



Thought for the Week

"I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it."
~ Groucho Marx

From the Headmaster

MR P P VILJOEN

Dear Parents

As we complete week two of term 1, please note some important points in terms of the school's operations.

- Please ensure your boy arrives at school on time. Our registration classes are now later in the day, so lessons start at 7.40. If boys are late, they will miss out on valuable teaching time.
- The two test lessons now run on a Tuesday and Thursday before break – if your son is absent on those test days you will be contacted by the grade tutor to check on the whereabouts of your boy. If he is legitimately ill, and misses the formal scheduled test, please provide a doctor's note on the day of his return to school. For your convenience, the plan of assessment for the term is loaded on the D6 communicator. Please familiarise yourself with the important dates on the academic calendar.
- A full set of support/extra lessons will be run again this year.
- In mathematics in grade 8 and 9 these lessons have been specifically created within the school day, so all the boys will have two extra lessons. The math department therefore will not run additional classes in those grades after school.
- The homework centres on upper and lower campus will be fully operational from next week. Teachers are on duty to assist and guide your son with extra help and support, so please encourage your son to use the facility. In some cases, subject teachers may refer boys to the centres to complete additional work in order to assist them with managing a specific section of work. Attendance is then compulsory. For queries regarding the junior support centre you can contact Ms Jodi Sardinha (jsardinha@nwood.co.za) or Mrs Janet Morton (jtesta@nwood.co.za)
- Grade 12 parents please note that should your son fail to hand in a portfolio task on the day of submission, you will be contacted and your son will have to complete the task during academic detention the next day. This detention will take preference and your son will not be allowed to attend sports practices on the detention day.
- Summer uniforms are now in use, but as per tradition boys must wear their blazers and ties for assembly on Monday.
- Please be aware that there is, and will be, some smaller construction projects that may cause some inconvenience to the parents and the boys throughout term one. The ladies bathroom at the Jubilee Room and the boy's bathroom on the upper campus are being overhauled which is much needed. A special thank you to our governing body for supporting this venture.

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From the Headmaster Continued...

- As we head into the first weekend of sporting fixtures, a gentle reminder that we expect our boys to dress and behave impeccably at all times. Please assist us in ensuring that you, as parents, impress these values upon them. I also appeal to you, as parents to support both teams and all boys positively. I certainly look forward to interacting with all of you during the course of the season.

A reminder to our new parents that our new parents' braai is happening tomorrow night. Please make every effort to join us for this. It is always a fun and relaxing evening and gives you an opportunity to meet your son's new friends and registration teachers. The braai starts at 5.30 pm. The school provides the fires so please bring along your utensils, food, drink and chairs. The whole family is welcome.

Thank you again for making Northwood your son's school of choice.

Have a great weekend.

Awards

Congratulations to the following learners who achieved academic awards at the end of last year:

GRADE 11 2018

HONOURS	FULL COLOURS	HALF COLOURS	SCROLLS
Ahmed Jajbhay Keiran Naidoo Keagan Fassom Henk Heymans Mohamed Kolia Malibongwe Makhonza Ntando Zondi	Micholan Nadarajan Kayuran Naicker Tyrelle Naidoo Jayden Wessels Azhar Noormahomed Lukhwazi Ntombela Thashey Pather Nicholas Naidoo Sachin Reddy Andre Hargreaves Linamandla Majola Kimeshan Moonswamy Sahil Chunilal Kiaron Gopal Henry Bisschoff Ting-Wei Huang Johann Cronje Christopher Sarafidis	Arshan Magan Daniel Biassoni Ethan Robert Yasteel Nandlal Jethro Dunnington Yashil Rattan Luke Stevens Kwanele Sicwebu Nicholas Wright Grant Olivier Gideon Munyaradzi David Broughton Dylan McIlroy Lwandile Nzimakwe	Jordan Theron Seth Biggar Scott Haigh Solomon Banda James McIlwraith Bradin Gooding Kuan-Chen Lin Tyron Curtis Sipho Kunene Priyul Mahabeer Callen Govender Saiesh Moodley Ciaran Bigwood Rahul Kataria Charles Gamhiwa Luke Letts Terell Rangasamy

