



Thought for the Week

“Even if you are on the right track, you’ll get run over if you just sit there.”

~ Will Rogers”

From the Headmaster

MR P P VILJOEN

One of the important skills we aim to develop within the Northwood environment, is that of leadership. Various programs and strategies are in place to ensure that the development of this skill takes place constantly. These include the RCL program, the leadership development classes in grade 10, the mentorship program in grade 11 and the prefect system in grade 12.

Developing leadership is of course not only developed within these structures but is also incorporated in many of our lessons and registration classes.

To assist with the development of your son’s leadership qualities, there are a number of strategies you can follow. These are very well explained by Travis Bradberry, writing for the Forbes magazine. According to Bradberry parents can do the following to assist with their children’s leadership development:

Model Emotional Intelligence (EQ)

Emotional intelligence is that “something” in each of us that is a bit intangible; it affects how we manage behaviour, navigate social complexities and make personal decisions that achieve positive results.

Children learn emotional intelligence from their parents, plain and simple. As your children watch you every day, they absorb your behaviour like a sponge. Children are particularly attuned to your awareness of emotions, the behaviour you demonstrate in response to strong emotions and how you react and respond to *their* emotions.

EQ is one of the biggest drivers of success in leadership positions Talent Smart has tested more than a million people and found that EQ is responsible for 58% of a leader’s job performance. Likewise, 90% of top-performing leaders have high EQs.

Most people do very little to develop their EQ growing up. Just 36% of the people we tested are able to accurately identify their emotions as they happen. Children who develop a high level of EQ carry these skills into adulthood, and this gives them a leg up in leadership and in life.

Don’t Obsess About Achievement

Parents get sucked into obsessing about achievement because they believe that this will make their children into high-achievers. Instead, fixating on achievement creates all sorts of problems for kids. This is especially true when it comes to leadership, where focusing on individual achievement gives kids the wrong idea about how work gets done.

Simply put, the best leaders surround themselves with great people because they know they can’t do it alone.

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From the Headmaster Continued...

Achievement-obsessed children are so focused on awards and outcomes that they never fully understand this. All they can see is the player who's handed the MVP trophy and the celebrity CEO who makes the news—they assume it's all about the individual. It's a rude awakening once they discover how real life works.

Don't Praise Too Much

Children need praise to build a healthy sense of self-esteem. Unfortunately, piling on the praise doesn't give them *extra* self-esteem. Children need to believe in themselves and to develop the self-confidence required to become successful leaders, but if you gush every time they put pen to paper or kick a ball (the "everyone gets a trophy" mentality), this creates confusion and false confidence. *Always* show your children how proud you are of their passion and effort; just don't paint them as superstars when you know it isn't true.

Allow Them to Experience Risk and Failure

Success in business and in life is driven by risk. When parents go overboard protecting their children, they don't allow them to take risks and reap the consequences. When you aren't allowed to fail, you don't understand risk. A leader can't take appropriate risks until he or she knows the bitter taste of failure that comes with risking it all and coming up short.

The road to success is paved with failure. When you try to shield your children from failure in order to boost their self-esteem, they have trouble tolerating the failure required to succeed as a leader. Don't rub their face in it either. Children need your support when they fail. They need to know you care. They need to know *that you know* how much failure stings. Your support allows them to embrace the intensity of the experience *and* to know that they'll make it through it all right. That, right there, is solid character building for future leaders.

Say No

Overindulging children is a sure-fire way to limit their development as leaders. To succeed as a leader, one must be able to delay gratification and work hard for things that are really important. Children need to develop this patience. They need to set goals and experience the joy that comes with working diligently towards them. Saying no to your children will disappoint them momentarily, but they'll get over that. They'll never get over being spoiled.

Let Children Solve Their Own Problems

There's a certain self-sufficiency that comes with being a leader. When you're the one making the calls, you should also be the one who needs to stay behind and clean up the mess these create. When parents constantly solve their children's problems for them, children never develop the critical ability to stand on their own two feet. Children who always have someone swooping in to rescue them and clean up their mess spend their whole lives waiting for this to happen. Leaders take action. They take charge. They're responsible and accountable. Make certain your children are as well.

Walk Your Talk

Authentic leaders are transparent and forthcoming. They aren't perfect, but they earn people's respect by walking their talk. Your children can develop this quality naturally, but only if it's something they see you demonstrate. To be authentic, you must be honest in all things, not just in what you say and do but also in who you are. When you walk your talk, your words and actions will align with who you claim to be. Your children will see this and aspire to do the same.

