

Northwood News

Thursday 5 March 2020 — Volume 8

From the Headmaster's Desk

Dear Parents

This week was a very sad one for one of our boys in one of our basketball teams – as he arrived on Monday he was informed that his father tragically passed away earlier that morning. Very tragic and extremely sad for all involved. Our thoughts and prayers are indeed with the boy and the family.

Subsequent to the sad news we came to realise that the family had no means of paying for the fathers upcoming funeral and appealed to our Northwood staff for financial assistance for the family. Many of the staff have made some contributions and we certainly are grateful to them, but what was particularly inspiring and special was that two of our staff coaches donated all of their remuneration they received for the coaching season to the boy's family! An incredible act of generosity and kindness, especially if we consider the 6 weeks of hard work and effort these people have committed to the boys, away from their own families.

It is these people that make our school special and if that is the type of coaches and people that we have working with our boys, then I as a headmaster, and you as parents can rest easily.

Thank you staff for giving so much to a family that so desperately needed your help. I am incredibly touched by this act of kindness.

This act of kindness reminds me of the words written by an unknown author about this very subject:

"Kindness is one of the greatest gifts you can bestow upon one another. If someone is in need, lend them a helping hand. Do not wait for a thank you. True kindness lies within the act of giving without the expectation of something in return"

Have a blessed weekend

Thought for the Week

"The capacity to learn is a *gift*; the ability to learn is a *skill*, the willingness to learn is a *choice*."

~ Brian Herbert

Important Dates

MARCH

Thurs 5-Sun 8 u15 Parktown Indigo Waterpolo Tourn. @ JHB

Sat 7 Rugby/Hockey vs Kearsney @ Kearsney

Tues 10 Individual & Class Photos

Wed 11 2:30-4:30 pm Toastmasters Graduation @ Jubilee Room

Fri 13 Matric Hamlet Excursion @ Durban Playhouse

Fri 13 Closing Date for Applications

Fri 13 Prefects' Braai

Sat 14 Rugby/Hockey vs Maritzburg College **Compulsory** @ Home

Mon 16 1st Hockey vs Waterkloof @ Home

Thurs 19 –Sun 22 u18 Founders Hockey Tournament @ Affies/Pretoria

Thurs 19-Tues 31 Vietnam Cultural Tour

Fri 20 End of Term 1

Fri 20-Sun 22 u15A Parktown Rugby Fest

Fri 20-Sun 22 u14A Parktown Rugby Fest

Fri 20-Sun 22 u14 Founders Hockey Tourn.

Fri 20-Mon 23 u15B Northwood Rugby Fest

Sat 21 Human Rights Day

Sun 22 –Tues 24 2nd Team Crawford La Lucia Hockey Fest.

Thurs 26-Sun 29 u14 Ken Florens Hockey Festival @ Home

Thurs 26-Sun 29 u16B Jeppe Hockey Fest

Tues 31 Term 2 Begins



The School Of Choice

www.northwoodschool.co.za

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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



The Headmaster, Mr Viljoen with Ant Beukes and the Jaguars who will be playing against the Cell C Sharks on Saturday



OPEN DAY

23 May 2020

For IT, business/management, design, humanities and engineering industries

For more information :

website: ctutraining.ac.za

email: enquiry@ctutraining.co.za

phone: 0861 100 395

Thank You

A **HUGE** and heartfelt thank you to all those cricket and waterpolo parents who provided eats for our sporting events this term. Your generosity and kindness was appreciated by all the hungry spectators and is equally appreciated by the school.

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

2nd Hand Uniform Shop

Situated on Lower Campus next to Northwood Gear. Please feel free to drop off all your "Pre-loved" uniforms and kit. Open every Wednesday from 12:00 to 3:00pm. Contact Lesley Sleeman on 073 202 4290

Smalls

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

CANON CAMERA EOS 450D FOR SALE. Complete with lens, carry bag and charger. In good condition. Price: R2000.00 onco. Contact 084 500 9437

VIDEO TO DVD TRANSFERS

Preserve your precious memories from dust, humidity and mould by converting them to DVD. Professional conversion of V.H.S., V.H.S.C, Video 8, Hi8, mini DV formats and SD card to DVD or memory stick. Cleaning and repair service also available.

Contact: Louisa Whitfield on 031-261 2951 / 083 324 6149

EXTRA AFRIKAANS LESSONS: Call Cathy van Gent on 084 563 2168

FOR SALE

Northwood

REUNION WEEKEND



21 May to 23 May 2020

We look forward to welcoming Old Boys from all over South Africa and internationally to celebrate their founder school years with our Annual Old Boys Day festivities. A 3 day itinerary is planned offering a Golf Day, Breakfast and Special Assembly, as well as our traditional Reunion Dinner on the Friday evening before match day on Saturday 23 May.

