

Thought for the Week

"The weak can never forgive. Forgiveness is the attribute of the strong."
~ Mahatma Gandhi

From the Headmaster

MR P P VILJOEN

Dear Parents

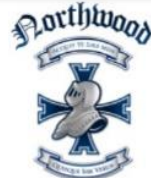
I write to you this week with a grateful heart. As you are aware, a number of our sporting teams travelled to various sports festivals over the Easter weekend. Festivals at which they performed exceptionally well.

My grateful heart is however not because of the results, but is solely for the travelling mercies God granted us on the weekend, particularly on the roads during the horrendous weather, we experienced on Monday. We are so thankful that all our boys, parent and coaches are back safely.

Our thoughts are with all of our parents, staff and community members who suffered due to the wide spread flooding on Monday and Tuesday. If there is a way that we, as a school, can help, please contact us and we will do our best to assist.

In terms of the week ahead, please assist us in ensuring your son is at school, on time for his tests and lessons and also attends the compulsory fixture against Hilton College on Saturday. A letter in this regard has been placed on the D6 communicator with the necessary information.

I thought I would also share something a bit more personal with you this week – I have been dealing with a particularly difficult situation. A situation that probably could have been avoided with a simple apology, yet it was of far more importance to attach blame and to look to cause hurt, damage and disaster.



Sincere Condolences

It is with great sadness that we have learnt of the passing of Miss Moonsamy, not only an esteemed educator, but a colleague and friend to us at Northwood. Her professionalism and passion for education has seen her rise to the top of her field as Headmistress, beloved by her students, staff and all those who came to know her vibrant and gracious personality. We offer our sincere condolences to her family and to Northlands Girls High School, our thoughts and prayers are with you.



From the Headmaster Continued...

It seems typical of where our country and our world finds ourselves in currently – destroying each other, slating one another, damaging reputations, communities, cultures, religions, races or orientations seems to be coming to the fore again. We love to blame even if we do wrong, and when we are admitting to being wrong we always want – to explain or deflect – the most powerful tool I have as a person and as a headmaster, and one that I have to use most often, is the unequivocal apology.

There is so much power in saying one is sorry, it allows healing and forgiveness and often leads to lasting tolerance and care for one another. Please help me in teaching our boys the power of this tool. If they are wrong, let them learn from it and encourage them to say sorry.


It is hard to do that as a parent or even as a professional, but our country and our world needs this.

In his book 'My Ancestor was an Ancient Astronaut' Toba Beta writes the following: "In this life, when you deny someone an apology, you will remember it at a time when you beg forgiveness."

May we all also have the graciousness to accept an apology when it comes!


Have a blessed weekend.

Paul



SUPPORTING HEALTHY ADOLESCENT DEVELOPMENT

25 APRIL 2019. 6PM. NORTHWOOD SCHOOL



TALKING POINTS INCLUDE:

IDENTITY FORMATION, PEER INFLUENCE, ACADEMICS,
SELF ESTEEM, SUBSTANCE USE.

The School Of Choice
www.northwoodschool.co.za

From the Counsellor's Desk

MR M RICH

Deputy Headmaster

MIC: LO; MIC: Counselling

Email: mr rich@nwood.co.za

CAPSICUM

CHEF TALENT SCOUT 2019

Win one of 5 bursaries for a one-year programme in Professional Cookery in our regional cook-off OR the ultimate national prize: a three-year accredited QCTO Chef Programme.



HOW TO ENTER:

Step 1:

- Create a dish using a red capsicum pepper or any other red ingredient.
- Take a good photo and upload it on your Instagram page by using the tag #CapsicumTalent and by tagging Capsicum on @capsicumcooking.
- Please include any interesting facts on your dish – it is your own recipe, what do you like about it, etc.
- Like Capsicum's Instagram page and share the post.
- Final date to upload your amazing red dish: 30 April 2019

Step2:

- 15 finalists will be chosen to participate in a cook-off on the local campus on 28 June 2019
- You will be preparing the dish that you entered on Instagram, using your own ingredients.
- The winner of every campus will compete with the other 5 finalists in a national cook-off held at Capsicum Rosebank campus. Semi-finalists from other areas will be sponsored to travel to Gauteng for the final cook-off between the 6 regional finalists.

Step 3

- In the final cook-off the finalists will be challenged by working with ingredients from a mystery basket.
- It will take place on Saturday 31 August.

