing Week took place during the first full week back in January. Students had the opportunity to attend daily events including wellbeing talks, meditations, nutrition sessions, 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 Síomha Magee (pictured bottom right) in 5th year who won our competition with her poem *Morning Observations*.



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 yellow clothing. The week concluded with a student concert - a special thank you to all the students who participated.



Morning Observations

Bars of gold
Through the window
Shimmer soft on a drowsy face
Folded hands, folded skin
Head sinks deep into a different world.
But wait! -

A blink, a shuffle, the eyes resurface
Shattering blue globes, never aged,
Reflect the aureate light of autumn
Young and spirited as ever,
A crinkled corner, a straightened back,
Ready for the day.

Síomha Magee





Random Acts of Wildness

In March, students and staff shared photos from nature to encourage others to get out as the weather began to improve, 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. The far left sunset on the sea image, below and right were some of our favourite submissions.



MASTER CLASSES AND



Michael Casey



Breege Henry



Wesley Hammond



Cian Hogan



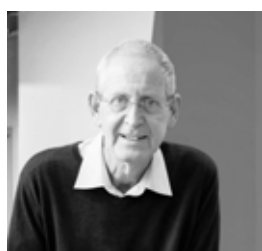
David Connolly



Clodagh Havel



Liam Dingle



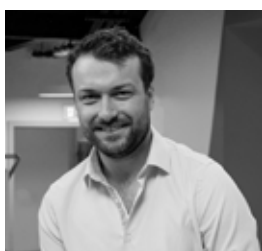
Aidan Roantree



Louise Boylan



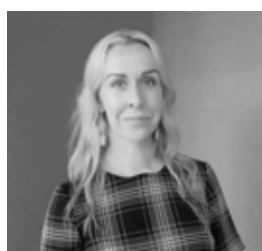
Hilary Dorgan



Brendan Williamson



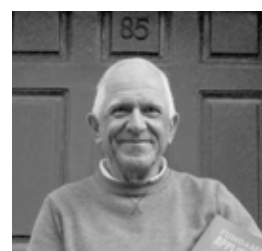
Brian Scully



Stephanie Mulligan



Andy Quinn



Oliver Murphy

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.

This year we added new teachers to the Masterclasses timetable covering Irish (Michael Casey), Geography (Breege Henry), Biology (Wesley Hammond), English (Cian Hogan, David Connolly, Liam Dingle & Clodagh Havel) and Maths (Aidan Roantree, Louise Boylan, Hilary Dorgan, Brendan Williamson, Brian Scully, Stephanie Mulligan, Andy Quinn and Oliver Murphy). They continue to focus on 6th years and the Leaving Certificate Exams but 5th years were also able to get some Mastery into their timetables by attending Wesley's Biology and Cian's English Masterclasses.



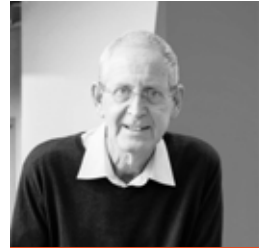
TUTORIALS



Susan Cashell



Jean Kelly



Aidan Roantree



Andy Quinn



Michael Casey



Lesley Aslin



Michael Casey



Begona De La Fuente



Alan Trenier



Declan Kelly



Patricia Crowley

Tutorials

Tutorials are available every week for students looking for extra help or guidance. Tutorials are during school hours and are in person. Students are welcome to drop in without an appointment to get help in areas specific to their needs.

This year we had an increase of subjects covered and students could attend tutorials and revision in History (Susan Cashell), Maths (Jean Kelly, Aidan Roantree and Andy Quinn), Irish (Michael Casey), Geography (Lesley Aslin and Michael Doran), Spanish (Begona De La Fuente), Ag. Science (Alan Trenier), and Art (Declan Kelly & Patricia Crowley). There was also individual Maths tutorials which students could book in advance every Monday and Tuesday with Adam Goodwin. Tutorials were a great success this year - they were student led, with students requesting certain topics to be covered and bringing their homework to the class for individual help.



GUIDANCE



Aoife McArdle



Helen Casey

A BUSY YEAR - AS ALWAYS!

The Guidance team have had a busy year, as always, between individual student help, talks, seminars, events and weekly webinars. The school year brings many challenges from CAO and UCAS deadlines and choosing the subjects that will help students on their education journey to the smaller details and stresses of the day - the Guidance team are here to support and help the students through all of it. We are available from 9:30am-3:30pm every day by appointment (the appointments are easy to make by signing your name on the sheets on the noticeboard) and every morning from 8:30-9:30am for unscheduled drop-in sessions and we encourage everyone to make the most of this excellent service.

The cornerstone of the Guidance Department work is the online weekly webinar that takes place Wednesdays at 4pm. The brainchild of our guidance counsellor, Aoife, these webinars have proven invaluable to students seeking information and expert knowledge on a wide range of college courses both here and abroad. The webinar format, typically a 40 minute slide

show presentation, followed by a 20 minute live Q&A - gives students the opportunity to direct their specific questions to the speaker on a whole range of topics related to their course of interest.

Very often the webinar can shed light on a lesser known aspect of a traditional course; in the case of Dental Science we had Prosthodontics and Implant Dentistry or indeed Law with the slant on Human Rights Law. Arts at NUIM webinar outlined all the subject combinations and options with this highly flexible degree course.

Each week we take a different area of study and explore it with contributions from academics, industry professionals and current students. At the request of students, we had more contributions from students this year and we had a few webinars where we explored studying abroad as that has grown in popularity over recent years. We had webinars on so many popular topics from Media studies to Medicine. We covered all the staples of Law, Science, Business, Social Science, Arts, Medicine, Computer Science, etc. The Institute of Education Wednesday Webinar has become a staple in



the weekly calendar and a vital part of our students' college research process.

