



Northwood News

The School Of Choice

www.northwoodschool.co.za

24 May 2018 - Volume 17

Thought for the Week

"Only the weak are cruel.

Gentleness can only be expected from the strong."

~ Leo Buscaglia

From the Headmaster

MR P VILJOEN

In the lead up to the annual Old Boys day and the highlight of our annual winter sports season, I would like to take a moment to thank all of our staff, coaches, boys, parents and opponents for making this a season to remember. I have been incredibly impressed by our boys' efforts in the short time I have been at Northwood.

Our boys are incredibly proud of representing the school, irrespective of the team in which they play. It is great for a school when the culture becomes one of serving the school, its history and traditions, by being 100% committed at all levels of competition and, as such I expect our teams to be even more successful going into 2019.

Talking about success, I had the privilege to attend the "So you think you can sing" musical production on Thursday and Friday. A huge congratulation to Mr Scott, Mrs Dreyer, the technical team, participants, judges and other parties for putting a great event together.

The event was not only a great success but also a celebration of the talent in Durban North and beyond. There is no doubt that events like these create an incredible platform for our youth to showcase their talent, but the educational lessons of developing self-confidence, social skills, public speaking and creative expression is probably more important than anything else, and as such the music department and its management team will make a conscious effort to increase the creative platforms available to our boys going forward.

As mentioned earlier, this weekend sees our annual Old Boys day fixtures against St Charles College. A great effort has gone into ensuring that you, as parents, the boys, visitors and supporters will have an enjoyable experience and great day. Please come and support all our teams, and invite as many of your friends to join us. A reminder that the community is extended this year by the addition of the Crusaders and Varsity College rugby fixture that will kick off after our 1st XV game.

As always the fixtures involve compulsory attendance for our boys. I ask that you assist us by ensuring your son is on time, dressed impeccable and that his hair and appearance is in line with the school rules.

I would like to end with a quote from the famous German philosopher Friedrich Nietzsche who said -
"We should consider every day lost on which we have not danced at least once. And we should call every truth false which was not accompanied by at least one laugh."



NORTHWOOD **OLD BOYS DAY**

NORTHWOOD 1ST TEAM HOCKEY: 10:45

NORTHWOOD 1ST TEAM RUGBY: 15:00



VS



CRUSADERS VS VARSITY COLLEGE: 17:00



SATURDAY 26 MAY **RUGBY AND HOCKEY vs ST CHARLES**

**BEER GARDEN, FOOD STALLS, SPECIAL VISIT FROM
SHARKIE, PAID PARKING ON LOWER CAMPUS.**

The School Of Choice

www.northwoodschool.co.za

From the Counsellor's Desk

MR M RICH (mrich@nwood.co.za)

COUNSELLORS: MRS D BUTT (dbutt@nwood.co.za)
MRS REDDY (sreddy@nwood.co.za)




HIGH PERFORMANCE CAMP

When:

25th June 2018
26th June 2018
27th June 2018
(Please select 1 day to attend)

Where:

eta College DBN
Prime Human Performance Institute, Isaiah Ntshangase Rd, Moses Mabhida Stadium, Durban.

Times:

9:00 - 13:00

Aimed at Grade 12 learners
Learn what we do and join us for some fun activities!
Meet experts in the field of Sport & Fitness and also find out what exciting careers are available!

UNIVERSITY OF KWAZULU-NATAL

25 – 29 June Be a Scientist UKZN Westville Campus (spaces are limited)
2 – 6 July Engineering Winter School UKZN Howard College Campus (spaces are limited)