UNIVERSITY OF THE FREE STATE OPEN DAYS 2019

QWAQWA CAMPUS OPEN DAY - 4 MAY 2019

Welcome to visitors by the Assistant Dean at 11:30

Exhibitions open from 10h00 to 15h00

BLOEMFONTEIN CAMPUS OPEN DAY – 11 MAY 2019

Welcome to visitors by Assistant Dean **Session a:** 09h00 – 10h00 **Session b:** 11:00 – 12:00

Exhibitions open **DIRECTLY** from 09h00 to 15h00

UNIVERSITY OF THE
FREE STATE
UNIVERSITEIT VAN DIE
VRYSTAAT
YUNIVESITHI YA
FREISTATA



If you would like to apply for 2020 on the day, please bring a copy of your Grade 11 report and your ID.
If you require any further information about the Open Days you can visit www.ufs@ac.za
or contact 051 401 3384 or 051 401 9028.

Application to study at the University of the Free State is free.


 ESTABLISHED 1910
 FOUNDED 1910




VENDORS REQUIRED

We are looking for local upmarket vendors for a Night Market fundraiser to be held on **Friday 26 July**. Arts and crafts, clothing, jewellery, food vendors and more are all welcome to apply. Please email: gklingbeil@nwood.co.za with a brief description of your products or brand.

Space is limited; please contact us early to avoid disappointment.

The School Of Choice
www.northwoodschool.co.za


REUNION WEEKEND
 70th JUBILEE

Join in the fun and support your school at the annual golf day which forms part of the Reunion Weekend. This is a perfect opportunity to market your company or entertain your clients, we look forward to a really fun day on the golf course, meeting up with old friends and supporting Northwood School.

Thursday 6 June 2019 - Mt Edgecombe CC Course 1

Betterball Stableford: R2600 (Dinner and prize giving included)

CARTS ARE SUBJECT TO AVAILABILITY AND MUST BE BOOKED WITH THE PROSHOP ON (031) 539-5330

Sponsorships:

Halfway House	R1200
Hole Sponsorships	R1200
1st and 10th Tee	R1600
Putting Green x 2	R1600
Short Holes (2,7,9,12,15)	R1500
Car Display	R1500


Prizes:


2 of each. All prizes should be brought in by Monday 2 June at the latest.

Please contact Dave Ward on (031)563-5645 or email events@wardevents.co.za or enter online at www.wardevents.co.za

Payment Details

Northwood Money Market Account FNB
 Account Number: 6207 445 4895
 Branch Code: 220426
 Reference: Golf & Surname / Company






 Scan me

 **NORTH DURBAN FAMILY FUN DAY**
 @Crusaders Sports Club
 1st May 2019





TETHERED FLIGHTS ON THE RE/MAX HOT AIR BALLOON AT DAWN (weather permitting)
 EVERYONE WELCOME TO WATCH THE EVENT

LOADS OF KIDS ACTIVITIES
 MEET SHARKIE & DOLPHI
 MARSHALL SECURITY HIGH SPEED DEMO
 SABS BLOOD DRIVE
 BEER GARDEN
 DJ & MUSIC

R20 FOR PARKING AT CRUSADERS ON THE DAY

www.remax-panache.co.za




COMRADES MARATHON RUNNERS !!!MAY SPECIAL!!!

EXCLUSIVE OFFER

4 x 1hr sessions
PLUS one session after the Comrades for FREE!!
R1700
 Sessions will focus
 on deep tissue massage on the legs and lower body
 and so as to increase mobility 5 - 6 days before the race,
 light relaxing massage
 closer to the race and a recovery sports
 massage after the race.

FOR BOOKINGS:

CONTACT LISA AT 031 564 7675
OR
WHATSAPP 0814075400
 Northwood School Medicine Centre

 @urbanfitmasseur & @aandhelite

Academics

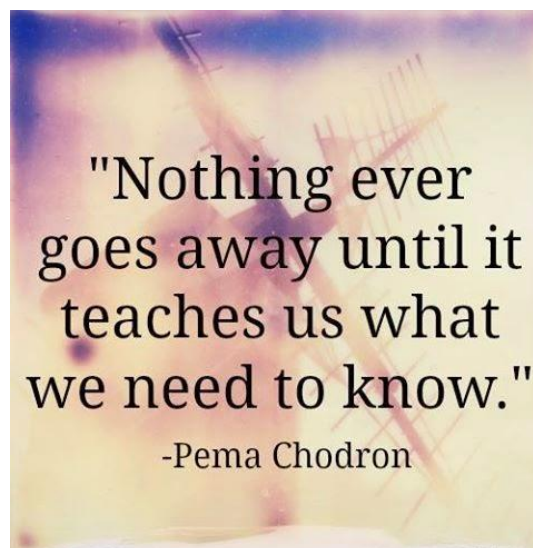
MRS R STANLEY

Email: rstanley@nwood.co.za

WINTER SCHOOL

We will be running lessons in certain subjects for Grade 12 learners during the upcoming holiday.