The planning and designing of the webinar programme has always been student-led. We take your suggestions on board and endeavour to devise the most exciting programme we can. The Dual BA Columbia & TCD features this year, as does Ulster University and Queen's University, Belfast. Those interested in studying in the UK will always find lots to learn on the UCAS webinars. A lot of information to take in? Perhaps! But the good news is that all webinars are uploaded onto Moodle, so you can scroll through them and re-watch if needed or missed. Better than Netflix? Undoubtedly! And no, we're not biased! Some highlights this year have been:

MEDIA STUDIES AND JOURNALISM

Media Studies – very much the exciting “new kid on the block” offered at 3rd level. Dr. Anne O'Brien, Head of Media Studies, NUIM, outlined the core theory/production modules this course entails as well as sharing key insights and knowledge on the media industry in general. Interestingly, she highlighted the differences between choosing media studies as an arts subject vs stand alone degree. In such a rapidly changing industry, there were plenty of tips to pick up here!

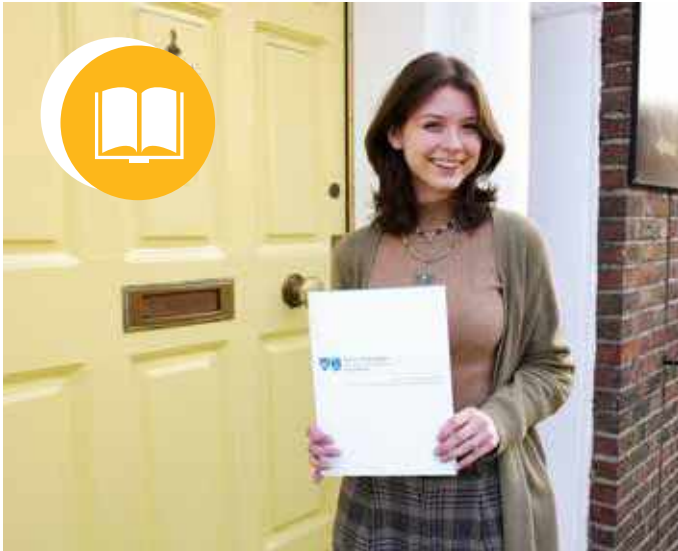
TUD's Kevin Hora (Journalism & Communications) gave us a thumb nail sketch on what makes a good journalist and provided us with excellent information on the wide and varied career options in this field. State of the art facilities at TUD featured too, which is fair enough, considering the very high spec! Be impressed!

SCIENCE

Is it possible to pack everything that a Science undergrad encompasses into a 45 min webinar session? Forgiven, if you think not! However, thanks to the wonderful contribution from Orla Donoghue, Science Office, UCD, we managed to do just that! We all love the adage used by Science Common Entry UCD – one way in ; 27 ways out. Says it all. Orla steered this webinar through the DN200 maze, highlighting points of interest along the way, such as the inclusion of a non-assessment based module Principles of Scientific Enquiry and the location (4th floor) of a piano for use by budding maestro scientists. Many thanks, Orla!

PSYCHOLOGY

Webinar topics are carefully chosen; we like to respond to student demand, and Psychology remains a highly popular CAO choice for very many students here at the Institute. We were joined on this webinar by Dr. Alan McAuliffe (UCD) and Richard Roche (NUIM), both of whom provided wonderful “potted crab” summaries of this broad field of study at their respective universities. From the question - What is psychology, the webinar explored intriguing areas of current psychological research (Brainwaves in Babies) caught the attention of most of us! For those wishing to pursue post grad level psychology studies, there was a very interesting discussion on the nature of the various Psychology Conversion Courses on offer. So, yes, we felt this webinar ticked a lot of boxes and merits a watch on moodle for those who missed it!



Emily-Faye Xantho 6th Year

Emily-Faye Xantho has been offered a place on the very competitive dual BA between Trinity College Dublin and Columbia University. This prestigious programme offers students the opportunity to spend two years at Trinity College Dublin before transferring to the Big Apple to complete the third and fourth year of their degree, graduating with a degree from each university.

Why did you decide to apply for the dual BA?

I've always appreciated an unconventional, international education and I often rely on change to motivate me academically -- the Dual BA epitomises both of these qualities. Experiencing third level education in two countries fast tracks students to become prominent, skilled leaders in their courses and the programme's philosophy for cultivating global citizens really appealed to me.

What preparation did you do for your interview?

My preparation largely involved researching lecturers at Columbia and Trinity, with reasons as to why I was drawn to their area of work, and elective credits such as Columbia's School of General Studies' Global Core. Despite not knowing exactly what career I want to endeavour in, I knew it was important to convey a passionate, invested understanding in the type of work I would pursue in neuroscience and why -- emphasising my values that shaped my choice.

The process is very competitive – to what do you owe your success?

I believe that consistently and subtly illustrating how my academic and personal values aligned with that of Columbia's and Trinity's truly worked in my favour. I understood from the beginning that I was no different to all other applicants for this programme in terms of grades and even extracurricular achievements. The academic standard has and always will be incredibly high; it's more important to show your commitment to your desired course and a passion for tertiary education itself.

What advice would you give to 4th and 5th years?

Never underestimate the importance of teaching yourself how to learn! We are incredibly fortunate to have teachers and staff at The Institute that relieve us of that task, but it is inevitable that we will come across circumstances where we do not know what to do. The Internet exists for a reason, and I firmly urge everyone to not underestimate its power in helping you learn how to teach subjects and skills to yourself. Do not postpone the opportunity to initiate your own learning by waiting for someone else to do it for you.