For more information see Mr Rich

CTU

MID YEAR INFORMATION MORNING

You have a second chance to apply for 2018

Date: 26 May 2018: **Time** 09:00 – 11:00

Faculties: Business, Design and IT

Classes Commence July 2018

Important Dates

Term 2

SUBJECT TO CHANGE

Day	Dates			Event		Venue
Thurs	24	to	26		Reunion Weekend	Northwood
Sat	26				Rugby & Hockey vs St Charles – Old Boys Day	Northwood
Tues	29				Midyear Exams Start	
Wed	30				Cross Country	Amanzimtoti
JUNE						
Sat	02				Rugby & Hockey vs St Benedict's	Northwood
Mon	04				Midyear Exams Start	Northwood
Sun	10				Comrades Marathon	
Sat	16				Youth Day	
Fri	22				End of Term 2	
Fri	22	to	26		1 st Team Soccer Tournament	DHS/Kloof
Mon	25	to	07		Cultural Tour	USA
JULY						
Tues	17				School Reopens	

Northwood Sports Medical Centre

Reception		031 564 7675	medicalcentrenorthwood@gmail.com
Homeopath	Dr Colette Kell	073 019 9799	colette.kell@gmail.com
Chiropractor	Dr Michael Wiggett	071 485 5201	michael@chiro.durban
Psychologist	Shannon Ownhouse	072 737 1610	shannonownhouse@gmail.com
Physiotherapist	Ashleigh White	071 607 0883	physioajwhite@hotmail.com
Sports Massage	Tamryn Currin	078 522 6892	tammycurrin87@gmail.com



Ashleigh White Physiotherapy

Northwood Sports Medical Centre, Northwood School, Lower Campus,
43-47 Mackeurtan Ave, Durban North, 4016
Tel : 031 564 7675

Exams – they don't have to be a pain in the neck.

Term two is here and it means time for some serious studying. Tests, projects and exams are about to be launched upon the school pupils. Parents may find this time stressful too.

Studying can be hard at the best of times but when one's posture, ergonomics and body position are compromised, pain can creep in.

Sitting for long periods of time, feeling stressed and anxious, sleeping less and poor eating habits can all contribute to increased neck, back and shoulder pain.

At this time headaches can begin to creep in or get worse. But there are a few useful tips that may ease the bodily stress at this time:-

- When studying ensure that you are sitting at a desk or table, do NOT sit and study on the floor or your bed.
- Take regular breaks and have a walk, even if around the house. AVOID sitting in one position for too long.
- Your back should be supported by your chair and your elbows, arms resting on the desk.
- Work in good light, this will prevent you from leaning forward and straining your eyes and back.
- Make sure both feet are on the floor and not tucked under you, this keeps the back and hips straight and prevents strain around the knee area.
- If your back is aching and not relieved but some movement and gentle stretches, apply some heat to relax the muscles.

Before the Panado is reached for, try some of the above tips. If muscle spasm, pain and or headaches continue please book a session at the physiotherapist. Easing sore muscles, posture advice and exercises may go a long way to helping reduce exam stress and tension.

Remember that some light exercise will get the blood flowing and oxygen levels up. Keep moving.

Ashleigh White
Physiotherapist, Northwood Boys Sports Medicine Centre.

Smalls

These mini adverts are put in as a community service and are not specifically endorsed by Northwood.

VIDEO TO DVD TRANSFERS

Preserve your precious memories from dust, humidity and mould by converting them to DVD. Professional conversion of V.H.S., V.H.S.C, Video 8, Hi8, mini DV formats and SD card to DVD or memory stick. Cleaning and repair service also available. Contact: Louisa Whitfield on 031-261 2951/083 324 6149



LIFT CLUB: Looking for a lift from school to Queensburgh / Malvern, 2-3 afternoons a week after school (no sport). Can assist with 1-2 days in return (after sport) or contribute towards petrol. Please contact Cleo - 08922536

GET THE RIGHT MUSICAL START WITH CELEBS MUSIC LESSONS! Group or individual lessons R150 per hour per week (or less for groups) in guitar, bass guitar, keyboard and piano, vocal coaching and drums (djembe and full kit). Catering for ages 4 years old and up in the Durban North community, we offer a beginners curriculum in child and adult music lessons with a focus on music theory, creativity as well as the individual's own songs. Lessons are held at the student's house or in our music room in Durban North. Contact Brandon on 083 260 1733 or email kayat_b@hotmail.com for more information. **Let us help you reach you full potential!**