Monday 17 June to Thursday 20 June. A detailed timetable will be published once finalised.



Extra Lesson Timetable

GRADE 8	
MON	Sport
TUES	English – Ms Domun EMS – Mr Wiblin & Mrs Johnson Life Sci – Mrs Morton
WED	Sport
THURS	Afrikaans – Mrs Johnson

GRADE 10	
MON	Maths – Mrs Le Roux Afrikaans – Mrs vd Westhuisen
TUES	Sport
WED	English – Mr McDowall Life Sci – Mrs Hayden Accounting – Ms Raftopoulos Economics – Mrs Joseph
THURS	Sport

GRADE 12	
MON	English – Mr Krause Life Sci – Dr Pillay B.Studies – Mrs Joseph & Mr Wiblin Accounting – Mrs Coulter Economics – Ms Raftopoulos
TUES	Sport
WED	Afrikaans – Mr Harishun
THURS	Sport

GRADE 9	
MON	Sport
TUES	EMS – Messrs Wiblin, Woods & Richter Life Sci – Mrs Morton
WED	Sport
THURS	Afrikaans – Mrs Prins English – Mr Halse

GRADE 11	
MON	Maths – Mrs Le Roux Afrikaans – Mr Jankeepsad Life Sci – Mrs Morton Accounting – Mrs Joseph
TUES	Sport
WED	English – Mrs Ganesh
THURS	Sport

EXTRA GEOGRAPHY LESSONS

With Mrs Bagwande in her classroom.

9HK – Friday 26 April

9BR – Friday 3 May

9 FR – Friday 10 May

9DL – Friday 17 May

The extra lessons will be from 13:40 to 14:30.

June Exam Timetable

All exams are 2 hours unless otherwise stated
Timetable subject to change

GRADES 8 & 9

EARLY EXAMS

DATE	GRADE 8	GRADE 9
25 April	Afrikaans / IsiZulu P1	Afrikaans / IsiZulu P2
07 May	Technology	English P4 (1½ Hrs)
09 May	History (1½ Hrs)	Afrikaans / IsiZulu P4 (1½ Hrs)
23 May	LO	LO

EXAM TIMETABLE

DATE	TIME	GRADE 8	GRADE 9
28 May	08:15-10:15	EMS	Maths
29 May	08:15-10:15	Study	History (1½ Hrs)
30 May	08:15-10:15	Natural Science (1½ Hrs)	Geography (1½ Hrs)
4 June	08:15-10:15	Geography (1½ Hrs)	Technology
6 June	08:15-10:15	Study	Natural Science (1½ Hrs)
7 June	08:15-10:15	Maths	EMS
11 June	08:15-10:15	Creative Arts / Music	Study
12 June	08:15-10:15	Study	Creative Arts / Music
13 June	08:15-10:15	Adv Maths (1 Hr)	Adv Maths (1 Hr)

GRADES 10, 11, 12

EARLY EXAMS

DATE	GRADE 10	GRADE 11	GRADE 12
25 April	Afrikaans / IsiZulu P1	Afrikaans / IsiZulu P1	Afrikaans / IsiZulu P1
07 May	English P2	English P2	English P2
09 May	Afrikaans / IsiZulu P2	Afrikaans / IsiZulu P2	Afrikaans / IsiZulu P2
14 May	Geography P2 Mapwork	Geography P2 Mapwork	Geography P2 Mapwork
15 May	AP Maths	AP Maths / Bus Studies P1	AP Maths
16 May	IT P2 / Art / Design / Econ P1	IT P2 / Art / Design / Econ P1	IT P2 / Art / Design / Econ P1
21 May	Art Prac/ Design Prac/ IT Prac	Art Prac/ Design Prac/ IT Prac	Art Prac / Design Prac
22 May			IT Prac
23 May	LO	LO	LO