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

I've often heard from many college students and adults that truly nothing beats the Leaving Cert! The immense sense of relief and accomplishment is something I largely look forward to, and I don't see myself taking it for granted any time soon. 6th year students devote their time to studying exclusively, and I cannot wait to reclaim that time for my family and friends.

Any final words of advice?

Allow yourself to be easily fascinated. More importantly, allow others to be easily fascinated. We grow up far too quickly, and there is an undeniable value in remaining passionate about something, regardless of what it is.



Sophia Noble 6th Year

Sophia Noble has an offer to study medicine in Queens University Belfast in September. However, she is hoping to study medicine at UCD. Sophia represents Ireland in badminton at senior level and combines her Leaving Cert studies with an intense training schedule.

Why did you decide to apply to UCAS?

I'm not the type of person who always knew they wanted to apply to UCAS but in 5th year the guidance department in The Institute offered a range of talks with information about it, so I went along to some and was inspired to give the application a go. I have always known I've wanted to study Medicine so I felt UCAS could help broaden my options so I could get an offer. I also thought that UCAS would merit my suitability for this course in a more rounded way than the CAO system. Similarly, the reputable sport scholarship programmes available in UK universities hugely appealed, as balancing my sports and academics will be very important for me in coming years. Even though I knew there would be a lot of work involved, I trusted my guidance counsellor would be with me all the way (which she was). This support definitely gave me the confidence to pursue this long process.

The process is competitive, to what do you owe your success?

The process is definitely competitive as this is a very popular degree but I wouldn't let that put any one off it. All the

admissions teams are looking for is someone who has a passion for their course and is willing to put the work in. It's nothing more complicated or competitive than that. I without doubt owe getting to the point I'm at to my guidance counsellor Aoife. She has been with me every step of the way and no matter how big or small my questions were she was always genuinely interested in helping me and really went above and beyond with her feedback.

What advice would you give to 4th and 5th years?

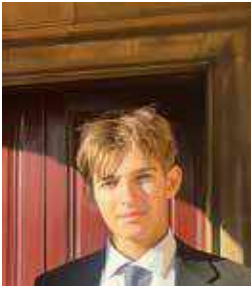
Don't let anyone put you off achieving your goals. Everyone in your year is going to have different aims for their future and some may not even have one yet, which is okay too. It's just important to respect everyone and know you're on your own path. If I was in my position this time last year I really wish someone would have told me not to stress so much. Yes, it seems like there is so much to do, but once you genuinely know what you want to study Medicine for, then you are already most of the way there. Also make sure to find a social balance with your study. You'll actually find you'll do better in your work when you learn how to take breaks from everything and just spend time with friends to decompress. The Institute is the perfect place for this as there really is someone for everyone here.

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

Sleep. This is something I haven't prioritised enough over the last few months with my morning training schedule and studying for exams so I'm definitely looking forward to some lie-ins. Hopefully I'll be able to focus more on the things in my life I love doing like my sport, spending time and going on holidays with my friends and studying a course I'm interested in. Not having those weekly Bio tests will be a big plus too (don't worry Wesley I'm only messing)

Do you have a motto?

"Don't get reduced in chem class" - Tara Lyons '23



Edward deBono 6th Year

Edward deBono has an offer to study human sciences at Oxford in September.

Why did you decide to apply to UCAS?

For a change of scenery mainly. Three years on Leeson Street called for something new. I also liked the sound of Oxford's tutorial system. Anyone who's had class with me is probably painfully aware of my tendency to ask a lot of questions, so a system where you sit two, or three on one with your professor for discussion was naturally quite attractive. My course isn't very common either, and the meshing of natural and social sciences (think: Biology, Psychology, Anthropology, Sociology), is quite unique.

To what do you owe your success?

The support around me played a big part, at home and at school. In particular Hugh, whose Outlook inbox I kept padded and whose open-door policy I made full use of. David Connolly was also a great help, as he always had a well thought out response to my badgering that followed him from debating to MUN to interview prep. Aside from that, self-direction and initiative is important. You really need to have a plan. Know what tests you need to take and what material you need to read. I spent quite a few evenings holed up in Costa after school trawling through past paper after past paper.

What advice would you give to 4th & 5th years who would like to follow a similar path?

It's really important to be sure what path you'd like to follow in the first place, and don't be afraid to pivot. I think that's especially relevant in a school with such a high concentration of Medicine hopefuls per square metre. The lack of a personal statement or interview in the CAO doesn't encourage much research or interest in your choices. Read a book off your

course's reading list, if it's a slog to get through, maybe reconsider. I was dead set on studying Law up until March of 5th year but realised I liked the idea of it more than what it actually entailed. Graduate conversion courses are always an option, so it's worth considering the scenic route. Once you've done some reflection, revisit the reading list. You'll need two or three books (and plenty of podcasts and articles) to weave throughout your personal statement and talk about in the interview. Highlight, a lot. If you have a question about studying in the UK, someone's probably answered it on 'The Student Room'.

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

Definitely having a bit more variety and balance come summer. The Leaving Cert can be quite stultifying. I'm also looking forward to moving out and seeing new faces in October, and there's fierce competition between food vans in Oxford apparently, so I'm keen to try them out.

Do you have a motto / any advice that you live by?

I'm a big believer in making your own luck. If you really want something, have a plan, put your head down and see it through. Hopefully you've put yourself out there enough for luck to find you. If it doesn't work out, at least you tried, and then you figure out what to do next.