GRADE 10 2018

FULL COLOURS	HALF COLOURS	SCROLLS
Ishan Jewnarain Yagen Murugan Jodil Ramkissoo Reshay Naidoo Yasheel Pillay Yashil Sukram	Dean van Dijk Thomas Buckle Arkaj Maharaj Akili Moonsamy Mohammed Osman	Jashin Sewpersad Rahul Mohanlall Nicholas Bright Uzair Ameen Zafar Mohamed Tanayo Nunkoo Ashtiq Asrai Dinis Gomes Ismail Vally Mngqobi Shoba

From the Head of Academics

MRS R STANLEY

Email: rstanley@nwood.co.za

Grade 12

NATIONAL BENCHMARK TEST

General NBT information can be found on the D6 communicator. Please go through this important document if you are in Grade 12 or a parent of a Gr 12 pupil.

The date for training will be confirmed and communicated shortly.

PORTFOLIO ASSESSMENTS

Please take heed of the Headmaster's message re these tasks. The POA has been out from day 1 therefore, there should be no excuses.



TERM 1 CONTROL TESTS

DATE	GRADE 8	GRADE 9	GRADE 10	GRADE 11	GRADE 12
29/01	Afrikaans/isiZulu	English	Afrikaans/IsiZulu	English	EGD
31/01	English	Afrikaans/ Zulu	History	Afrikaans/IsiZulu	Life Science
05/02	History	Creative Arts Task	English	Life Science	English
07/02	Geography	Phy Science	Phy Science	Geography	History
12/02	LO	EMS	EGD	Bus Studies	Afrikaans/IsiZulu
14/02	Life Science	Geography	Bus Studies	EGD	Life Science
19/02	Creative Arts Task	LO	Life Science	History	LO
21/02	EMS	History	LO	Maths/ Maths Lit	Phy Science
26/02	Maths	Technology	Geography	LO	Maths/ Maths Lit
28/02	Technology	Maths	Accounting	Phy Science P2	Bus Studies

New Parents Family Braai

Friday 18 January

All parents of new boys are invited to join the Headmaster and Staff after the Grade 8 Information Evening Braais will be provided. Bring your own meat, salad, rolls etc and drinks.

Please also bring your own cutlery, crockery and glasses.

Mr Viljoen's welcome at 5:30 pm.

Grade 7 Open Day

There will be an Open Day for Grade 7 pupils on

Tuesday 5 February. Meet in the hall at **7:45 – 11:00 am.**

Busses will return pupils to their primary schools at approximately 12pm.

Grade 6 Open Evening for Parents

There will be an Open Evening for Grade 6 pupils on

Wednesday 6 February to meet in the hall at **5:30 pm**

This evening will include a presentation, a school tour and a John Bruyns House boarding establishment tour for those interested in boarding.

Grade 7 Open Evening for Parents

There will be an Open Evening for Grade 7 pupils on

Thursday 7 February to meet in the hall at **5:30 pm**

This evening will include a presentation, a school tour and a John Bruyns House boarding establishment tour for those interested in boarding.

Please watch press
for details

Admissions

SCHOLARSHIP EXAMINATIONS

For pupils entering Northwood School in Grade 8 in 2020

Applications to write the Scholarship Exam close on

Friday 22 February 2019

The Scholarship Examination will be written on

Friday 1 March February 2019

2:30 pm to 4:30 pm in AV1.

Smalls

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

Although advertising in the Northwood News Smalls is free of charge, Northwood reserves the right not to post your advertisement if we feel that the content is inappropriate for our learners and if we need the space for "real" Northwood content.

ACCOUNTING TUITION: Lessons for Grade 9 – 12 in the Umhlanga and Durban North area. 8 years experiencing in tutoring. Contact Janice Chetty on 082 599 3332.

DURBAN ACTORS STUDIO provides expert theatre arts education, creates performance opportunities, and inspires all ages to become creative, multi-skilled, thinking and diverse individuals on stage and in life. Weekly Speech and Drama classes, Musical Theatre, LAMDA, Shakespeare. Contact Durban Actors Studio for more info. / 031 332 0173





Ashleigh White Physiotherapy

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



PHYSIOTHERAPY AFTER SURGERY

Did you know that physiotherapists can play an instrumental role in helping one recover from many different types of surgery?

So often once a person has had surgery it is believed that they are healed and well on the road to recovery. But often there is post -surgical pain, swelling, restricted range of movement and loss of strength.

Physiotherapists are trained to assess post- surgical cases and have been trained to follow the protocols that have been put in place to aid full recovery.