Bookings

marketing@nwood.co.za
(031) 563 6501 Ext 353

Please email your proof of payment along with your name , year and event choices, using REUN and your surname as reference.

Golf Day

Mount Edgecombe Country Club

Thursday 21 May

R2600 (per Four Ball)

Betterball

Dinner and prize giving included

Special Assembly and Breakfast

Friday 22 May - 7:45am to 10:00am

R200

Reunion Dinner

Friday 22 May - 6:30pm

R350

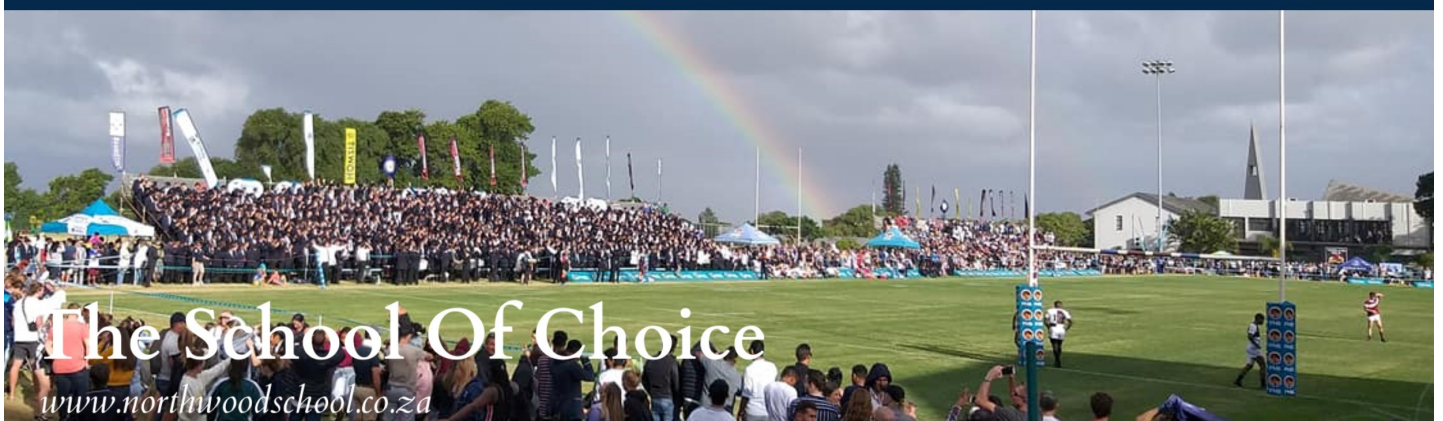
Old Boys Day

Saturday 23 May - All Day

Northwood vs DHS

Bank Details: Northwood Money Market, FNB, Acc: 62074454895, Branch Code: 220426

Remembering the Past as we Embrace the Future



The School Of Choice

www.northwoodschooll.co.za

Academics

MRS R STANLEY

Email: rstanley@nwood.co.za

NBT

Advantage Learn will be coming to Northwood School on Thursday 19th and Friday 20 March from 08:00 to 12:30 to run the **MAT NBT preparation workshop**. Our NBT training focuses on key concepts tested in the NBTs.

Included in the workshop price is access to our NBT Preparation Online course. They will grant you access to both the MAT & AQL online courses if you book a seat on our MAT workshop being held at Northwood.

Please book as soon as possible. All the information is on D6 under Resources.

**If you really
want to do
something,
you'll find a
way. If you
don't, you'll find
an excuse.**

Saturday Classes

Please note that due to an away sports fixture we are not able to have classes this weekend.

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)

Today I Will Make a Difference

Today I will make a difference. I will begin by controlling my thoughts. A person is the product of his thoughts. I want to be happy and hopeful. Therefore, I will have thoughts that are happy and hopeful. I refuse to be victimized by my circumstances. I will not let petty inconveniences such as stoplights, long lines, and traffic jams be my masters. I will avoid negativism and gossip. Optimism will be my companion, and victory will be my hallmark.

Today I will make a difference.

I will be grateful for the twenty-four hours that are before me. Time is a precious commodity. I refuse to allow what little time I have to be contaminated by self-pity, anxiety, or boredom. I will face this day with the joy of a child and the courage of a giant. I will drink each minute as though it is my last. When tomorrow comes, today will be gone forever. While it is here, I will use it for loving and giving.

Today I will make a difference.

I will not let past failures haunt me. Even though my life is scarred with mistakes, I refuse to rummage through my trash heap of failures. I will admit them. I will correct them. I will press on. Victoriously. No failure is fatal. It's OK to stumble... I will get up. It's OK to fail... I will rise again. Today I will make a difference.