EXAM TIMETABLE

DATE	TIME	GRADE 10	GRADE 11	GRADE 12
28 May	8:15	Life Sciences	Maths / Maths Lit P1 (1½ Hrs)	Physical Science P1
29 May	08:15	Accounting/Music	Geography P1	Business Studies
30 May	08:15	Business Studies P1	History	EGD P1
4 June	08:15	Physical Science P1	Maths / Maths Lit P2 (1½Hrs)	Physical Science P2
6 June	08:15	Geography P1	EGD P1	Accounting / Music
	11:15	Economics P2	Accounting P1 / Music	History P1
7 June	08:15	EGD	Physical Science P1	Maths / Maths Lit P1
11 June	08:15	Physical Science P2	Physical Science P2	Maths / Maths Lit P2
	11:15	Tourism	Economics P2	
12 June	08:15	History	EGD P2	Life Sciences
	11:15		Tourism	Economics P2
13 June	08:15	Maths / Maths Lit P1 (1 Hr)	Business Studies P2	Geography P1
	11:15	Maths Lit P2 (1 Hr)	Accounting P2	EGD P2
14 June	08:15	Business Studies P2	Life Sciences	History P2

Important Dates Term 2

(Subject to Change)

DAY	DATE	TO DATE	TIME	EVENT	VENUE
APRIL					
Sat	27			Freedom Day	
Sat	27			Rugby & Hockey vs Hilton	Home
MAY					
Wed	1			Workers' Day	
Sat	4			Rugby & Hockey vs Westville (Compulsory)	Home
Sat	4			BE Sleepover	Mathias Place
Mon	6			Start of Ramadan	
Wed	8			Election Day	
Sat	11			Rugby & Hockey vs Parktown	Home
Sun	12			Mothers' Day	
Wed	15		3:15	Cross Country at Crawford	Durban North
Thurs	16			Sani to Sea Cycling Marathon	
Sat	18			Rugby & Hockey vs Michaelhouse (Compulsory)	Home
Wed	22		3:15	Cross Country at Waterfall College	Waterfall
Sat	24	25		All Hockey, Rugby, Tennis, Squash, Chess, E-Sport @ St Benedicts	Johannesburg
Wed	29		3:15	Cross Country	Kearsney
JUNE					
Sat	1			Rugby & Hockey vs St Charles	St Charles
Wed	5			Eid al-Fitr	
Thurs	6	8		Reunion Weekend	Northwood
Thurs	6			Golf Day	Mt Edgcombe
Fri	7		7:30-10:30	Old Boys Breakfast and Assembly	Jubilee Room
Fri	7		6:30 →	Reunion Dinner	Northwood
Sat	8			Old Boys Day & Classic Clash vs Kearsney	
Sun	9			Comrades Marathon	
Thurs	13			Rugby & Hockey vs Staff/Boys vs Old Boys	Northwood
Thurs	13	16		1st Team Kloof Soccer Tournament	Kloof
Fri	14			End of Term 2	
Fri	14	18		2nd Team Sportweni Cricket Festival	South Coast
Sun	16			Youth Day	
Sun	16			Fathers' Day	
JULY					
Tues	9			Term 3 Begins	

Advertising in the Northwood News

Anyone wanting to place an ad in the newsletter may do so at a cost of R250. The advert will be a quarter page and will run for two weeks. We will place the advert in the newsletter on proof of payment. This does not mean we can run an indefinite amount of ads, we will run a maximum of 4 ads a week. This does not include the smalls, which we will continue to run at no cost.

For more information contact Sally Dreyer at the school on 031 563 6501 ext 302.

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

Northwood

We are open weekdays only from 8am to 4.30pm. We have just revamped our reception area too. Parents can always pop in if they have any questions

SPORTS MEDICINE CENTRE

Our reception number is 031 564 7675 and you can contact Christy for any enquiries. We cater to the children in our school as well our parents and outside community.

Dr Michael Robson – Chiropractor
 Senzo Mthembu – Physiotherapist
 Michelle Grobbelaar – Massage therapist
 Lisa Shabengu – Advanced Sports Recovery Massage specialist
 and a prenatal and postnatal massage therapist

They also have a facebook page “Northwood Sports Medicine Centre” join for easier access to the Northwood Sports Medicine Centre as well as to any specials they run.