PERSONALISED DOORMATS: contact Kerry 0825555758

To see samples and prices go to the Facebook Page: Doormat's 4 U

The link is <https://www.facebook.com/custommadematsdurban/>



ABH FAIR 2018

SCHOOL SPECIAL

ARYAN BENEVOLENT HOME
SINCE 1921



Highlights

- FREE Entry
- Fun Fair
- Unlimited Rides - R40pp
- 100+ Food and other stalls
- Clown & Stilt-walkers
- Edu-fair schools programme

Limited Bookings available!
Book now to secure
your school's spot!

Email: vanessa@abh.co.za
Tel: 031 404 2668
031 404 9523

Date:
26th - 27th July 2018

Time:
09H00 - 13H00

Venue:
ABH Fair Grounds,
Trisula Dr, Chatsworth

Cost:
FREE ENTRY
to the FAIR

From the Head of Academics

MRS R STANLEY

Email: rstanley@nwood.co.za

EXAMINATIONS

This term has flown by... Tuesday sees the beginning of our midyear exam block – To all our learners of Northwood, work to the best of your ability, it WILL pay off!

EXTRA LESSONS

The extra lessons as shown on the Programme of Assessments will not continue. If anyone wants extra help they are welcome to approach the subject teacher and arrange a suitable time.

HOLIDAY LESSONS – GRADE 12

TIME	MONDAY 25 June	TUESDAY 26 June	WEDNESDAY 27 June	THURSDAY 28 June	FRIDAY 29 June
08:00 – 10:00	PHYSC Organic Chemistry	MATH Calculus	LFSC Meiosis DNA, RNA & Protein Synthesis	ENGLISH – 'Hamlet'/Poetry	AFR - Letterkunde: Gedigte & Roman/Lien
10:30 – 12:30	PHYSC Work Power Energy Vertical Projectile Motion	MATH Trigonometry	LFSC Human Reproduction	ENGLISH – 'Life of Pi'/Grammar	AFR - Kreatiewe Skryfwerk
13:00 – 15:00	PHYSC Chemical Equilibrium Electrostatics	MATH Euclidean Geometry	LFSC Genetics		

HOMEWORK CENTRE

The homework centre will still be available until 15:00 for learners during exam time.



EXTRA LESSONS TIMETABLE

	GRADE 8	GRADE 9	GRADE 10	GRADE 11	GRADE 12
MON	SPORT	SPORT	Maths Mrs Evans/ Mrs le Roux Afrikaans Mrs v/d Westhuizen	Maths Mrs Scott Afrikaans Mr Jankeeparsad Life Science Mrs Morton	English Mrs Ganesh Life Science Dr Pillay
TUES	Maths Mr Blake/ Mr Hosking English Mr Hale	Maths Mrs Munnik Life Science Mrs Morton	SPORT	SPORT	SPORT
WED	SPORT	SPORT	English Mr McDowall Life Science Mr Robertson		Life Science Mr Robertson Afrikaans Mr Harishun
THURS	Afrikaans Mr Nielsen Maths Mrs Sander	Afrikaans Ms Coetzee English Mr Halse Maths Ms Bristow	SPORT	SPORT	SPORT
			Acc/BusSt/Econ See Mrs Raftopoulos Maths Lit See Mrs Sander	Acc/BusSt/Econ See Mrs Raftopoulos Maths Lit See Mrs Sander	Acc/BusSt/Econ See Mrs Raftopoulos Maths Lit See Mrs Sander

June Examination Timetable

Monday 28 May is a study day.

