

# Northwood News

Thursday 30 January 2020—Volume 3

## Farewell to a Legend

When asked in a recent radio interview about the characteristics of a great teacher, the educational expert being interviewed answered as follows:

**"Great teachers** are warm, accessible, enthusiastic and caring. **Teachers** with these qualities are known to stay after school and **make** themselves available to students and parents who need them. They are involved in school-wide committees and activities, and they demonstrate an unwavering commitment to the school, the learners they teach and the parents they meet. These great teachers have the best interest of their students at the heart of all that they do. They inspire, challenge and dare their students to reach their full potential and beyond. They are said to change people's lives for the better and always put others needs before their own."



In Mr Mark Rich, Northwood has had a great teacher in their midst for a long time. Starting his teaching career in 1985 and joining Northwood in 2000, Mr Rich has served our boys, staff, community and education in a very special way during the last 35 years. Many boys have benefited from Mr Rich's wisdom, influence and support over the years and have this gentleman to thank for their achievements and successes in their lives.

As a Deputy Principal, Acting Principal and Educational Manager, Mr Rich has had a tremendous impact on staff, fellow educators and visitors, and has been an incredible representative of all that is good about not only education but also about people.

So, as Mr Rich retires from the education sector, we cherish the memories and we doff our Northwood caps, to a great teacher and man.

Our solace is that he will still be around to council the boys when needed and as such, we will all still benefit in part, from his expertise.

Thank you Mr Rich for being so very special to all of us – know that these words will be the ones by which we as a staff will always remember you: ***"Do not underestimate a moment of your kindness. It has the power to change lives in ways you may never know"***

God bless you, Sir!

## Thought for the Week

"Nothing is impossible.  
The word itself says 'I'm possible!'"  
~ Audrey Hepburn

## Important Dates

### FEBRUARY

Sat 1 Cricket/W/Polo/Basketball vs Clifton @ Home (cricket varied)  
Tues 4 0730 Grade 7 Open Day  
Wed 5 14:30 Toastmasters in AV1  
Wed 5 17:30 Grade 6 Open Evening  
Thurs 7 17:30 Grade 6 Open Evening  
Sat 8–Sun 9 Midmar Mile  
Tues 11 Government Schools Gala @ Maritzburg College  
Wed 12 14:30 Toastmaster in AV1  
Thurs 13 -Sun 16 Vides Waterpolo Tourn. @ East London  
Fri 14 Valentines visits  
Fri 14 Junior Social **Sold Out**  
Sat 15 Cricket/W/Polo/Basketball vs Glenwood @ Glenwood  
Tues 18 top Schools Gala @ Clifton  
Wed 19 14:30 Toastmaster in AV1  
Thurs 20 18:00 Championship Gala  
Fri 21 Dallas Hutton W/Polo Tour @ NW  
Sat 22 Cricket W/Polo/Basketball at Maritzburg College @ College  
Tues 25 DnD Gala @ DHS  
Wed 26 14:30 Toastmasters in AV1



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Webpage: [www.northwoodschool.co.za](http://www.northwoodschool.co.za)

# From the Headmaster's Desk

MR P P VILJOEN

Dear Parents

I have, during the last few years, read numerous pieces of literature, listened to a number of conversations and have heard experts speak on how our current generation of young people are lacking in terms of character, and especially the characteristic of resilience.

In essence these conversations, allude to the fact that the current crop of young people lack fight, determination and the strength to survive when things become difficult and simply seem to give up when the challenge seems too big to handle. The "experts" seem to think that our young people don't know how to overcome difficulties in order to succeed.

So... fast forward to Saturday 25 January 2020 – the scene: our beautiful school and more specifically the excellently manicured Smith and Pollock ovals, the venues for our u15A and 1<sup>st</sup> XI cricket fixtures against the Midlands cricketing powerhouse, Michaelhouse. Not long into the day it seemed that both our teams would be heading for early morning defeats, as both teams slumped to low scores with a number of wickets down. I recall mentioning to Mr Le Roux that I am really frustrated that we are crumbling so quickly and that I hope our boys show some fight. I should be ashamed of myself, because I should know by now that our Northwood boys never know when they are beaten. The boys in both those teams fought like warriors to get respectable scores on the board, and then, just as the Michaelhouse teams looked as if they were once again getting the upper hand, struck back to seal wins in both fixtures.

The wins were of course brilliant, but even if our boys had not won on the day, they were victorious in my eyes. They showed incredible resilience, in the face of very unfavourable odds. They showed that if you are willing to give your absolute all, you will always succeed.

On a deeper level it also showed that the culture of resilience and excellence we are trying to instil in our young Northwood men is starting to succeed, and that we will be sending strong young men out into the world.

So my message to those critics and experts I mentioned in my introductory comments is simple, "If you want to see the best in our young people, just visit our school on a Saturday and you will know that our country's future is actually in good hands."

I am, as always, super proud of my boys and staff.

Have a great weekend.