Junjia Li 6th Year

Junjia Li has an offer to study economics at the London School of Economics in September. She is the author of the weekly 'Economics Corner' in The Buzz each week. Junjia is also planning on furthering her piano studies.

Why did you decide to apply to UCAS?

I applied to UCAS because universities in the UK are renowned



for their expertise in Economics and share a great reputation for having excellent faculty and teaching resources. I believe studying in the UK is a stepping-stone towards a more diverse and globalised working environment, which will allow me to strive and broaden my vision.

The process is very competitive – to what do you owe your success?

Everything I have succeeded in so far is due to my parents, teachers, and inner drive. They have NEVER mentioned helping me or paving the way, but I would like to thank them with all my heart. Without my parents, I would not have had the privilege of enjoying Irish education in a top-notch school. The Institute provided detailed counselling sessions and meticulously planned meetings that guided me to take every correct step. All I did was find my own spark and interest that motivated me and work towards the goal, without thinking about anything else.

What advice would you give to 4th and 5th years?

Always be in full control of your steering wheel, thanks to your parents and teachers who trust you and sit in the back seat giving you a general direction on the map. Make sure the petrol (energy) is full, the mechanics in the car are well-functioning, and the windows (vision) are crystal clear, prepare an organised plan in case you get lost, and then just GO FOR IT!

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

I am looking forward to having a more dynamic and colourful social life. I want to get to know more people to see their different lifestyles and opinions, so I can deepen my understanding of the world. Meeting new people, experiencing fun things, absorbing more, without being restricted by textbooks and marking schemes, reading, finding peace, being with myself, and getting to know myself better are all part of my plans. It will be an adventurous and exciting journey!

Do you have a motto / any advice that you live by?

'Luck' is like a Dublin Bus – always unpredictable and not on time, your knowledge and preparation are the tickets, some people may miss the bus, but don't worry it will eventually come again, while some may never have the tickets in the first

place!



Yibo Zhao 6th Year

Yibo Zhao has offers to study mathematics at Durham University and the University of Warwick next year. He hasn't decided which offer to accept yet.

Why did you decide to apply to study in the UK?

The universities in the UK have greater academic achievement in mathematics and they have some of the highest ranked and most recognised universities in the world, so I think studying mathematics in the UK will be a good opportunity for me to get a better academic training.

The process is competitive, to what do you owe your success?

The process is very competitive, so I prepared as much as possible to make my application the best it could be. I took part in different kinds of competitions such as maths Olympiads and applied maths competitions. I had great support from the maths department at The Institute, particularly my maths teacher, Hilary Dorgan and my applied maths teacher Louise Boylan. I am also indebted to Oliver Murphy for his work in maths competitions. I also made sure to extend my studies beyond the Leaving Certificate syllabus as much as I could to prepare for university admission tests.

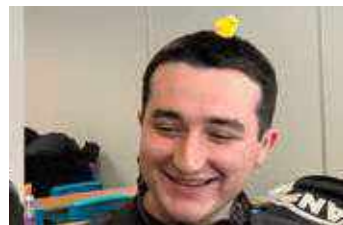
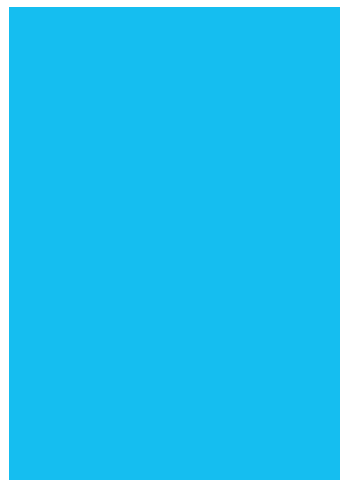
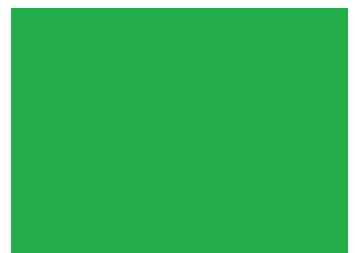
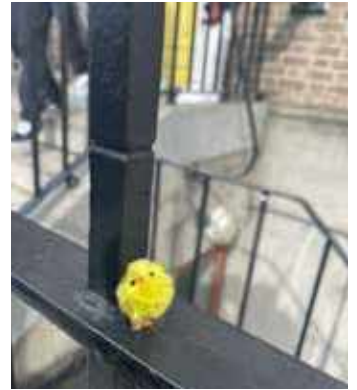
What advice would you give to 4th & 5th years who would like to follow a similar path?

My advice is that you prepare as early as you can, so you will be much more confident and competitive. There are excellent resources online and the guidance department are very helpful.

What are you most looking forward to after Leaving Cert?

After the Leaving Certificate I'm really looking forward to a good rest and to visiting some interesting places.

AROUND THE SCHOOL



Thank you to everyone who sent in pictures for this section!