The normal procedure following most surgery is to receive physiotherapy whilst in hospital. These exercises are usually basic circulatory and muscle activation based exercises. It is typical that most surgeons expect these to be done for 2 weeks after an operation.

After the doctor's follow up appointment, usually after 2 weeks, then additional physiotherapy based healing and rehabilitation can continue.

This can involve more advanced strength and range of motion exercises, anti -inflammatory assistance and soft tissue treatment.

From shoulders to elbows, knees, backs and hips, even ankles physiotherapy after surgery can be of great benefit to you.

Keep this in mind after any surgery and ask your surgeon if and when you can start some treatment.

Kind Regards
Ashleigh White

NORTHWOOD MEDICAL CENTRE

Reception		031 564 7675	medicalcentrenorthwood@gmail.com
Homeopath	Dr Colette Kell	073 019 9799	colette.kell@gmail.com
Chiropractor	Dr Michael Robson	082 602 5444	medicalcentrenorthwood@gmail.com
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
General Practicener	Dr Ganiat Abisola	067 151 9337	theprestigelifestyleclinic@gmail.com

Northwood Gear Shop Hours

MONDAY AND SATURDAY – CLOSED
TUESDAY – THURSDAY 13h30 – 15h15
FRIDAY 13h15 – 14h30

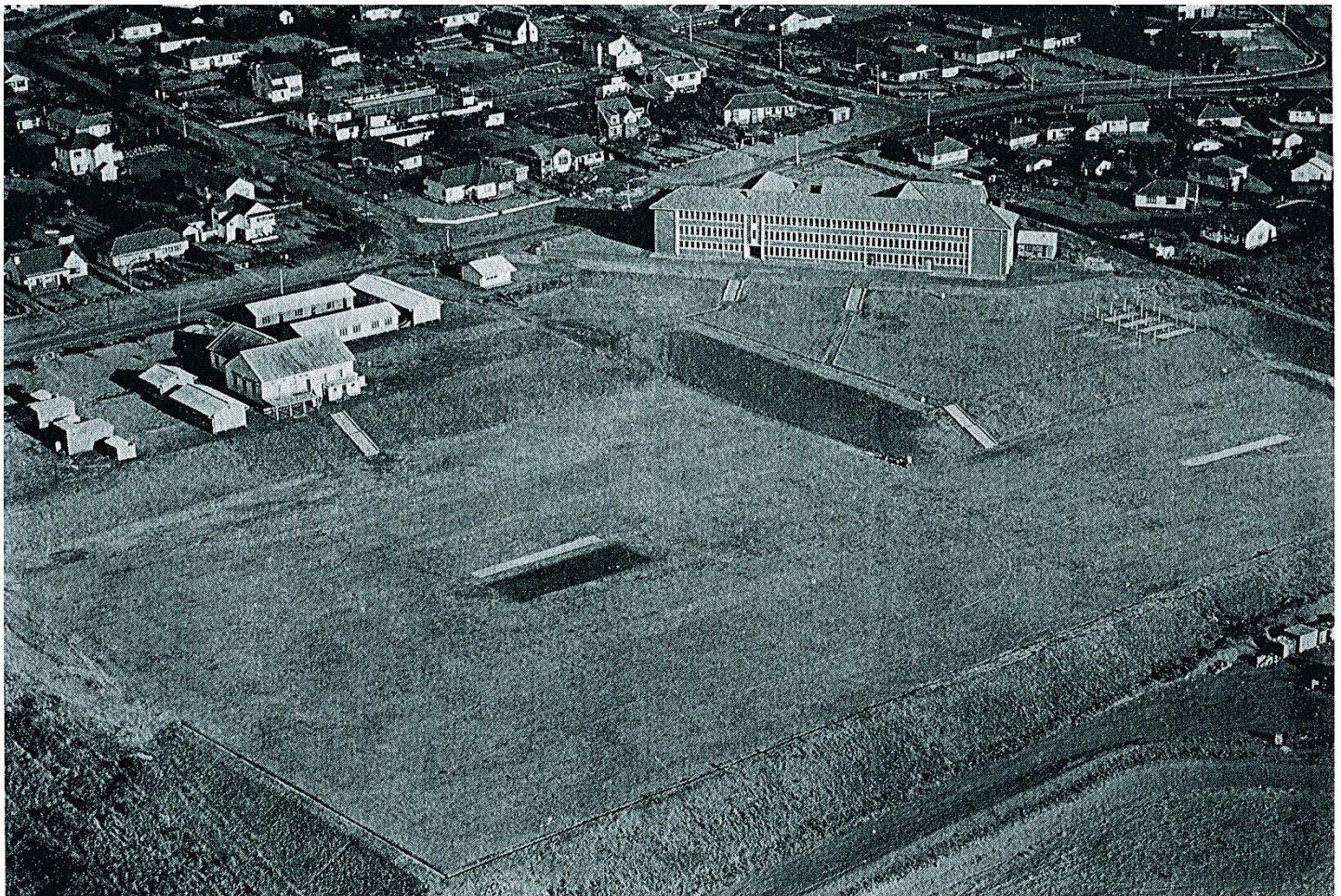
For assistance please phone Yvonne Haswell
On 083 691 0135 or 031 564 1439

