



Northwood News

The School Of Choice

www.northwoodschool.co.za

19 July 2018 – Volume 22

Thought for the Week

“As we let our own light shine, we unconsciously give other people permission to do the same.”
~ Nelson Mandela

From the Headmaster

MR P VILJOEN

Welcome back to all our boys, parents and staff – I trust you are all well rested and looking forward to a productive and positive third term.

I would especially like to welcome the boys and parents who become part of the Northwood family for the first time – may you have a wonderful time – make the most of the opportunity and enjoy your time with us.

A warm word of welcome also goes to Mrs Allison Bastable who joins us in the Afrikaans Department. Mrs Bastable is highly experienced and will no doubt, add immense value to our teaching staff. We wish her well with her tenure at Northwood.

Congratulations to all our boys who represented the school and the province with such distinction during the holidays.

A special word of congratulations to Taine Bird on his selection to the South African schools' hockey team who competed against the touring Australians. This was the fourth year in a row that Taine has been selected for the South African schools' team, an amazing achievement.

I also want to take a moment to thank our staff for spending the first week of the holidays teaching our grade 12's at Winter School – your efforts are greatly appreciated. A reminder to parents that we are running a full set of extra lessons during term three. We ask your assistance in ensuring the boys attend as expected.

Yesterday also saw the celebration of Mandela Day – thank you so much to the parents and community of Durban North for supporting our collection drive for the home of the aged, our donation boxes overflowed. We greatly appreciate your kindness and generosity.

As the great man so aptly put it – ***“What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.”***

We are deeply saddened by the passing of Wayne Gregory who passed away after a lengthy illness. Mr Gregory was an integral part of our school, offering a wealth of experience as our professional tennis coach and inspiring our boys with his enthusiasm and technical knowledge of the sport. As a proud Old Boy of Northlands Boys High School, Wayne was well known in the Durban North community and will be sorely missed by staff, parents and pupils alike. We offer our sincere condolences to his family. May he rest in peace.

Mandela Day Initiative – Collection for Tafta Delivery Week ending 27 July

We invite our students, staff, parents and friends to #Bethelegacy by contributing an item from the list below as we honour Mandela Day on 18 July In support of The Association for the Aged.

WISH LIST ITEMS

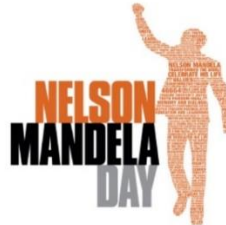
Tea, Coffee, Sugar, Toilet Paper, Cotton Wool, Face Cloths, Gloves, Adult Nappies, Stationary for OT (Glue Sticks, Paints, Paper, Khoki's), Men's and Ladies Toiletries.

A collection box will be available in the school's reception area for the duration of the week.

For further queries, please email: marketing@nwood.co.za



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Northwood Night Market

27 July – 5pm to 9:30pm,

Northwood Main Entrance

Our Night Market is almost here! We are so excited to showcase so many fantastic vendors, here are just SOME of them you can look forward to seeing on the evening, along with an array of food vendors. Northwood's musical talent along with Andrew Sutton will be performing from 6pm, bring your family and friends along for a lovely evening of good food, music and shopping!

A promotional poster for the Northwood Night Market Fundraiser. The background is dark blue with white speckles, resembling a night sky. At the top, a string of colorful triangular bunting (pink, yellow, orange, teal, and light blue) hangs across the width. In the center, above the bunting, is the Northwood School crest, which features a shield with a cross and a book, surrounded by the text 'NORTHWOOD SCHOOL' and 'FOUNDED 1914'. Below the crest, the text 'NORTHWOOD' is in white, 'NIGHT MARKET' is in large white letters, and 'FUNDRAISER' is in yellow. A horizontal teal line separates this from the event details below. The text 'FRIDAY 27 JULY - 5PM TO 9:30PM' is in white, and 'GREAT FOOD, MUSIC AND STALLS TO BROWSE' is in green. At the bottom, 'The School Of Choice' is in white, with the website 'www.northwoodschool.co.za' in a smaller white font below it.