Show You're Human

No matter how indignant and defiant your children are at any moment, you're still their hero and their model for the future. This can make you want to hide your past mistakes for fear that they'll be enticed to repeat them. The opposite is true. When you don't show any vulnerability, your children develop intense guilt about every failure because they believe that they're the only ones to make such terrible mistakes. To develop as leaders, children need to know that the people they look up to aren't infallible. Leaders must be able to process their mistakes, learn from them, and move forward to be better people. Children can't do this when they're overcome by guilt. They need someone—a real, vulnerable person—to teach them how to process mistakes and to learn from them. When you show them how you've done this in the past, you're doing just that.

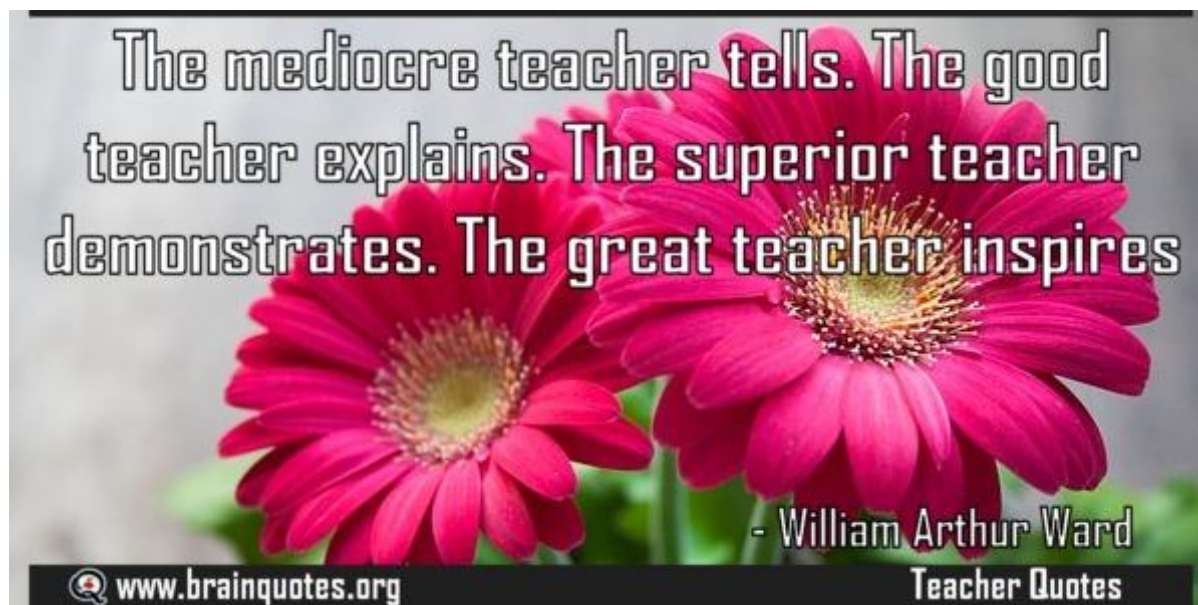
Finance

Reminder: Closing date for the 4% discount for upfront full payment of fees closes on the 31st of January.

From the Head of Academics

MRS R STANLEY

Email: rstanley@nwood.co.za



D6 COMMUNICATOR

The D6 is an important part of communication for our school. You will find the Programme of assessment, scopes for tests and exams, information on what the National Benchmark Test is, and much more. Please choose the grade you need information for, not the class or subject. **THE HOMEWORK TAB IS NOT IN USE.**

ABSENTEEISM

If your son is absent from school for any reason, you are requested to send a note stating the reason for his absence. This needs to be handed to his registration teacher and kept on record.

TERM 1 CONTROL TESTS

All grades begin writing Control Tests on Tuesday 29 January. Please see the POA to keep up to date with these. If your child is absent on the day a test is written, he will need to bring a medical certificate to school the day he returns.

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

Please watch press
for details

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.

If you are unable to join for your grade's open evening, please joint at an alternate date.

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.



ENGLISH TUITION: Lessons for Grades 8 – 11 in Umhlanga and Durban North area (willing to travel). 8 years experience in tutoring. Contact Karl on 076 501 3481.

KARATE TRAINING: Learn a new sport, get fit and know how to defend yourself! North Coast Karate, in Glenashley (St Luke's Church Hall) is offering 2 free trial lessons. Open to all from 5 years to adult. Contact Shihan Mike Norman for more information: 082 456 3897.