AROUND THE SCHOOL



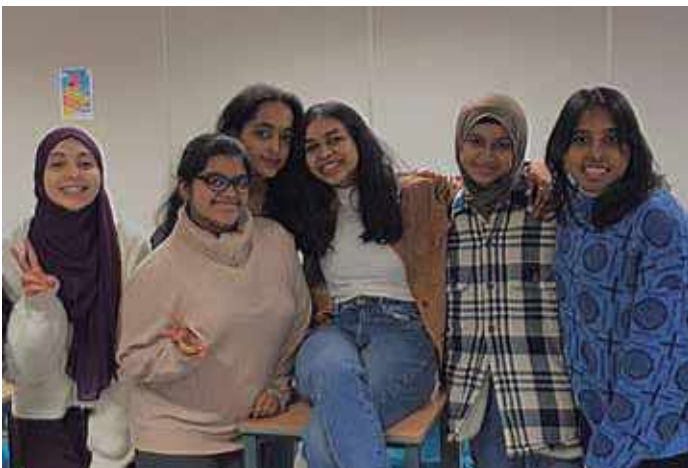


AROUND THE SCHOOL



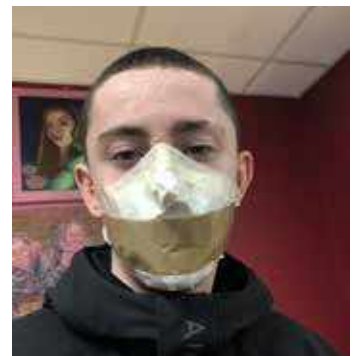


AROUND THE SCHOOL





AROUND THE SCHOOL







Dancing Queen

The room swirls
The lights blur
Your laughter rings
Bodies dance



One hand here, another there,
Your eyes move from corner to corner
Your hips from side to side,
Bodies dance

The beat pulsating through your veins
Your lips hum with electricity
Do you feel that?
Open your eyes
You dance.

- Nare Paronyan 4th Year

Diamond in the Rough

Strange creatures they are -
Gold foil upon the burnt
And sinful soul with
The devil's cloak wrapped
Around these filthy liars -
Misting every flaw.

Them diamonds in the rough,
A spectacle amid the dark void
Whose light - tainted with black,
And all the colours of chrome
Villains, putting on a show -
A performance, this damned show.

This reign - this bloody reign -
It shall come to an end.
Burning down, ending their sins.
It will come to an end.
Like a star brought to death,
A torment - an unholy demise
So far - yet - so near.

- Sanidhya Arora 5th Year



Ordinary Magic

Happiness of Day-to-Day Life
In the hustle and bustle of life,
In the midst of chaos and strife,
We often forget to look around,
And see the beauty that does abound.

But if we take a moment to pause,
And let go of all our flaws,
We'll find happiness in the little things,
That life to us so lovingly brings.

The warmth of the morning sun,
The sound of laughter and fun,
The scent of flowers in the air
The gentle breeze that plays with our hair.

A good cup of coffee, a book to read,
A friendly chat with someone in need,
A smile from a stranger passing by,
A moment to breathe and just say hi.

These are the things that make us smile,
And make our day just a little while,
They remind us of life's simple joys,
And fill our hearts with happy noise.

So let us cherish these moments of grace,
And let them light up our every space,
For happiness is not far away,
It's right here, in our day to day.

- Eoin Johnston 5th Year



These laughs

Could you imagine that a simple smile,
Could change some things for quite a while,
Seeing a smile lightens up my whole entire day,
Like the sun that shines on those pretty flowers
at the end of May.

And laughing sounds like that sweet music that I
can hear,
And if I can hear these laughs, then I know that
only true bliss is near,
I listen to that sweet music in the background,
which is now playing on replay,
I wouldn't have ever imagined it any other way.

- Beatrice Gogova 4th Year

Smile Poem

The night-time bites
Empty streets, empty faces
Fluorescent bulbs flicker
When will the sun rise?

A candle in the dark
Pearly luminescence
Is this a dream?
Shadows like abyss behind you

The background melts away
The stars crane to see
Dust swirls like fairy-tale mist
Time pauses to ask;
"What's so funny?"

- Nare Paronyan 4th Year



The Festival of Flowers

There are special times of the year
when nature is in full bloom.
After a period of nourishment and rest,
Mother Nature decides to add some zest.



And sprouts emerge, one by one,
Regrowing and reblooming as so often they have done,
And all of a sudden there is a festival, of life beyond mankind,
Flowers come in their thousands, leaving their soil behind.
They wear vibrant colours, pink, yellow, green,
Red, orange, violet, such diversity to be seen.
And they dance away happily to the melody of the breeze,
The sweetness of their pollen makes the honey bees sneeze.
They are a joy to watch, and many people find it fun,
To observe them, draw them gallivanting under the sun.
But there comes a time when the flowers need to rest their
heads,
So they fall back peacefully to their comfortable soil beds.
They miss being with their friends, dancing up till noon,
But they know they will see them again very, very soon.
And as for their admirers, little do they know,
That they are like the flowers, they need to rest and they need
to grow,
So if you ever feel like your life is falling apart,
Remember the festival of flowers, dancing in your heart.

- Bláthnaid Fitzgerald Smith 4th Year

Now that we are happy



A billion dreams unfurl upon fabrics of consciousness
And a question too. Arises from what isn't
'What will we do now, now that we are happy'
The illustrious contemplations of poet's construction

And under the light of setting suns that will know of no dawn
Whispers of the followers of Tuath Dé escape frostbit tongue
Blessed be this light that it may protect me,
Pleaded from white picket bleeding heart fantasies

Under duress of abhean I write to you now
No woes of heart nor ideological contemplation
What had once been has now fled to the realms of fantasies
laid bare
As though starlight, forming on morning dew

- Jack Casey 6th Year

Wild Heart

Trapped in my chest lives a wild animal, (or three)
A hostile lion, a cowardly bear, a wolf searching for the first
person to sink their teeth into.
It's always me.



I keep them in a cage of bone (and emotion)
So the world is safe from me, almost.
Sometimes when the right person comes along, I soften my grip,
And the lion roars.
I scare them away every time.

(Like the worst advice I have received,) I let the beasts eat away
at me,
Destroying myself so no one else can.
Until something changed,
Until someone changed my mind
And the cage cracked my weary heart open.