Phone Number: 031 564 7675

Address: 47 Mackeurtan Avenue, Durban North

Email: medicalcentrenorthwood@gmail.com

Northwood Golf Day:

We are appealing to our parents to support our Golf Day on Thursday 6 June. The Golf Day forms part of our annual Reunion Weekend celebrations and we are looking forward to some fantastic events. If you are able to enter a 4-ball or donate prizes in two's, we would be very grateful, details are on the information page included further on in the newsletter.

Also, please could each family bring in one of the following items to include in prize hampers. We always rely on the support of our Northwood families to make these events possible and appreciate your support!



Grade 8:	Grade 9	Grade 10	Grade 11	Grade 12
Olives, Pickled Onions, Gherkins, Bottle of wine	LiquiFruit or similar, Slab of chocolate, Box of biscuits, Bottle of wine	Box of rusks, Coffee, Fruit Dainty/Fruit roll Bottle of wine	Box of biscuits, Packet of Chocolates, Sauce eg chutney, marinade, peri peri	Packet of biltong, Popcorn seeds, Large packet of crisps

Sport & Culture

MR G. LE ROUX

Email: gleroux@nwood.co.za

I trust all our boys and parents had a good rest over the long weekend. Thank you to all the parents, boys and supporters who made their way around the country to different venues for the Easter Festivals on the go. More importantly, thank you to the coaches who also gave up their time to be with our boys on these tours. We can be extremely proud as a school. Our boys were exceptionally well behaved and were fantastic examples of true Knights.

Both our 1st teams did really well with our 1st XV rugby finishing unbeaten with convincing victories over Queens and Hentie Cilliers. Our 1st XI hockey were just as good and had some impressive victories over St Johns, Paarl Boys, Waterkloof and Eldoraigne, but unfortunately came unstuck against Grey College. Our u14A hockey side finished with an impressive tour losing only one match of their six matches played. U15A rugby had a very tough tour against some tough Johannesburg opposition in the form of Jeppe and KES. Against Jeppe our boys went down narrowly, but against KES we came back from being 12-35 down to win 36-35. Our u16A rugby, u14B hockey and the Northwood u13 Invitational side gave a really good account of themselves on their tours and we are very proud of them.

A reminder of the compulsories below. Boys are expected to be seated at 2pm this Saturday with the 1st XV rugby match concluding around 16:30. All Grade 8-10 hockey boys are expected to be present at the 1st XI hockey match and must be seated at 10:15 if you are not involved in a match elsewhere at that time.

The compulsories attendance events this term for Grade 8-12 are as follows:

27 April- Northwood vs Hilton College
4 May- Northwood vs Westville
18 May- Northwood vs Michaelhouse
8 June- Northwood vs Kearsney College

Good luck to all our boys and staff involved in sport this weekend.

For all extra mural details with regards to fixtures, notices, practice times and transport arrangements please visit www.northwoodschoolsport.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 2

These fixtures are subject to change

Date	Opposition	Venue
27 April	Hockey and Rugby vs Hilton	Northwood
4 May	Hockey and Rugby vs Westville	Northwood
11 May	Hockey and Rugby vs Parktown	Northwood
15 May	Cross Country	Crawford La Lucia
18 May	Hockey and Rugby vs Michaelhouse (Compulsory)	Northwood
22 May	Cross Country	Waterfall College
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

Squash

AMENDED SQUASH FIXTURES

DATE	TEAM	OPPONENT	VENUE
29 April	1st	Glenwood	Glenwood
	2nd	U16A	Crusaders
6 May	1st	DHS	Crusaders
	2nd	DHS	DHS
	U16A	Crawford LL	Crusaders
10 May	1st	Parktown	Crusaders
	2nd	Parktown	Crusaders
13 May	1st	WBHS	WCC
	2nd	Glenwood	Crusaders
	U16A	DHS	Crusaders
20 May	1st	Glenwood	Crusaders
	2nd	WBHS	WCC
	U16A	Clifton	Crusaders
25 May	1st	St Benedicts	St Benedicts
27 May	1st	DHS	DHS
	2nd	Crawford LL	Crusaders
	U16A	WBHS	Crusaders
3 June	1st	WBHS	Crusaders
	2nd	Kearsney	Kearsney
	U16A	Glenwood Glenwood	
10 June	2nd	Clifton	Crusaders
	U16A	Kearsney	Crusaders