NORTHWOOD
NIGHT MARKET
FUNDRAISER

FRIDAY 27 JULY - 5PM TO 9:30PM
GREAT FOOD, MUSIC AND STALLS TO BROWSE

The School Of Choice
www.northwoodschool.co.za

NORTHWOOD NIGHT MARKET FUNDRAISER



PIZZABOYZ CRAFTED



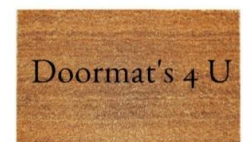
Knot So Perfect Creations



Homemade Cupcakes and Doll Houses

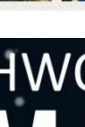
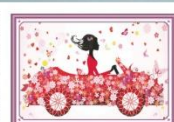
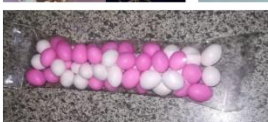
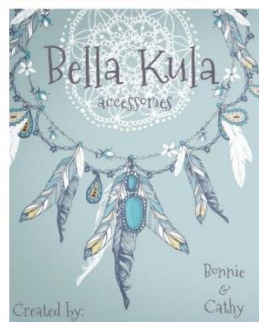
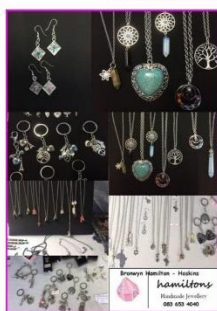
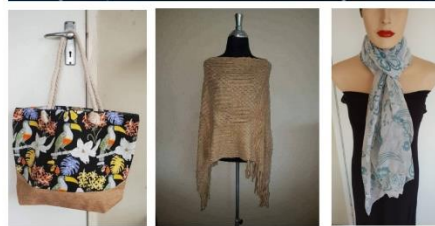


NORTHWOOD NIGHT MARKET FUNDRAISER



NORTHWOOD NIGHT MARKET FUNDRAISER

billie boys
finest biltong in all africa



NORTHWOOD NIGHT MARKET FUNDRAISER



FRIDAY 27 JULY - 5PM TO 9:30PM
LIVE MUSIC INCULDING ANDREW SUTTON BETWEEN 6PM & 8PM

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)

JAKE GERWEL FELLOWSHIP BURSARY

If you are interested in becoming a teacher and would like to apply for a bursary, please see Mr Rich. Cover full tuition, accommodation and books as well as spending money and mentorship.

Applications close 27 July 2018

You can also apply on line at www.jgfellowship.org.

SIVEST ENGINEERING BURSARY SCHEME 2019

Sivest is looking for candidates to participate in their bursary programme to study Engineering.

If you are interested in applying for this bursary, please see Mr Rich.

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 |

Smalls

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

FIRST AID: If you have a function or event where a qualified first aider is required, contact Daveno Proudfoot on 067 027 5971. Daveno is Grade 3 qualified and is available weekends, afternoons and any time during the holidays.



MATHS, ENGLISH and AFRIKAANS TUITION

Experienced tutors. Small groups. Excellent results.

Contact **Greg Bodill 082 8770 300** /email bodilleducation@absamail.co.za

Website: www.boded.co.za Facebook: [Bodill-Education](https://www.facebook.com/Bodill-Education)

MUSIC LESSONS! "Do you or your child want to learn piano, guitar, bass, drums or vocals? We offer a custom music beginners curriculum that will take you through all the theory, creativity and technicalities to play your instrument. We also offer group lessons or a holiday package if your term is a little too busy to commit. Contact Brandon on 0832601733 or kayat_b@hotmail.com to secure your slot in our program."

POINT 2 POINT SHUTTLE SERVICE: Transport from home to school or from school to extra lesson/extra murals. Morningside, Durban North and Umhlanga areas. Contact Mellissa Williams via phone, whatsapp or message on 082 966 6041.