My wild heart isn't an untamed animal;
The lion is a scaredy cat, battling my anxieties, making me stutter;
My wolf is my guide, a protective character who longs for comfort
and someone to call home.
They are gentle, I am gentle, we are fragile.

The bear is too loving, too deprived of contact.
I flinch at the slightest touch and yet I long for it, we yearn for
it...
To rest my head on a shoulder, to hold a hand, to give a hug;
To melt in someones arms, and to have the feeling returned.

To my victory or downfall my heart is shared by these three
softies,
One never overpowers the rest.
Three animals of a pack walk by me,
Like them, I long to find my people.

And I am torn,
To live for them or for me.
This feral heart is young and learning
It beats,
and beats,
and beats
enough to bring me to the moon and back.
With every beat, I learn and fall more in love too.

- Chloe O'Malley 6th Year





Rapid Fire ?

If there was to be music that played announcing your arrival in class, what piece would you choose?

Erika Capello Star wars (darkwador tune)

Ciara Coleman The Arrival of the Queen of Sheba

Catriona Hendry Guns N Roses - Welcome to the Jungle

Stephanie Mulligan When my students have been doing their homework and studying: Stevie Wonder - Isn't She Lovely. When my students have not been doing their homework or studying: Star Wars - The Imperial March (Darth Vader Theme Song).

Diarmuid O'Muirgheasa Walking on Sunshine by Katrina & The Waves. (Alternatively Rise by Hans Zimmer, from the Dark Knight Rises soundtrack - but I'm not sure that level of dramatic tension is the ideal tone to set at the start of a class...)

Brian Gregan Zombie by the Cranberries

Luke Rock My Buick by Louis Cole

Liam Dingle Firestarter by The Prodigy

Brian Scully Vertigo by U2

Tadgh McHugh Imperial March from Star Wars

Declan Kelly The Good, the Bad and the Ugly theme by Ennio Morricone

Brendan Williamson Imperial March from Star Wars

Alan Trenier Wrecking Ball by Miley Cyrus

David Connolly Either the intro to Purple Haze by Hendrix or the chaotic wall of sound at the beginning of Only Shallow by My Bloody Valentine - though neither would establish a sophisticated atmosphere of literary reflection...

If you were to take part in a TV game/quiz show (Taskmaster, The Chase, Bake Off, Mastermind, Countdown etc.), which would you choose and why? If you choose Mastermind you must state your topic.

Erika Capello None (I'm sorry I never know the answers)

Ciara Coleman Bake-Off. I'd be eliminated early on but I'd happily hang around and volunteer my services as a taster.

Catriona Hendry Tipping Point. Those machines look super fun
Stephanie Mulligan Winning Streak because it is tons of fun, my granny would love being in the audience and I really want to spin that wheel.

Diarmuid O'Muirgheasa Probably Bake Off. They always seem to be having a great time on that show, and I love getting a few uninterrupted hours to cook or bake.

Brian Gregan The Cube as I am very competitive and would like to beat it!

Luke Rock The Chase

Liam Dingle Mastermind - special topic: Irish Garden Birds

Brian Scully Come Dine with Me

Tadgh McHugh Mastermind - special topic: The works of Brandon Sanderson

Declan Kelly Taskmaster

Brendan Williamson Countdown

Alan Trenier Family Feud

David Connolly Taskmaster - I have re-watched it so many times.

If The Institute was to open a deli with sandwiches named after each teacher, what filling would you want for yours? "Sandwich" can be interpreted as broadly as you want.

Erika Capello Nutella

Ciara Coleman Roast potatoes.

Catriona Hendry Any filling you want... but it has to be Mayonnaise-free because mayo is the devil.

Stephanie Mulligan Spicy Veggie Delight

Diarmuid O'Muirgheasa A classic Reuben - corned beef, swiss cheese, sauerkraut and thousand island dressing. Although I'd maybe sub the traditional rye bread out for some more robust sourdough, if that's allowed?

Brian Gregan Bacon, avocado, lettuce and cheese

Luke Rock Any Subway Italian sandwich

Liam Dingle Tuna, Cheddar Melt

Brian Scully Avocado, Lime and coriander

Tadgh McHugh Chilli, Mozzarella, red onion and mayo

Declan Kelly Calzone with artichoke and smoked ham

Brendan Williamson Bacon, sausage, cheese and lots of chillies.

Alan Trenier Chicken fillet, egg, jalapeno and relish

David Connolly I have such a terrible sweet-tooth that it would probably need to be one of those Ben and Jerry's cookie icecream sandwiches.



Carole Oiknine

Name: Ellie

Loves: eating and sleeping.

Hates: obstacle courses.

Most annoying habit (MAH):

We find everything that she does really cute and funny.



Yvonne O'Toole

Name: Betty

Loves: Opening Presses.

Hates: being left alone.

MAH: knocking on the door with

her tail.



Jean Kelly

Name: Callie Cat

Loves: Sitting on papers while I teach online classes, Dreamies and tapping my shoulder to wake me up in the mornings.

Hates: her doggy cousin Scut.

MAH: clawing leather furniture.



Enda Dowd

Name: Millie

Loves: Playing ball, car trips, walks in the forest, sausages!

Hates: Having to stay in on rainy days. Realising I am packing my car to return to Dublin.

MAH: None, dogs are life's joy.



Brendan Williamson

Name: Iris

Loves: The attic

Hates: Loud noises

MAH: Jumping into the wardrobe as soon as it's opened

Name: Chairman Meow

Loves: Popcorn (and Haribo!)

Hates: Conventional cat treats

MAH: Getting into the neighbours' coal shed



Micheál Casey

Name: Duilleog (Winner of Best Female Puppy and Best Puppy in Breed at Crufts 2023).