DATE	TIME	GRADE 8	GRADE 9
TUES 29/05	08h15-10h15	EMSs	Maths
	11h15-13h15		Creative Arts/ Music
WED 30/05	08h15-10h15	Afrikaans P1/ IsiZulu P1	Technology
THU 31/05	08h15-10h15	Life Sciences (1½ Hrs)	Geography (1½ Hrs)
FRI 01/06	08h30-10h30	Technology	History (1½ Hrs)
TUE 05/06	08h15-10h15	Maths	Afrikaans P2/ IsiZulu P1
	11h15-13h15		Life Sciences (1½ Hrs)
WED 06/06	08h15-10h15	English P2	Physical Science (1½ Hrs)
THU 07/06	08h15-10h15	Creative Arts/ Music	EMS
FRI 08/06	08h30-10h30	Geography (1½ Hrs)	English P4 (1½ Hrs)
MON 11/06	08h30-10h30	Physical Science (1½ Hrs)	English P2
TUE 12/06	08h15-10h15	History (1½ Hrs)	Afrikaans P4 (1½ Hrs)/ IsiZulu P4 (1½ Hrs)

All exams are 2 hours unless otherwise stated.

June Examination Timetable

Monday 28 May is a study day.

Those exams indicated in **RED** are Department of Education papers

DATE	TIME	GRADE 10	GRADE 11	GRADE 12
29/05 TUE	08h15	English P2 (2½ Hrs)	Maths P1/ Math Lit P1 (1½ Hrs)	Afrikaans P1/ IsiZulu P1
		Life Sciences (2½ Hrs) (11h30 – 14h00)	Accounting (3 Hrs) (11h00 -14h00) Music (2½Hrs) (11h00 – 13h30)	Physical Science P1 (11h00 – 13h00)
30/05 WED	08h15	IT P2/ Art P1/ Econ P1 (1½ Hr)	Geography P1 (3Hrs)	English P2 (2½ Hrs)
			Geography P2 (1½ Hrs) (12h00-13h30)	Bus. Studies (3 Hrs) (11h30 – 14h30)
31/05 THU	08h15	Afrik P1/ IsiZulu P1	English P2 (2½ Hrs)	Afrikaans P2/ IsiZulu P2
		Bus. Studies P1 (11h00- 12h30) (1 Hr)	History (3 Hrs) (11h30 – 14h30)	IT P2 (3 Hrs) /Art P1 (3 Hrs) (11h00 – 14h00) Economics P1 (11h00 – 13h00)
01/06 FRI	08h30	Physical Science P1	Maths P2/ Math Lit P2 (1½ Hrs)	Accounting (3 Hrs)/ Music (3 Hrs)
05/06 TUE	08h15	English P1	Physical Science P1	EGD P1 (2½ Hrs)
		Accounting/ Music (11h00 – 13h00)		History P1 (11h30 – 13h30)
06/06 Wed	08h15	History	Afrikaans P1/ IsiZulu P1	English P1
		Economics P2 (11h30 – 13h30)	Economics P1 / IT P2/ Art P1 (11h00 – 13h00)	Physical Science P2
07/06 THU	08h15	Geography P1	Afrikaans P2/ IsiZulu P2	Geography P1 (3 Hrs)
	11h00	Geog P2 (1½ Hrs) (11h00 – 12h30)	EGD P1 (11h00 – 13h00)	Geography P2 (1½ Hrs) (12h00- 13h30)
08/06 FRI	08h30	Physical Science P2	EGD P2 (9h00 – 11h00)	Maths P1 (2½ Hrs)/ * Math Lit P1
11/06 MON	08h30	EGD (3Hrs)	Physical Science P2	Maths P2 (2½ Hrs)/ * Math Lit P2
		Bus. Studies P2 (12h15 – 13h45) (1½ Hrs)	Economics P2 (11h00 – 13h00)	Economics P2 (11h45 – 13h45)
12/06 TUE	08h15	Maths / Math Lit P1 (1 Hr) (08h15 – 09h15)	English P1	Life Sciences (2½ Hrs)
		Math Lit P2 (1 Hr) (10h15 – 11h15)	Bus. Studies (3 Hrs) (11h00 – 14h00)	EGD P2 (2½ Hrs) (11h30 – 14h00)
13/06 WED	08h15	Afrik P2/ IsiZulu P2	Life Sciences (2½ Hrs)	History P2

LATE EXAMS:

DATE	GRADE 10	GRADE 11	GRADE 12
Tuesday 19 June	AP Maths	AP Maths	AP Maths

All exams are 2 hours unless otherwise stated.