Important Dates

| Day | Dates | | | | Event | Venue |
|-----------|-------|----|----|--|--|-----------------|
| JULY | | | | | | |
| Tues | 17 | | | | School Re-opens | |
| Fri | 27 | | | | Night Market | School Hall |
| Mon | 30 | | | | Academic Concerns Evening | School Hall |
| AUGUST | | | | | | |
| Tues | 07 | | | | Interhouse Athletics | School Fields |
| Tues | 07 | | | | Subject Choice Evening | School Hall |
| Thurs | 09 | | | | Women's Day | |
| Fri | 10 | | | | School Holiday | |
| Fri | 17 | | | | Closing Date for Subject Choice forms | Northwood |
| Fri | 17 | to | 18 | | Eastern Evening | School Hall |
| Tues | 21 | | | | Sport Photo Day | School Hall |
| Wed | 22 | | | | Eid | |
| Fri | 24 | | | | Grade 8 – 10 Social | |
| Sat | 25 | | | | Grade 11 Grade | |
| Fri | 31 | | | | 2019 Prefects Announced | School Hall |
| Fri | 31 | | | | Quadrangular Athletics | Northwood |
| SEPTEMBER | | | | | | |
| Mon | 03 | | | | Prefects Tie Ceremony | Jubilee Room |
| Mon | 03 | | | | Matric Trials Start | Northwood |
| Fri | 07 | | | | LO Exam (TBC) | Northwood |
| Thurs | 27 | | | | Sportsmen's Banquet | School Hall |
| Fri | 28 | | | | End of Term 3 | |
| Fri | 28 | to | 02 | | Shaun Pollock u14 Cricket Festival | Northwood |
| Fri | 28 | to | 09 | | 1 st Team Cricket Michaelmas Week | |
| Fri | 28 | to | 02 | | U16 Kookaburra Festival | |
| Fri | 28 | to | 02 | | 1str Team Grey College Soccer Tournament | Bloemfontein |
| Fri | 28 | to | 01 | | 1 st Team Waterpolo SACS Tournament | Cape Town |
| Fri | 28 | to | 02 | | U14 Hilton Waterpolo Tournament | Hilton |
| OCTOBER | | | | | | |
| Thurs | 04 | to | 07 | | U16 DHS Waterpolo Tournament | DHS |
| Tues | 09 | | | | School Reopens | |
| Tues | 09 | | | | Prefect's Dinner | Jubilee Room |
| Fri | 12 | | | | Speech Day | School Hall |
| Thurs | 18 | to | 21 | | 1 st Team Stayers Waterpolo Tournament St Stithians | Johannesburg |
| Thurs | 18 | to | 21 | | u15 Crawford Lonehill Waterpolo Tournament | Johannesburg |
| Fri | 19 | | | | Marketing Fundraiser (TBC) | |
| Thurs | 25 | to | 28 | | U14 Grey College Waterpolo Tournament | Bloemfontein |
| Fri | 26 | | | | BE Year End Function | John Bruyns Hse |
| NOVEMBER | | | | | | |
| Wed | 07 | | | | Diwali | |
| Fri | 09 | | | | Remembrance Day | |
| Fri | 23 | | | | Sardine Run | |
| DECEMBER | | | | | | |
| Wed | 12 | | | | School Closes for Learners | |
| Fri | 14 | | | | School Closes for Staff | |

From the Head of Academics

MRS R STANLEY

Email: rstanley@nwood.co.za

WELCOME TO TERM 3.

For our Grade 12 learners, this is a very important time to consolidate what you have been taught and put everything you have into the final stretch. Work hard and smart and you will reach your goals.

WINTER SCHOOL

Once again, a big thank you to the staff who were involved in the holiday lessons. Many learners attended, and gained from these extra sessions.

We would like to offer another opportunity to our matrics during the next break – details will be published once finalised.



EXTRA LESSONS TIMETABLE

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

PHYSICAL SCIENCE

Please see the break down for the Term 3 extra lessons available to our Physics pupils. Our staff have put a lot of thought and organisation into this. I urge all parents to make sure your boys make use of this opportunity.

PHYSICAL SCIENCE EXTRA LESSON TIMETABLE

Every Monday immediately after school.

| | MRS RAMSEOOK GRADE 12 | MRS REDDY GRADE 11 | MR BODALIA GRADE 10 |
|--------------|----------------------------------|--|--|
| 23 July | Electrostatics | Newtons 2 nd Law | Electricity |
| 30 July | Newtons Laws Pulley systems | Vector Construction | Electrostatics |
| 06 August | Newtons Laws | Acids and Bases | Writing Formulae/ Balancing equations |
| 13 August | Momentum Impulse | Stoichiometry Limiting Reagents | Stoichiometry |
| 20 August | Vertical Projectile Motion | Stoichiometry Percentage yield/purity | Stoichiometry |
| 27 August | Organic Reactions | Electrostatics | Graphs of motion |
| 03 September | | Electricity/Ohms Law | Mechanics |
| 10 September | | | Mechanics |

