

# Northwood News

Thursday 28 November 2019 - Volume 40

## From the Headmaster's Desk

MR P P VILJOEN

Dear Parents

Another year has come to an end. A year that has been filled with so many highlights, that it would probably take me a number of pages to list them here.

I am so grateful to God for all the blessings that have been bestowed upon the boys, staff and parents of the school. It is wonderful to see how happy our boys and staff are when at school – yes, we are far from a perfect school, but I can assure you as parents that the management team, admin staff, teachers and coaches are working very hard towards making this the best boys school in province.

I do want to take a moment to acknowledge the teachers, support staff and coaches. Each and every one of these people play a role in the successful functioning of the school. They sacrifice countless hours to serve the boys' needs and passions and certainly deserve a big thank you for all that they do. I honour them and thank them for the great job they do.

I especially want to thank Mr Woods, Ms Sardinha and Mrs Bastable who will be leaving us at the end of the year. Thank you all for your positive contribution to our school.

Mr Gow, an absolute legend of Northwood, also retires from full time duties at the end of the year. Mr Gow has touched so many lives in such a positive way, that his legacy will remain intact for many years to come. Thank you Mr Gow for the opportunity I have had to learn from you, and for the tremendous love, care and support you have given all our boys during the course of the last 10 years. We are saddened by your departure, but delighted that you will still be involved in a coaching capacity.

I am certainly very excited about the future of Northwood and cannot help but look forward to 2020 with great excitement. It promises to be a very special year for all of us with many exciting changes, opportunities and events beckoning. I trust that you will continue to support and enjoy all of these with your son, and that you will continue to view Northwood as your community focal point.

## THOUGHT FOR THE WEEK

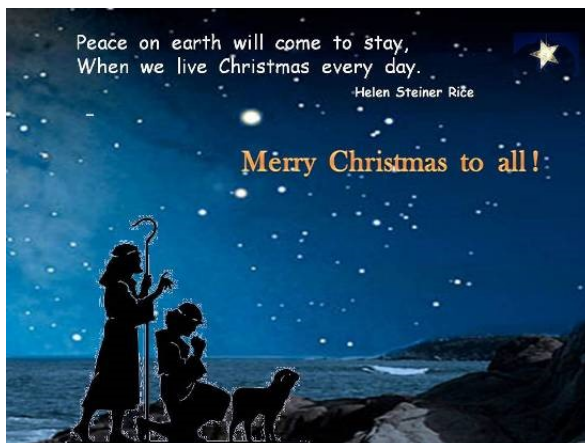
"And the Grinch with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without tags. It came without packages, boxes or bags. And he puzzled and puzzled 'till his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store? What if Christmas, perhaps, means a little bit more?"

~ Dr Seuss



Peace on earth will come to stay,  
When we live Christmas every day.  
Helen Steiner Rice

Merry Christmas to all!



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Adelaide Tambo Drive, Durban North, 4051  
Telephone: +27 31 563 6501  
Fax: +27 31 564 1898  
Webpage: [www.northwoodschool.co.za](http://www.northwoodschool.co.za)

**The School Of Choice**  
[www.northwoodschool.co.za](http://www.northwoodschool.co.za)

# From the Headmaster's Desk

## Continued...

Denzel Washington said: "At the end of the day it's not about what you have or even what you've accomplished... It's about who you've lifted up, who you've made better. It's about what you've given back."

May these words ring true for all of us during this festive season. So as we go our separate ways I pray for blessings and traveling mercies for all of you- it is an honour to be the head of this very special school.

God bless.

Paul



**DOMINO WRAP Challenge**

Help Domino wrap Christmas presents this festive season as we raise funds to continue the #DominoEffect of changed lives. changing lives.

**#1 PICK YOUR DATES**  
Friday 13 December - Tuesday 24 December

**#2 PICK YOUR WRAPPING SHIFTS**  
3 x 4 hour shifts to choose from per day:  
9am - 1pm, 1pm - 5pm, & 5pm - 9pm

**#3 BOOK**  
Book your dates and shift with Lebo by emailing [volunteer@domino.org.za](mailto:volunteer@domino.org.za) or calling 031 563 9605.

**#4 WRAP**  
Arrive 10 minutes before your shift and bring the festive cheer while wrapping Christmas gifts!

**13TH - 24TH DEC**  
**3 SHIFTS TO CHOOSE FROM**  
**[VOLUNTEER@DOMINO.ORG.ZA](mailto:VOLUNTEER@DOMINO.ORG.ZA)**

*Community Service hours and Employee Volunteer Program Time are welcome*



## Nicole Redman Physiotherapists Inc.

Tel: 031 564 7675  
Cell: 076 493 7142



**Northwood Medical Centre  
Northwood Lower Campus  
47 Mackeurtan Avenue  
Durban North, 4126**

We are proud to announce the opening of Nicole Redman Physiotherapists at Northwood Boys High School on 6 January 2020.

Services include Sports Injuries, Musculoskeletal Injuries, Orthopaedic Conditions, Chest Conditions, Neurological Conditions, Cardiothoracic Conditions as well as Woman's and Men's Health.

This includes a general outpatient service to Scholars, Parents, Staff and the public.

Consulting times: Monday/Tuesday 7:30 to 12:00  
Wednesday 7:30 to 16:30  
Thursday/Friday 12:00 to 16:30

**To book an appointment, please call one of the above numbers**

Nicole qualified in 2001 with a Masters degree in Physiotherapy. She owns two successful practices in Amanzimtoti and Scottburgh, and believes in the prevention of injury, rapid intervention to injury and team approach to full rehabilitation.