P P Viljoen

Some photos from our New Parents' Braai



## From the Counsellor's Desk

Mr M G RICH

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

Deputy Headmaster; Dean of Counselling

### Mathematics Academy of Excellence

**GRADE 8 GRADE 8 & 9 2020 LAUNCH**

**Where:** SH1 Shepstone Block, Howard College Campus UKZN

**When:** 1 February 2020

**Times:** 09:00—09:30 (welcome and launch)  
09:30—10:30 (Free Baseline Maths assessment test)

**Booking is compulsory – limited spaces**

Bookings via sms or Whatsapp 083 414 9598 or email [megandhreng@dut.cac.za](mailto:megandhreng@dut.cac.za)

## Holy Family Careers Expo

Holy Family College will be hosting a Careers Expo on the **28 February 2020**. **Grade 11 and 12 learners** (and parents) are invited to attend this exciting event. Approximately 50 Institutions have been invited to exhibit, including:

WITS University

Rhodes University

UKZN

University of Pretoria

VEGA

DUT (various Departments)

LISOF-House of Fashion Design

Swiss International School

1000 Hills Chef Academy

Keyline IT College

Varsity College

UCT

University of Johannesburg

International Hotel School

AFDA

SA Maritime School

PWC

MEDUNSA

US Embassy

Creative Arts School of Graphic Design



Please RSVP to [marketing@holyfamilycollege.co.za](mailto:marketing@holyfamilycollege.co.za)

## Pearls SABC High School Career Expo

Grade 12 to the Pearls SABC High School Career Expo **Friday 31 January and Saturday 1 February** for 1½ - 2 hours. There will be motivational talks to learners on careers.

**THE FUTURE  
IS LOOKING  
BRIGHT!  
CAREER EXPO**

31 JAN & 1 FEB 2019  
FREE ENTRANCE

- BURSARY INFO
- CAREER DECISION MAKING
- STUDENT LOAN INFORMATION
- MOTIVATIONAL SPEAKERS
- ADMISSIONS CRITERIA
- AND MORE!

PEARLS  
OF UMHLANGA  
mall

High School Career EXPO EDUCATION SABC



I am pleased to announce the opening of my Physiotherapy practice at the Northwood Medical Centre. I qualified in 2001 from the university of Pretoria and have a master's degree in physiotherapy. The practice is not only open for boys and staff, but it is open to the public too. We work on an appointment basis. We will happily submit claims to your medical aid, but we also do offer cash discounts.

Physiotherapy includes, assessing, treating and preventing human movement disorders, restoring normal function or minimising dysfunction and pain in adults and children, to enable them to achieve the highest possible level of independence in their lives; preventing recurring injuries and disability in the workplace, at home, or during recreational activities and promoting community health for all age groups.

We use skilled evaluation, skilled hands on therapy such as mobilisation, manipulation, massage and; individually designed exercise programmes, relaxation techniques, specialised electrotherapy equipment, heat, ice and traction to relieve pain and assist healing and recovery. We also advise on suitable walking aids, splints and appliances and are very involved in patient education.

Should you wish to make an appointment, please call us at the Northwood Medical Centre on 031 564 7675

## NICOLE REDMAN

## PHYSIOTHERAPISTS INC.

PRACTICE NO: 072 000 0315001

[www.nicoleredmanphysio.com](http://www.nicoleredmanphysio.com) :: [physio24@telkomsa.net](mailto:physio24@telkomsa.net)

**Scottburgh Medical Pavilion:** ☎ **0399760008**  
38 Airth Street. 📞 **0764937142**

**Northwood Medical Centre:** ☎ **0315647675**  
48 Mackeurtan Ave, Durban North

**Amanzimtoti Practice:** ☎ **0319042044**  
Medexcel Building, 24 Prince Street.

# 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:** 8am—5pm

**Practitioners:**

**Senzo Mthembu** – Physiotherapist

**Dr Bruce Douglas** – Chiropractor

**Ace Hendricks** - A&H Elite Professional Sports Recovery

## 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

# Academics

MRS R STANLEY

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

## BOOKS

We are in week 3 of the term and unfortunately we find that some learners still do not have all the books they need. This is a plea to parents to make sure your son is not in this situation as it really puts him on the back foot.

## HOMEWORK CENTRE & RESOURCE CENTRE

We provide a safe space for your son to not only do his homework but also get assistance from staff and mentors. If parents are only able to collect their sons later in the afternoon, they should not be idly sitting outside or inside the school property playing games. They need to wait in the Homework Centre and use this time productively.

Life is like a camera...  
*Focus* on what's important,  
*Capture* the good times,  
*Develop* from the negatives,  
And if things don't work out,  
*Take another shot.*

## Extra lessons for Maths:

Grade 8: Tuesday (Mr Hosking)  
Grade 9: Tuesday (Miss Bristow)  
Grade 10: Monday (Mrs Scott)  
Grade 11: Monday (Mrs Le Roux)

## SAVE THE DATE **NORTHWOOD 6 ASIDE** **HOCKEY TOURNAMENT**



**23 FEBRUARY 2020**

**8:30AM** **R1200 PER TEAM**

**JOIN US FOR A FUN FAMILY DAY OF HOCKEY AT THE NORTHWOOD ASTRO**

**Mixed Teams**  
**Age 11 to 18**

[mandycourier@mweb.co.za](mailto:mandycourier@mweb.co.za)

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

Entry Form Link:

<https://forms.gle/2vZkve89ez1e5af7A>

## Smalls

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

**BDM English Willow HiTech DYNAMIC POWER Super Cricket Bat with Grip, Knocked, Size SH, Adjustable BDM Helmet, WASP Cricket KIT Bag with wheels, WASP Cricket Gloves with original packaging, Batting inners, Zennit Pads, Somo Thigh Guard, Arm Guard, Abdominal Guard Box, 1 Training ball with string, 3 Cricket Balls. ALL FOR R2500 neg.** Call or whatsapp Anil on 072 337 3888 or call on 031311 7922.

**FOR SALE**

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+27 0814821815  
+27 031 5611459

## SAFETY & SURVIVAL

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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

# Sport & Culture

MR G. LE ROUX

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

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