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



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



JUNIOR SOCIAL

WITH DJ DANIEL ISRAEL

Tickets R50 per person - On sale from the school's Back Office

GRADE 8, 9 & 10's ONLY (ALL SCHOOLS WELCOME)

FRIDAY 15 FEBRUARY 6PM TO 10:30PM

*VIP TICKETS - Skip the queue, Separate Chill Room, Mocktails
and Snacks R100 per person, limited amount available!*

marketing@nwood.co.za Tel: 031 563 6501

The School Of Choice

www.northwoodschool.co.za

From the Desks of The Homework and Learner Support Centre

With the 2019 academic year well underway, it is good timing to distinguish between two necessary academic facilities at Northwood School that assist our boys in achieving the best they can in the classroom.

While these two centres operate independently, communication and mentorship is shared across the board between the two centres, and no question or uncertainty is left unanswered for any learner attending either centre.

In terms of the **HOMEWORK CENTRE**, here is what you need to know:

The Homework Centre runs Monday to Thursday from 2:15 - 4:30pm in Mrs Morton's classroom (UC140).

Boys are able to attend as and when they need to and the homework centre provides a space for them to get their homework done, collaborate on group projects, or to catch up missed work due to absenteeism.

It is largely up to the individual learner to make the most of this time.

Mrs Morton is available to guide learners, as well as make use of the mentorship from a group of high-achieving academic mentors from the senior grades of the school.

For any queries regarding The Homework Centre, please contact Mrs Morton on jtesta@nwood.co.za

In terms of the **LEARNER SUPPORT CENTRE**, here is what you need to know:

The Learner Support Centre is currently functioning as a source of remedial support and exam preparation for grade 8's and 9's.

The centre serves to assist learners in achieving an all-round confidence in most subjects, while also focusing on other elements such as time management, planning, study techniques, researching and referencing, as well as counselling & psychological support where necessary.

With our newly renovated centre on the lower campus, we will be offering remedial lessons/sessions across a range of subjects and the various elements as mentioned above. In addition to these sessions, access to online educational sites, PC programmes for Maths and English, past paper resources, audiobooks for language set works, and other digital related resources will soon also be made available to those attending the sessions at the LSC.

The Learner Support Centre is currently operating on an invitational basis, where grade 8 and 9 learners are identified in needing support in one or more areas as mentioned above.

Attendance at the relevant sessions are compulsory.

For any queries regarding The Learner Support Centre, please contact Ms Sardinha on jsardinha@nwood.co.za

Junior Achievement (JA)

All Grade 10 & 11 learners are welcome to participate in the programme. Kindly hand in names to Ms Raftopoulos on the Lower Campus.

Northwood Musical 2019

AUDITIONS

for Singers



WEDNESDAY
30th [14h15] or
THURSDAY
31st JANUARY
[14h30]
SCHOOL HALL

ENQUIRIES : *See Mr Steenhuisen*

Northwood Musical 2019

This year the school will stage a musical revue during the month of August.

It promises to be a fun-filled production, based on 'songs from the movies' through the years.

Auditions for Northwood boys are being held next week. Boys can audition either on Wednesday or on Thursday afternoon, in the school hall.

Important Term 1

(Subject to Change)

DAY	DATE	TO DATE	TIME	EVENT	VENUE
JANUARY					
Thurs	24	27		Grey 1st Team Waterpolo Tournament	Bloemfontein
Sat	26			Waterpolo, Basketball & Cricket vs Hilton	Various
Wed	30			Chelsea Prep Information Evening	Chelsea Prep
FEBRUARY					
Fri	1			Mtunzini Expo	Mtunzini
Sat	2			Waterpolo, Basketball & Cricket vs Michaelhouse	Various
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			Northwood Championship Gala	Northwood
Wed	13			Government Schools-Ed Gala	Maritzburg Coll
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	Northwood
Sat	23			Waterpolo, Basketball, Cricket vs DHS	
Sun	24			Glenwood Expo	Glenwood
Mon	25		2pm	Interhouse Cricket, Waterpolo, Basketball	Northwood
Wed	27		6:00-8:30	DnD Gala	DHS
Thurs	28			Knights Networking Breakfast	TBC
Thurs	28	3/3		u15A Indigo Parktown Waterpolo Tournament	Johannesburg
MARCH					
Fri	1			Scholarship Exam	
Fri	1			Surfing Fundraiser Movie Night	Northwood
Sat	2			Kearsney & St Charles 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	21	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	Northwood
APRIL					
Tues	2			Term 2 Begins	

Sport & Culture

From the Head of Extramurals

Mr G. Le Roux

Deputy Headmaster – Extramurals

gleroux@nwood.co.za

Throughout the course of the recent holidays, a number of our boys were involved in a variety of areas. Congratulations on some fantastic achievements.