# Academics

MRS R STANLEY

Email: [rstanley@nwood.co.za](mailto:rstanley@nwood.co.za)

## 2020 Books and Stationery

All lists of books and stationery for 2020 are on the D6. Dynamic books are offering a discount on early orders – see lists for information.

## Second Hand Text Books

The Northwood Book Store is situated on Lower Campus adjacent to the Uniform Shop.

This will be open from 12:00 to 16:00 on Monday, Tuesday, Wednesday and Thursday with the last day being Tuesday 26 November 2019.

We only sell books that are in good condition, so it is worth going to have a look before ordering new ones.

Please encourage your son to bring in his text books after he writes that subject and take it to Mrs Prins in the book store on the days advertised.

Any queries email Mrs Prins on [bprins@nwood.co.za](mailto:bprins@nwood.co.za)

## Matric Finals

	09:00	14:00
Fri 22 Nov	Afrikaans FAL P3 (2½ Hrs)	Information Tech P2 (Theory) (3 Hrs)
Mon 25 Nov		History P2 (3 Hrs)
Tues 26 Nov	English HL P3 (2½ Hrs)	

## From the Counsellor's Desk

Mr M G RICH

Email: [mrigh@nwood.co.za](mailto:mrigh@nwood.co.za)



Texila American University  
TAU OPEN HOUSE

*Calling All Medical Aspirants*

**Application and Admission processes for South African students**

Live tour via Skype of the TAU-Zambia Campus and interactive Q&A with faculty members

**Saturday 30 November from 11h00 to 12h00**

Northlands Girls High School, 15 Cadogan Drive, Durban North

## Smalls

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

**INTRODUCING RISE PEPPER SPRAY:** An easily accessible form of self-defence for your hand bag, briefcase and car. It has a safety cap so won't go off accidentally. R99.00 with free pouch. Please feel free to contact us for orders or any further information @risesafety on all socials or (072) 299-1730. R10.00 is donated to Rape Crisis for every can sold.

**THERE IS STILL TIME** to do a quick touch up to your home before Christmas. Whether it's a coat of paint, or a few items that you have been meaning to do for a while. Builders break is from 13 December to 13 January and they are starting to close their books for orders for this year. Call Kim on 079 517 3201 if you would like a quote on any item. Let's get your house looking amazing for Christmas. <https://www.facebook.com/Bradbury-Home-Consulting-268777253177728/>







## HOLIDAY GUITAR COURSES FOR BEGINNERS

VENUE : NORTHWOOD SCHOOL  
MUSIC ROOM LOWER CAMPUS  
(subject to change if necessary)

### DATES OF COURSES

COURSE 1 FOUR LESSONS  
(2 ½ HOURS EACH)  
17 - 20.....DECEMBER 2019

COURSE 2 FIVE LESSONS  
(2 HOURS EACH)  
6 - 10 .....JANUARY

### TIMES TO CHOOSE FROM:

8H00 - 10H00 11H00 - 13H00 14H - 16H00

A Northwood Music Initiative run by  
Jenny Bonsignore.  
[bonsignorecagenny@gmail.com](mailto:bonsignorecagenny@gmail.com)  
0834615809

## ORALPREPS®

### MARITIME UPSKILLING

Oral Preps®  
Deck, Engine, ETO.  
[www.facebook.com/oralpreps](http://www.facebook.com/oralpreps)

Oral Preps® Pty Ltd  
[oralpreps@gmail.com](mailto:oralpreps@gmail.com)

+27 0814821815  
+27 031 5611459

## SAFETY & SURVIVAL

TRAINING CREW SINCE 1975

OFFSHORE BASIC EMERGENCY RESPONSE

BOSIET FOET HUET

STCW BASIC TO ADVANCED

SPECIALISED OIL & CHEMICAL TANKER

MARINE COMMUNICATIONS

GMDSS LRC SRC

MARINE HIGH VOLTAGE

## GRINDROD SHIPPING TRAINING ACADEMY

[www.grindrodtrainingacademy.co.za](http://www.grindrodtrainingacademy.co.za)

E: [bookings@unicornshipping.co.za](mailto:bookings@unicornshipping.co.za)

Telephone: +27 31 302 7652

## 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

## ELLIS PARK BUTCHERY

31 Romsey Grove,  
Durban North, 4059  
Phone: 031 564 5542

Oxtail  
Lean beef mince  
Pork Sausage  
Smoked Pickled Pork Shank



For all extra mural details with regards to fixtures,  
notices, practice times and transport arrangements  
please visit [www.northwoodschoolsport.com](http://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.

## Northwood

SPORTS  
MEDICINE CENTRE

Phone Number: 031 564 7675  
Address: 47 Mackeurtan Avenue,  
Durban North

Email: [medicalcentrenorthwood@gmail.com](mailto:medicalcentrenorthwood@gmail.com)

Open Hours: 8:30am—8pm

Practitioners:  
Senzo Mthembu – Physiotherapist  
Dr Bruce Douglas – Chiropractor  
Ace Hendricks - A&H Elite Professional Sports  
Recovery

## Fitness Factory MEMBERSHIP FEES

Northwood Pupils: R200 per term

Public Members:

R310 per month, debit order

Old Boys:

R270 per month, debit order

Daily Rate: R80 per day

Weekly Rate: R180 per week

Once off Monthly Rate:

R400 per month

Please download our Membership Form if you  
wish to join! This can be emailed to  
[info@thefitnessfactory.co.za](mailto:info@thefitnessfactory.co.za), or printed and  
brought in to the gym when you want to start  
training.

[THE FITNESS FACTORY – Membership Form](#)