Loves: swimming and chewing on a tennis ball.

Hates: going to the salon to get her nails and hair done after swimming

MAH: bullying her owners for crisps



Louise Boylan

Name: Huckleberry & Molly

Loves: Sleeping and doggy treats!

Hates: Being separated. They are brother and sister from the same litter so have been side by side since birth, 14 years ago. We never see one without the other!

MAH: Barking at the wind



David Connolly

Name: Mahler

Loves: Stealing your seat as soon as you get up.

Hates: Being moved off that seat once you return.

MAH: He insists that he has never been fed before and is imminently going to die of starvation and neglect. He often voices these complaints while licking gravy off his face...



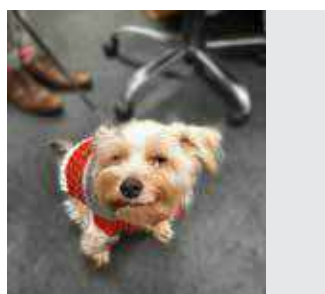
Corinne Gavenda

Name: Opie

Loves: toys, would play forever.

Hates: Not too keen on cats and doesn't like to see me working.

MAH: when he sits straight up, real serious and stares at you while you are having your dinner even though he has just had his!!



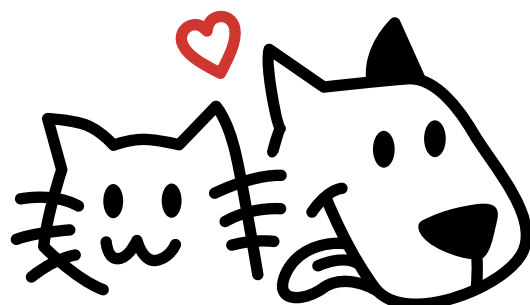
Hugh Brett

Name: Bodhi

Loves: His toy hippo

Hates: Cats

MAH: Acting like every letter in the post is his.



PET LOVE

GRADUATING CLASS *of 2023*













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 October - start the year as you mean to go on!

In our study skills seminars, we saw that a student with good study skills will study smarter, more effectively and efficiently to empower them to reach their full academics potential. It was impressive to see the wide range of brilliant questions that were asked, and it was fantastic to see students so engaged in their own academic development. Many students took advantage of the weekly student support offered to them on a one to one basis in 4th, 5th and 6th year. It has been very enjoyable working with you on an individual and group basis to see you grow in confidence on your journey to becoming the best version of yourself. Remember success is the sum of the small efforts, repeated day in and day out. Wishing you all the best in June 2023!" *Orla*

Students also had access to a comprehensive Study Skills book and were given worksheets and blank timetables so that they could practice the skills with Orla and then put them into action for real afterwards. Learning how to study is invaluable to students who can be overwhelmed with new subjects and exams and may dive in, not realising there are ways they could save time and energy and learn easier and better!

Alison Healy 6th Year

The Institute provides us with all the tools to reach our greatest potential. The teachers, the notes and the continuous support is second to none. The comprehensive supply of study skills seminars enable us to utilise such tools to their greatest capacity and get the most out of this wonderful school.

The study skills seminars proved immensely helpful all throughout 5th year as I negotiated the dramatic jump from Junior Cycle to the Leaving Cert. The time management and exam techniques serve as invaluable tips not only for the leaving cert but also for any exams later in life. Such seminars supply us with a meaningful foundation of skills that will most likely be called upon for many years to come. They instil the value of time and hammer home the business ethos so regularly called upon of time being money. This support continued throughout 6th year with Orla's door always open, always offering guidance and helping us take action to solve our problems rather than leaving them prosper.

As the Chinese proverb says "the journey is the reward". There is no doubt that the Leaving Certificate is a demanding and consuming feat. Each of us are plunged into this intense environment for a minimum of two years. The support offered by the school has highlighted the importance of a positive mindset and of making the best of the closing years of our secondary education. A positive attitude allows us to be better equipped for setbacks, improves ones retention of information and overall makes the journey that bit more enjoyable.

But every meaningful journey has a destination. The insights gained into goal setting have provided us with direction and perspective. The simple acronym Orla taught us of SMART has guided me in making goals or targets that are specific, measurable, attainable, realistic and achievable in a timely manner. Such a device allows for "mini-wins" along the journey and as such maintains your drive and motivation. Whilst it is inevitably down to each individual student our school and all its facilities is the great enabler.

MY SCHOOL EXPERIENCE

Moving to a new country



Jessica Qian 6th Year

Starting fresh in a foreign country can be quite overwhelming. Everything is so different from what I'm used to - the food, the people, and the weather. Adapting to Ireland's chilly and damp climate was particularly tough, having spent most of my life in warm tropical countries like Malaysia and Thailand. The Institute provided accommodation, which was a major relief. Staying at The Loom not only made it easier to settle in, but it also gave me the chance to make friends before starting school. Living with other students from The Institute was a great way for us to become close friends as we shared a living room and kitchen. We study together at the common room almost everyday. Sometimes, we would also watch a film in the cinema room or play pool with the international students staying in the other building.

Although it might seem a bit daunting at first, you'll quickly become familiar with the area, the school, and your surroundings. I wouldn't worry too much because The Institute provides a lot of help for international students, including setting up a bank account, getting a student leap card, PPSN, and more. The classes at The Institute are packed with comprehensive material and exam techniques condensed and summarised from the teacher's own experience with correcting the Leaving Cert exams. The class recordings and the teacher's notes are invaluable resources that made my studying much more efficient and productive. As an international student new to Ireland and the Irish Leaving Certificate system, I was grateful to have The Institute's international office and guidance team to provide support and help along the way. It allowed me to integrate seamlessly into this new environment. Looking back, the year flew by so fast because I had such a great time with my friends and made some amazing memories.