I will spend time with those I love. My spouse, my children, my family. A man can own the world but be poor for the lack of love. A man can own nothing and yet be wealthy in relationships. Today I will spend at least five minutes with the significant people in my world. Five quality minutes of talking or hugging or thanking or listening. Five undiluted minutes with my mate, children, and friends. Shaped by God.

Today I will make a difference.

Max Lucado

UNDERSTANDING RUGBY INJURIES

With less than a week before the kick off of rugby season, let's discuss some potential injuries and how the medical team at Northwood are involved.

At Northwood Medical Centre, we offer full rehabilitation, from the initial assessment of the injury to the final rehab and reintegrating the player back onto the field. This is done by a dedicated medical team, including the Fitness Factory Gym, who keeps close contact with each other as well as the coaches, ensuring a safe return to the sport.

OVERUSE INJURIES

Rugby does involve running and sudden change of direction at speed. This can lead to overuse injuries such as, tendinitis in the knee or ankle, shin splints and bursitis. These are usually not considered "serious" injuries, but they can adversely affect performance. If they are not properly rehabilitated, they could lead to more complicated conditions

TRAUMATIC INJURIES

Rugby is also a collision sport, so traumatic injuries do occur. This includes Fractures, dislocations, sprains and strains and deep muscle bruises. Knee injuries like medial collateral and anterior cruciate ligament sprains and meniscus tears can occur from contact forces or from rotational forces during a quick change of direction. Shoulder injuries from direct contact with other players or the ground.

CONCUSSIONS

The symptoms for a concussion include confusion, forgetfulness, dizziness, blurred vision and a headache. Any player with a suspected concussion should stop playing immediately and be assessed by a qualified medical professional, to be cleared for play again.

HOW ARE RUGBY INJURIES TREATED

Rehabilitation from a rugby injury should include regaining muscle strength and flexibility after the injury. Neck, shoulder, hip and core strength, as well as flexibility of the hamstrings and hip flexors are important for overall conditioning and can minimize the chances of a player sustaining a secondary injury. Rugby is a continuously moving sport, so the medical team will work towards a high level of endurance.

HOW DO WE PREVENT INJURY

- Training involves a balance of strength, flexibility and endurance
- The use of proper tackling, rucking and scrumming techniques
- Participate at a level consistent with ability
- Taping and strapping techniques
- Early assessment of injuries
- Early intervention to acute injury to limit chronic or secondary conditions.

Should you have any further queries, or require an assessment, please feel free to contact The Fitness Factory Gym, or Nicole Redman (Physiotherapist) on 031 564 7674 at the Northwood medical Centre.

NICOLE REDMAN
PHYSIOTHERAPISTS INC.

PRACTICE NO: 072 000 0315001
www.nicoleredmanphysio.com :: 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

Open Hours: 8am—5pm

Practitioners:

Senzo Mthembu – Physiotherapist

Dr Bruce Douglas – Chiropractor

Ace Hendricks - A&H Elite Professional Sports Recover

Nicole Redman—:Physiotherapist

Sport & Culture

MR G. LE ROUX

Email: gleroux@nwood.co.za



Our boys just continue to amaze us, where every day we have the pleasure of witnessing or hearing something special that our boys have done. This past weekend we were at DHS for most of our sports fixtures and after the rain that week, the basketball courts at DHS were very wet and not in great shape. Seeing this, our boys stepped into action and managed to get a broom and proceeded to clean the courts so that games could continue. The nice thing about this is that it was our 1st Team boys that stepped up to assist and led the way by example. Thank you again for being such great ambassadors for our school.

So much in sport is out of our control, the opposition, the match officials, the bounce of the ball so to speak, but there is so much that we can control that sets us apart. The way we act on the field,

the way we represent our school, the sportsmanship, and the things we do off the field like the actions mentioned above. These are things that are in our control and are directly influenced by our own actions. Let us continue to demonstrate these qualities that set us apart and let's turn these into habits in our daily life.



If you haven't yet seen the letter regarding the Parktown Sports Tour in April, please click on the link below. It is applicable to all Rugby, Hockey, Chess, Tennis and Squash boys at Northwood. Please fill out the online form and make payment as soon as possible. <http://www.northwoodschooolsport.com/Downloads.asp?Id=27543>

This weekend we start with our main rugby and hockey fixtures at Kearsney. A reminder that boys are allowed to travel up with parents however they need to let the school know by Friday morning's sport meetings. There is an exciting buzz around the school at this time of the year when the war cry's ring out around the school. Good luck to all boys involved. Let's make sure the boys from up the hill remember who came to visit this weekend.

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.



Andrew Murray

Tennis

Congratulations to Andrew Murray who has been selected for the EThekwin Tennis Team. Andrew will represent Northwood this weekend at the KZN Schools Inter Regional Tournament. Good luck for the tournament, Andrew.