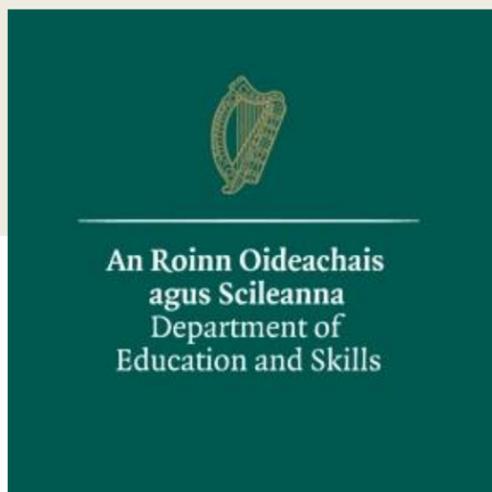




LEARNING HUB POST



ALL THE NEWS YOU NEED AND MORE.



The Department of Education

Schools Close All Over Ireland

LIEPA ANDRULYTĖ 5TH YEAR LEARNING LEADER, 14TH MARCH 2020

The Irish Government decided to close all schools, creches, other childcare facilities and higher education institutions on Thursday. These measures come into place to stop the spread of the novel Coronavirus and to allow the healthcare system to cope with new cases. However, this should not be a cause for concern for students as learning will continue to happen through various resources.

Words of Wisdom:

Tonight, before falling asleep think about when we will return to the street. When we hug again, when all the shopping together will seem like a party. Let's think about when the coffees will return to the bar, the small talk, the photos close to each other. We think about when it will be all a memory, but normalcy will seem an unexpected and beautiful gift. We will love everything that has so far seemed futile to us. Every second will be precious. Swims at the sea, the sun until late, sunsets, toasts, laughter. We will go back to laughing together. Strength and courage. *Pope Francis*



STAYING MOTIVATED: it's important to stay motivated and continue to work at home.

Tips for Staying Motivated

ENIOLA SANGOYOMI 5TH YEAR LEARNING LEADER, 16TH MARCH 2020

Motivation is very important and maintaining motivation during school closures is vital to getting work done and staying productive. However, motivation is strengthened by self-discipline which will be especially important during this time as some of us may find ourselves losing sight of our goals during the school closures.

Here are some things you can do to stay motivated during the school closures:

1. Watch 'study with me' videos on YouTube is a great way to stay motivated and to keep focused.
2. Try to start any task on your to-do list for just two minutes. Many people find that once they've started, it's easier to continue with the task.

3. Tidy your space/get organised. 'A tidy space is a tidy mind.' Clear your study space and make it more work-friendly for yourself so that it's easier for you to work there.

4. Get yourself into a routine. Nobody knows how long the school closures are going to last so the best thing to do is to plan out your day.

5. Stay connected. It's easy to get lonely during the time that you would normally say in school. So, connect with people. Video call your friends and work/study together.

Remember to keep your mind on your goals to help you get through this difficult period.

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HOW TO KEEP YOURSELF BUSY



SCHOOL

Resources for studying at home.

Everything you need to stay on top of things.

16TH MARCH 2020

Studying from home has its perks: it's a comfortable, low-pressure environment. Studying can be done in the comfort of your own bed. However, it can also be a challenge; with so many distractions, it's easy to procrastinate.

Firstly, it's crucial that you get a good night's sleep, eat healthily, have a designated study area, get your chores out of the way and, make a timetable to help you stay on track.

Now, here are some free resources to help you work from home. Examinations.ie has all of the past exams along with marking schemes so that you can work on topics you've covered in school. Examlearn.ie has condensed notes for Junior and Leaving Cert. subjects as well as sample answers for past exam questions. Studyclix has a full list of all past exam questions by topic which can help revise topics you've covered already.

StudyBlue is an app that lets you make your own flashcards or use existing ones to study. SimpleMind is an excellent tool for visual learners as it allows you to make mindmaps.

<https://www.examinations.ie/exammaterialarchive/>

<https://examlearn.ie/>

<https://www.studyclix.ie/>



STUDYING AT HOME: a daunting task, but something that can be managed with useful resources.



ONLINE RESOURCES: a saving grace for students stuck at home.

HEALTH

Staying healthy while staying in.

LIEPA ANDRULYTĖ 5TH YEAR
LEARNING LEADER,
14TH MARCH 2020

Missing school means missing P.E. and while many students will be happy to hear this, it's still important to stay healthy and active. I, myself will find it *extremely* difficult to resist binge-eating trash food and sitting in bed all day watching Netflix.

With gyms and leisure centres closing all over the country many people will struggle to stay active in the coming weeks. There are a few ways you can stay active throughout this difficult period. YouTube videos are a great resource for fitness routines and workouts. You could also take the time off school to walk your dog more or go for a jog (staying away from other people of course).