Important Term 1

(Subject to Change)

DAY	DATE	TO DATE	TIME	EVENT	VENUE
JANUARY					
Fri	18		5:30	New parents family braai	Northwood
Fri	18			Clifton time trial gala	Clifton
Sat	19			Waterpolo, Basketball & Cricket vs Clifton	Various
Tues	22		2pm	Interhouse Gala	Home
Wed	23			RCL Elections	
Wed	23			Hilton Gala	Hilton
Thurs	24	27		Grey 1st Team Waterpolo Tournament	Bloemfontein
Sat	26			Waterpolo, Basketball & Cricket vs Hilton	Hilton
Wed	30			Chelsea Prep Information Evening	Chelsea Prep
Thurs	31	2/2		Pearson 2 nd Team Waterpolo Tournament	Port Elizabeth
FEBRUARY					
Fri	1			Mtunzini Expo	Mtunzini
Sat	2			Waterpolo, Basketball & Cricket vs Michaelhouse	Michaelhouse
Tues	5			Chinese New Year	
Tues	5		7:45-11:00	Grade 7 Open Day	Northwood
Wed	6		5:30-8:30	Grade 6 Open Evening (TBC)	Lower Campus
Thurs	7		5:30-8:30	Grade 7 Open Evening	Northwood
Fri	8			Westville Gala	Westville
Sat	9			Waterpolo, Basketball & Cricket vs Westville	Various
Sat	9	10		Midmar Mile	Midmar
Mon	11			Championship Gala	Home
Wed	13			Co-Ed Gala	Home
Wed	13		2:00–5:00	Laddsworth Primary High school Expo	Pietermaritzburg
Thurs	14			Valentine's Day	
Thurs	14			Valentine's Visits (Prefects)	
Thurs	14	17		Selborne Vides Waterpolo Tournament	East London
Thurs	14	16		Duzi Canoe Marathon	
Fri	15		6:00-10:00	Junior Social	Hall
Sat	16			Waterpolo, Basketball, Cricket vs Glenwood	Various
Wed	20		6:00 – 8:30	Top 10 Gala	Kings Park
Fri	22			Scholarship Applications Close	
Fri	22	24		u15A/B Dallas Hutton Waterpolo Tournament	Home
Sat	23			Waterpolo, Basketball, Cricket vs DHS	
Sun	24			Glenwood Expo	Glenwood
Mon	25		2pm	Interhouse Cricket, Waterpolo, Basketball	School
Thurs	28			Knights Networking Breakfast	TBC
Thurs	28	3/3		u15A Waterpolo Tournament Parktown	Johannesburg
Thurs	28		6:00-8:30	DND Gala	Kings Park
MARCH					
Fri	1			Scholarship Exam	
Fri	1			Surfing Fundraiser Movie Night	Northwood
Sat	2			Kearsney/St Charles/Sunfoil Waterpolo, Basketball & Cricket	Various

Tues	5			Individual & Class Photos	
Fri	8			Closing Date for Applications for 2020	
Fri	8		8am	Matric Hamlet Excursion	Playhouse
Sat	9			Rugby & Hockey vs Maritzburg College	Maritzburg Coll.
Sun	10	23		Hockey Tour to Malaysia	
Wed	13			Toastmaster Graduation	AV1
Fri	15			End of Term 1	
Fri	15	18		u14 Parktown Rugby Tournament	Johannesburg
Fri	15	18		u15B Northwood Rugby Festival	Northwood
Wed	20	24		Grey High School – 1 st and all A Teams	Port Elizabeth
Thurs	21			Human Rights Day	
Thurs	28	31		1 st Team Founders Hockey Festival	Home
APRIL					
Tues	2			Term 2 Begins	