Sport & Culture

From the Head of Extramurals

Mr G. Le Roux gleroux@nwood.co.za
Deputy Headmaster – Extramurals

War cry's echo down the corridors and around the school as we get closer and closer to Reunion Weekend and Old Boys day. There is such an air of excitement and anticipation in the school and it is almost impossible not to get sucked into it all. But then again who would want to miss a minute of the next three days. Starting with our annual Northwood Golf Day taking place today, welcoming over 50 Old boys for Breakfast and an Assembly on Friday, followed by Reunion Dinner that evening, and then culminating in a fantastic day of sport on Saturday VS St Chalres. Reunion weekend is upon us and we are so excited to welcome each and every person to Northwood over the course of the next few days. This is a weekend where every past Northlands, Beachwood and Northwood pupil has a chance to explore Northwood and find out more about the direction we have taken and the progress we have made as a school. And boy can we be extremely proud of what we have achieved over the past few years and where we stand as a school right now. I would like to thank all the boys involved in this weekend, from our Tech Team assisting with sound, lighting and more, our Games Room gentlemen responsible for set up of fields and surrounds, our first aid boys who will be heavily involved on Saturday as well as all learners who will be playing on the sports field this weekend. Thank you for your time, commitment and dedication to Northwood and good luck this weekend. Remember who you represent and make them proud.

With food vendors, a beer garden, and jumping castles around, the day is sure to be one to remember. An exciting new addition to our program is that of the Crusaders VS Varsity College Club Rugby match taking place at Northwood at 17:00 on Reece Edwards. Please invite everyone you know to the day, as Northwood not only represents its predecessor schools but the entire Durban North Community.

Main Schedule:

08:30 14A Hockey

10:00 All hockey boys to ensure attendance at the Astro for main game.

10:30 14A Rugby

10:45 1st XI Hockey

11:30 15A Rugby

12:00 16A Hockey

12:30 16A Rugby

13:00 Learners to meet on stands for registration

15:00 1st XV Rugby Kick Off

17:00 Crusaders vs Varsity College (Northwood Old Boys will be playing in Northwood Socks and shorts)

We hope you will be able to join us in celebrating our proud history.

For all sports fixtures, team lists, venue details and more please visit
www.northwoodschooolsport.com or download the short cut to the webpage on your mobile device.

Squash

TERM 2 FIXTURES

Date	Team	Opponents	Venue
30 April	1st Team	Glenwood	Glenwood
	2nd Team	Kearsney	Kearsney
	3rd Team	DHS	Crusaders
7 May	1st Team	BYE	
	2nd Team	Crawford La Lucia	Crusaders
	3rd Team	Westville	Westville CC
14 May	1st Team	Clifton	Crusaders
	2nd Team	Clifton	Crusaders
	3rd Team	Crawford La Lucia	Crusaders
21 May	1st Team	Kearsney	Crusaders
	2nd Team	DHS	DHS
	3rd Team	Glenwood	Glenwood
28 May	3rd Team	Westville Senior Primary	Crusaders
4 June	3rd Team	Kearsney	Kearsney



The spirit is building as our Old Boys Day fast approaches! We encourage you to join us this Saturday 26 May while supporting our boys in their fixtures vs St Charles. The school, assisted by our parent volunteers, will run food and cold drink fundraising stalls throughout the day and into the evening. The Beer Garden will once again be operating in the quad overlooking the field, adding to the festivities. Ticket booklets will be available to purchase and can be used at Northwood food and drink stands as well as the Beer Garden. Along with a jumping castle, a fun visit from Sharkie will be a treat for those with younger children. Another special addition to the day is the Crusaders vs Varsity College match to take place directly after the 1st team match on our main field at 17:00. We look forward to seeing our Old Boys, parents, supporters and community there! (Poster courtesy of our 2018 prefect group).