Eating healthy food is a necessity when staying at home as people are automatically less active. You could try to eat fewer sugary foods or foods that have a high-fat content. You can also take advantage of staying at home by drinking more water. Aim to drink at least 1.5l of water every day to prevent dehydration.

FOOD

Super-shake recipe

15TH MARCH 2020

Ingredients:

100ml milk
2tbsp yoghurt
1 banana
150g frozen berries
1tsp mixed seeds
1tsp honey

Method:

Such a simple method that anyone can do it. Just put all the ingredients in the blender and blend until smooth.

Enjoy!



SMOOTHIES: a great way to boost your energy and help your brain stay active and ready to learn



Staying safe while at home.

HSE
15TH MARCH 2020

It's important to follow some simple rules to stay safe while off school. Social distancing is extremely important, this means minimising contact between healthy individuals and potentially infected individuals. People should keep a distance of two metres from each other and should not make close contact.

Everyone should also wash their hands properly and often, cover their mouth and nose with a tissue if they sneeze or cough and, clean and disinfect frequently touched surfaces.

Everyone should avoid close contact with people and avoid large social gatherings and crowded places, especially indoors. This means avoiding parties and sleep-overs. If you feel sick stay at home and avoid contact with other people.

Everyone should avoid touching their face, sharing objects such as water bottles and cups and, shaking hands.

If you do not have the virus there is no need to shut yourself off from the world. You can still go outside for walks, runs or cycles on your own, but it's important not to be in close contact with people outside of your home.

You should try to avoid public transport and not have visitors in your home. You should also stay away from vulnerable people like the elderly, people with chronic health problems and, pregnant women.

All information has been taken from the HSE. For more information go to their website:
<https://www2.hse.ie/coronavirus/>



STOP TOUCHING YOUR FACE!

How to stop touching your face.

Like all the time.

Choose a competing behaviour: when you get the urge to touch your face, touch your arm instead. This directs your focus away from the face.

Keep your hands busy: try to find something to occupy your hands, like a stress ball.

Don't try to ignore the urge: constantly telling yourself not to touch your face will make you want to do it more.

MENTAL HEALTH

Taking care of your mental health at home

Staying cooped up at home is a real challenge and it's vital to take care of your mental health in these coming weeks. Here are a few simple tips to help yourself cope.

- 1. Have you hugged a living being in the past two days?** Get your body to release some oxytocin and become happier by hugging a family member or even a pet.
- 2. Have you eaten in the past three hours?** Don't settle for sweets, get some fruit into you. What you put in your body has a surprising effect on your mood.
- 3. Have you moved your body to music?** You don't have to be a world-class dancer. Working out, showering or, even dancing in your room with all the curtains closed can help you cope with a bad day.

- 4. If it's daytime, are you dressed?** Put on clean clothes that are not pyjamas. Wearing something nice will give you the energy to face the day. When you get out of bed, make it! This significantly decreases the chances that you will get back in.
- 5. Have you talked to your friends in the past 24 hours?** You won't always have the energy to talk to people it's important to stay connected to the people that care about you.

Another wonderful way to give your mind a break is meditation. This lets you focus on relaxing your mind. There are many accounts on YouTube that lead meditations and help you shut your mind off. You could also turn on some relaxing music if that's what makes you calmer.



STAYING CALM AND RELAXED: essential to making it through the weeks ahead.



ACTIVITIES

12 things to do if you're bored out of your mind

1. **Clear out your wardrobe:** dedicate your new-found time to sorting out clothes, ditching items you haven't worn in a year and, coordinating clothes into sections.
2. **Give yourself a manicure:** take time for yourself, push down your cuticles, slather on some hand cream and, choose a shade you love.
3. **Read a book:** it's time to read that book that's been sat on your shelf for the last few months.
4. **Binge-watch a show:** get comfy and get ready to commit hours of your life to watching a new show
5. **Do a crossword/sudoku:** put your brain to the test and challenge yourself.
6. **Make a photo album/back up your phone pictures:** go through your treasured memories and keep them safe.
7. **Marie Kondo your drawers:** go through your drawers and if it doesn't 'spark joy' throw it out.
8. **Bake something:** indulge your sweet tooth and try a Bake-Off masterpiece.
9. **Make a bucket list:** write down your dreams on paper so you have something to look forward to
10. **Call your nan:** chances are you're not the only on self-isolating and a quick call can really make someone's day.
11. **Play board games:** embrace some old-school entertainment and crack out some board games for some light competition.
12. **Practice an instrument:** dedicate your new-found time to practising an instrument. Bonus points for annoying your siblings

MAKE THE MOST OF SELF-ISOLATION

LET'S
STAY
HOME

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School Website: <https://www.colaistebride.com/>

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Do you think you have what it takes?

IF YOU HAVE ANY IDEAS FOR THE LEARNING HUB POST OR, IF YOU WOULD LIKE TO MAKE YOUR VOICE HEARD PLEASE EMAIL YOUR SUGGESTIONS TO US. YOUR WORK COULD BE FEATURED IN THE NEXT ISSUE!

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