Most notable were a number of selections for their respective South African teams.

Andile Mogakane was selected for the South African u19 Cricket team once again.

Corbin Ebelthite and Luke Bricknell were both selected for the South African u19 Softball Team while Matthew Bricknell was selected of the u17 team and Cameron Whitfield the South African u16 Softball team.

Ananta Reddy competed in the South African Junior Chess Championship and was part of the team that won all 7 rounds and walked away with a gold medal.

Adam Brun was approached and signed a professional football contract with Royal Eagles Football club. Dylan Ferreira was nominated as bowler of the team and Basil Van Der Spuy the all-rounder of the team while representing the KZN Mynahs Cricket team.

Brayden Bergset represented South Africa at the 2018 World Life Saving Championship competing in the Junior (u19) section of the completion. He placed as follows:

- Junior Male Beach Flags: 10th in the World.
- Junior Male Beach Relay: 12th in the world
- Junior Male Tapling Relay (Run, Swim, Ski & Board): 10th in the World.

These are some truly remarkable achievements and we can be extremely proud of these learners. It sets a fantastic tone for the year and we look forward to more moments that are special from our boys.

Good luck to all boys involved in fixtures this weekend.

For all extra mural details regarding 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.

Swimming

FIXTURES

DATE	VENUE	TIME
Fri 08/02	Westville Invitational gala @ West. TBC	5:00
Mon 11/02	Championship Gala @ NW	5:30
Wed 13/02	PMB College	3:00
Wed 20/02	Top 10 @ Kings Park	5:30 / 6
Wed 27/02	D&D @ Kings Park	5:30 / 6

**I can only give the best to others, when I'm in touch with the best in myself.
WINNING means you're willing to go longer, work harder and give more than anyone else**

NB

- Transport will be provided for all away galas except when swum at Kings Park.
- Swimmers may only swim in the plain navy blue or NW navy costume.
- PLEASE only NORTHWOOD towels to be used.
- All swimmers will arrive at venues in FULL school uniform but may leave in FULL tracksuits or change back into FULL uniform.
- ALL swimmers are expected to make the 2 afternoon training sessions to fulfil their extra-mural obligations for term 1, unless they swim with their own recognized swimming coach.
- Swimmers are to make themselves available to swim ALL the galas scheduled on the fixture list.
- If there are any problems please contact Mrs Morton personally.



Fixtures Term 1 & 2

These fixtures are subject to change

Date	Opposition	Venue
4-7 January	1st Cricket Grey College Festival	Grey High School
18 January	Clifton Time Trial Gala	Clifton
19 January	Cricket, Water Polo, Basketball vs Clifton	Various
22 January	Inter-house Swimming Gala	Northwood
24-27 January	1st Water Polo Grey College Tournament	Grey College
26 January	Cricket, Water Polo, Basketball vs Hilton	Various
2 February	Cricket, Water Polo, Basketball vs Michaelhouse	Various
8 February	Westville Invitational Gala	Westville
9 February	Cricket, Water Polo, Basketball vs Westville	Various
11 February	Northwood Championship Gala	Northwood
13 February	Government Schools Gala	Maritzburg College
14-17 February	Vides Water Polo Tournament	Selbourne
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
28 Feb-3 March	15A Indigo Water Polo Tournament	Parktown
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
15-18 March	U14A Parktown Rugby Festival	Parktown
21-24 March	1st, U16A,U15A,U14A Grey High Rugby Festival	Grey High School
28-31 March	1st Hockey Founders Festival	Northwood
5 March	Inter-house Rugby, Hockey and Volleyball	Northwood
6-7 April	2nd Crawford Hockey Festival	Crawford La Lucia
13 April	Hockey and Rugby vs Durban High School	DHS
17-22 April	1st Hockey KES Festival	KES
17-22 April	1st Rugby KES Festival	KES
17-22 April	U16A Jeppe Rugby Festival	Jeppe
17-22 April	U15A Parktown Rugby Festival	Parktown
19-22 April	U14A Founders Hockey	Parktown
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	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
13-16 June	1st Kloof Soccer Tournament	Kloof