CONTROL TESTS AND REINFORCEMENT LESSON DATES – TERM 3

| TEST DATE | GRADE 8 | GRADE 9 | GRADE 10 | GRADE11 | GRADE 12 | REINFORCE- MENT LESSON DATE |
|----------------------|----------------|----------------|-----------------|-------------------------|-----------------|--|
| 20 July | | | | | Maths Lit P2* | |
| 6 Aug | | | History * | | History* | |
| 7 Aug | Afri/Zulu | Life Sci | History | Life Sci | History | 17 Aug |
| 14 Aug | History | English | Afri/Zulu | Afri/Zulu | Geog | 24 Aug |
| 16 Aug | | | Accounting* | | | |
| 21 Aug | Life Sci | Geog | Phys Sci P1 | EGD | Bus Studies | 31 Aug |
| 24 Aug | Geog | Afri/Zulu | English | Maths/Maths Lit | Maths/Maths Lit | 07 Sept |
| 28 Aug | EMS | Tech | Maths/Maths Lit | Bus Studies | Life Science | 14 Sept |
| 30 Aug | | | | | Phys Sci Prac** | |
| 31 Aug | Phys Sci | Maths | Life Science | Phys Sci P2 | | 21 Sept |
| 04 Sept | English | Phys Sci | Bus Studies | English | | TBC |
| 05 Sept | | | Phys Sci Prac** | | | |
| 06 Sept | | | Economics* | Economics* | | |
| 07 Sept | Maths | History | EGD | Phys Sci P1 | | TBC |
| 10 Sept | | | | Accounting* History* | | |
| 11 Sept | Tech | EMS | Phys Sci P2 | History | | TBC |
| 12 Sept | | | Life Sci Prac** | | | |
| 18 Sept | | | | Life Sci Prac* | | |

* In Class time

** Practical Exams

Sport & Culture

From the Head of Extramurals

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

Welcome back to all our parents and boys. I trust the holiday was good and our boys were able to get some rest. A number of our boys had a busier holiday than others either participating in Inter-Provincial Tournaments or sport festivals around the country. Congratulations to our boys that had the opportunity to represent their province, you did your school and province incredibly proud. Well done.

Congratulations to our u14A Cricket team who participated in the u14 Penryn cricket tournament. Once again, Northwood made it to the final and had an incredible tournament with results and performances of which they can be proud.

Special congratulations to Taine Bird who was selected for the u18 South African Schools Hockey team and represented South Africa in a three match series against Australia. This is the fourth consecutive year that Taine has been selected to represent South African hockey teams in his respective age group. Massive congratulations to Taine.



Taine Bird SA u18 Goalie
and Northwood Prefect

We are straight back into the action this week with Indoor Hockey, Soccer and Rugby Sevens fixtures that begin this week. Please ensure that your son is involved in one of these or involved in the other available extra-murals at the school.

A reminder to find all extra mural details with regards to fixtures, notices, practice times and transport arrangements at www.northwoodschooolsport.com. The Mobile App is extremely user friendly and is a must as a Northwood parent and pupil.



Ashleigh White Physiotherapy

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

Hockey Hunches.

Outdoor hockey and rugby have come to an end and by and large most pupils have not been injured too badly.

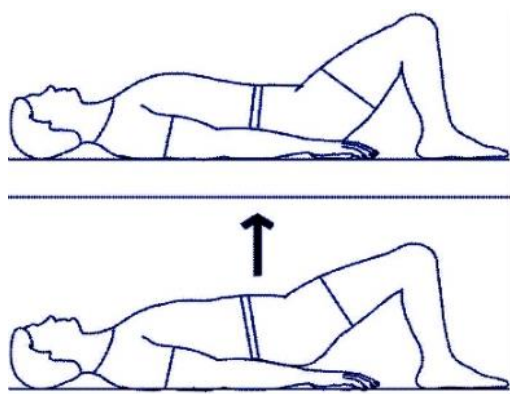
Indoor hockey and soccer are coming up and, in my experience, I see a whole new range of injuries coming through.

Sore knees, hamstrings strains and lower back pain are the most common injuries I start to see. The indoor hockey surface is harder, the game is faster and requires players to bend deeper as they play.

Any player needs to have a good quadriceps length and strength, hamstring length and glut strength. Core muscle control is important for everything too.

Players need to follow a basic stretching routine before they play but I find it most beneficial that they cool down and stretch after the game is done. Before just rushing home, a few basic stretches would be so beneficial.

I have one exercises that is my favourite right now as it is simple, easy to do anywhere and uses a large number of essential muscles. Simple bridging is fantastic.



Done correctly the muscles that can be targeted are gluts, quads, hamstrings and the core. It can be progressed and changed as strength is gained.

If those hockey and soccer niggles are there, get them treated quickly, this avoids long period of not playing or training. A rehabilitation programme can be given too.

Good luck, have fun and enjoy.

Kind Regards

Ashleigh White
Physiotherapist
Northwood Sports Medicine Centre