You applied to psychology programmes in the UK and medicine programmes in Ireland. What preparation did you do for these?

I focused on both clinical experience and academic research as part of my preparation. I found it especially rewarding to learn through shadowing therapists/psychiatrists in clinics, as well as volunteering at children's development centres, where I found my area of academic interest. I was lucky to have an opportunity to publish a research paper based on my field of interest, which Cambridge really liked (as it was questioned in depth during the interview). To aid the exploration process, books such as "The Man Who Mistook His Wife for a Hat" by Oliver Sacks can be a good starting point. Overall, I believe being consistently passionate about your chosen area can show your dedicated interest in pursuing a career in the subject and let the university see your potential in the field, whether clinical or research.

How did you find the application process?

As an international student, the application to Ireland and the UK was quite laborious, but fortunately, the required materials overlapped. Both applications required large amounts of documents and background preparation. I wrote and rewrote countless personal statements and resumes and contacted teachers both in school and outside of school for reference letters. It was a vigorous process, but I received a lot of help from Sarah from The Institute's international office, which made it so much easier and straightforward. She helped me gather transcripts, proofread my personal statements and schedule mock interviews. I felt really supported as whenever I had questions regarding applications, I could email her, and she would always respond promptly and informatively.





Lívia Guimarães 5th Year

Hi! I'm Lív, I'm from Brazil and I'm a singer. I have been living in Ireland for 10 months and it has been a sensational experience! There are so many differences between Brazil and Ireland, one of the biggest is the weather. I was used to heat of up to 30 degrees and now I've had to adapt to -7! I am loving the Institute of Education, the teachers and staff are so nice and help me with all the questions I have. I have made many friends from so many countries around the world, a year ago I didn't imagine that I would be where I am and I am very grateful to be in this high school doing an exchange.

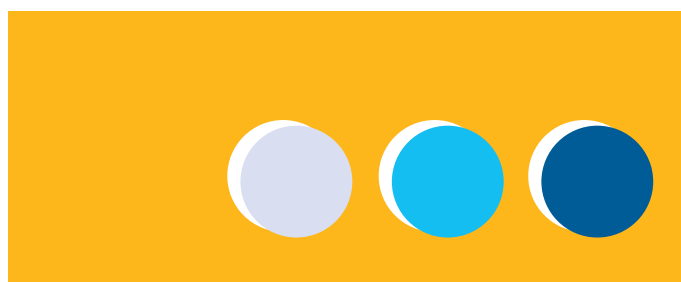
As an international student, I think it's amazing the amount of different subjects we can choose at school such as music, computing and business which are an example of some of the ones I do. I really like the way the Irish education system works. Also, I record everything for my social media, especially for my Instagram, where I post my singing videos and tell people about my exchange in Ireland! (@aliviaguimaraes)

I am in the choir and the music room is my favourite room in the whole school, I love the performances we have to do, including the Open Day, Christmas, 6th years graduation and also one music project that I had to sing my own song! I love to sing, music is my favourite subject and it is absolutely incredible how I develop my knowledge in The Institute, in all of the subjects.

There are many awesome extracurricular activities in the school, I have tried some of them such as the drama club, volleyball, football, model united nations and the photography appreciation group. The photography class is fascinating, we went to so many exhibitions, parks and museums, we had Photoshop classes and even a photographer came to school to

teach us some brilliant techniques! Besides the subjects, the structure of the school is excellent, we have a music room, two computers rooms, a home economics kitchen, a arts room, labs and study rooms too besides all the classrooms.

My experience moving to a new school, a new country and a new culture has been fantastic! I'm learning, knowing and opening my mind to many things I didn't see before, I just wanna say a thank you very much!



SIGN MY YEARBOOK



“Think where man’s glory most begins and ends, and say my glory was I had such friends”

– *William Butler Yeats*

SIGN MY YEARBOOK



“Great is the art of beginning, but greater is the art of ending” –

Henry Wadsworth Longfellow

DESIDERATA

Go placidly amid the noise and the haste,
and remember what peace there may be in silence.
As far as possible, without surrender, be on good terms with all persons.
Speak your truth quietly and clearly;
and listen to others, even to the dull and the ignorant; they too have their story.
Avoid loud and aggressive persons; they are vexatious to the spirit.
If you compare yourself with others, you may become vain or bitter,
for always there will be greater and lesser persons than yourself.
Enjoy your achievements as well as your plans. Keep interested in your own career,
however humble; it is a real possession in the changing fortunes of time.
Exercise caution in your business affairs, for the world is full of trickery.
But let this not blind you to what virtue there is; many persons strive for high ideals,
and everywhere life is full of heroism.
Be yourself. Especially do not feign affection.
Neither be cynical about love,
for in the face of all aridity and disenchantment, it is as perennial as the grass.
Take kindly the counsel of the years, gracefully surrendering the things of youth.
Nurture strength of spirit to shield you in sudden misfortune.
But do not distress yourself with dark imaginings.
Many fears are born of fatigue and loneliness.
Beyond a wholesome discipline, be gentle with yourself.
You are a child of the universe no less than the trees and the stars; you have a right to be here.
And whether or not it is clear to you, no doubt the universe is unfolding as it should.
Therefore be at peace with God, whatever you conceive Him to be.
And whatever your labours and aspirations,
in the noisy confusion of life, keep peace in your soul.
With all its sham, drudgery, and broken dreams, it is still a beautiful world.
Be cheerful. Strive to be happy.

- Max Ehrmann



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