Northwood School 1955

Sport & Culture

From the Head of Extramurals

Mr G. Le Roux

Deputy Headmaster – Extramurals

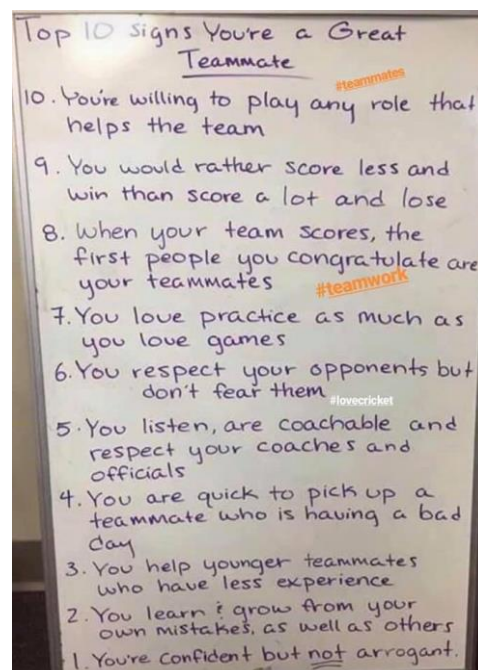
gleroux@nwood.co.za

I recently came across a post that I found doing the rounds on social media over the last few weeks. There are some crucial points listed here that are perhaps relevant now with our first set of fixtures coming up this weekend. Let's all be great team mates as we continue to grow and develop our own strengths and talents through the help of others.

A reminder that all sports bags (for afternoon use) can be left in the upper campus storeroom (grade 9-12) or the lower campus storeroom (grade 8) before 07:35 each morning. This room is locked for the day so please do not put PE kit into either of these rooms. If your son does have PE on the day and therefore requires it during school time, please use the locker room on the lower campus for this purpose. Good luck to all boys involved in fixtures this weekend.

#KNIGHTS

For all extra mural details with regards to fixtures, notices, practice times and transport arrangements please visit www.northwoodschooolsport.com. Remember to create a shortcut on your home screen of your mobile device for a very user friendly version of the site.



Fixtures Term 1 & 2

19 January	Cricket, Water Polo, Basketball vs Clifton	@ Various
26 January	Cricket, Water Polo, Basketball vs Hilton	@ Various
2 February	Cricket, Water Polo, Basketball vs Michaelhouse	@ Various
9 February	Cricket, Water Polo, Basketball vs Westville	@ Various
11 February	Northwood Championship Gala	@ Northwood
16 February	Cricket, Water Polo, Basketball vs Glenwood	@ Various
20 February	Top 10 Swimming Gala	@ Kings Park
22-24 February	Dallas Hutton Northwood Water Polo Festival	@ Northwood
23 February	Cricket, Water Polo, Basketball vs DHS	@ Various
25 February	Inter-house Cricket, Water Polo and Basketball	@ Northwood
27 February	D and D Gala	@ DHS (Hosted by TBC)
2 March	Cricket, Water Polo, Basketball vs St Charles & Kearsney	@ Various
9 March	Hockey and Rugby vs Maritzburg College	@ Maritzburg College
15-18 March	U15B Northwood Rugby Festival	@ Northwood
28-31 March	1st Hockey Founders Festival	@ Northwood
5 March	Inter-house Rugby, Hockey and Volleyball	@ Northwood
19-22 April	U14B Ken Florens Hockey Festival	@ Northwood
27 April	Hockey and Rugby vs Hilton	@ Northwood
4 May	Hockey and Rugby vs Westville	@ Northwood
11 May	Hockey and Rugby vs Parktown N	@ Northwood
18 May	Hockey and Rugby vs Michaelhouse (Compulsory)	@ Northwood
25 May	Hockey and Rugby vs St Benedicts	@ St Benedicts
1 June	Hockey and Rugby vs St Charles	@ St Charles
8 June	Hockey and Rugby vs Kearsney - Old Boys Day	@ Northwood