

# Northwood News

Friday 29 May 2020— Volume 10

## Thought for the Week

**"The true soldier fights  
Not because he hates what is in front  
of him, but because he loves what is  
behind him."  
~ G K Chesterton**

## *From the Headmaster's Desk*

Dear parents

As I sit down to write what seems like my first Northwood News in a very long time, I write with a sense of hope for a new season. There has been a lot of fear, trepidation and anxiety for many and although I do not wish to dilute what lockdown has done to many South Africans, I do wish to share with you why I am hopeful.

- I hope that the quality time you have spent with loved ones continues long after Covid-19 becomes a thing of the past.
- I am hopeful that the sense of community becomes what we do every day.
- I am hopeful for the return of the economy, that the livelihoods of all our Northwood families are secure.
- I am hopeful that life for our boys at school is comfortable and that they soon find their new routine in these different times

Throughout this process, the one constant has and always will be our values. Even in the midst of lockdown, our boys made us proud. How they conducted themselves with the on line learning processes, continuing to exercise at home, assisting their parents with chores and housework and chivvying each other along with messages of encouragement and videos to make one another laugh. This is the true spirit of a Northwood boy.

I don't downplay what our boys have missed out by being away from school and the sense of loss I feel for particularly our Matric learners who would have been attending their last Old Boys Day this past Saturday, boys, it is my promise to you that you will have your moment, of this I am certain.

You would have seen through the pictures on social media and in the content of the newsletter, that as a school, Northwood is more than ready for our learners and staff to return. We have ensured that we gone above and beyond Department requirements, making certain that parents are comfortable in sending their boys back to school.

As I receive further communication from the Department around proposed dates for the rest of the year, I will be sure to communicate these timeously.

In the meantime, I pray that you and your families remain safe and I firmly believe that together we will get through this, holding the Northwood flag high.



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# Counselling

**MRS D. BUTT**

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

Cell no.: 062 678 3246

Life in lockdown threw many lives into a topsy turvy world of uncertainty with each of us facing our own unique challenge. Despite feelings of doubt and anxiety, the covid-19 pandemic has brought communities closer and highlighted our strengths. Resilience is one such strength that has proven benefits for mental health and overall quality of life. The uniqueness of the pandemic situation calls for quick and continual adjustment. Here are a few practical tips for maintaining resilience:

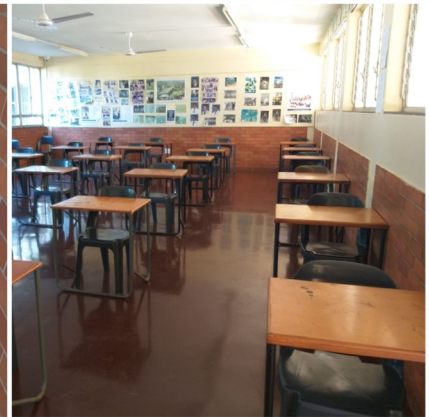
- When things feel out of control, focus on what you can control. This may include things such as the amount and type of information you absorb or places you go.
- Look for opportunities to be flexible. Although routine is an important part of self-care, uncertain times might require a semi-structured routine as opposed to one that is rigid. This might mean that you still schedule gym time, however, your usual gym activities are replaced with a neighbourhood jog or signing up for a remote fitness class.
- Share coping strategies with colleagues, family, and community members.
- Do a digital detox. Social distancing and online learning have us using our devices even more than before. Allowing yourself a break from the blue screen bombardment can be relaxing. Some people schedule their digital detox for an entire day while others plan for just a few hours. Choose a time out from technology overload that suits your needs.
- Assess your expectations. Unrealistic expectations are a source for anxiety and disappointment. Avoid them by asking yourself what expectations you have followed by a genuine assessment of whether they are reasonable

While continually adjusting can feel uncomfortable, the adaptability and stress management skills we gain from the situation are useful for future challenges. Ultimately, these skills are best uncovered when we take the time to know ourselves. Fortunately, social distancing facilitates the opportunity.

If you feel you need some help coping with the lockdown or with anything else, please feel free to contact me.



# School Readiness



Social distancing is easier to remember if you have visual cues. Our facilities staff have been busy painting lines and adding visual reminders, along with re-arranging classroom areas to keep everyone safely spaced.

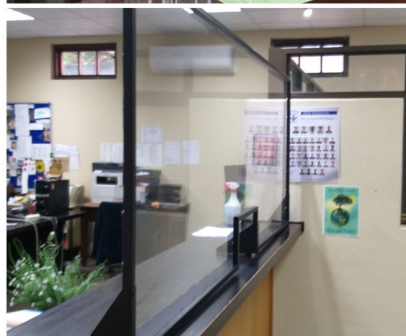


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In anticipation of our boys returning we have set up numerous sanitizing stations throughout the school. Foot operated sanitisers are operational at various points and every classroom, office, bathroom is well stocked too.

Screens are another method we are using to keep our students and staff safe and healthy



# Masks

Boys are to arrive at school with a mask on, they will be given their department issued masks during the course of their first day back at school. The Northwood branded masks that have been ordered by the 27<sup>th</sup> of May, will be handed to the Grade 12 boys on the 12<sup>th</sup> of June. The masks that were ordered for grade 8 – 11 boys will be issued to them on the day they arrive at school, should you wish to make alternate arrangements to collect prior to that, please contact Mrs van Niekerk on ext 353 or email [marketing@nwood.co.za](mailto:marketing@nwood.co.za)



## Northwood Prayer Group

All parents and supporters of Northwood School are invited to join the prayer group. They meet on Fridays from 7:30 am in the top campus tuckshop and anyone with questions can contact Sheena Carnie on 083 771 8886.



## 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

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

**Nicole Redman** – Physiotherapist

**Dr Kevin Worth** – Chiropractor

**Ashleigh Reynolds** – Counsellor

**Naina Bhikha** – Counsellor

**Doungkamol Naidoo** – Professional Thai

## 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

**FOR SALE**

# Academics

MRS R STANLEY

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

WOW!! This has certainly been a unique experience and a time with more questions than answers...

The positive is the huge learning curve. As educators, learners and parents we were thrown into the deep end and at first battled with “doggy paddle” but soon progressed to “free style” with the online teaching.

Thank you for your patience and support. We will persevere in our efforts to provide the best we can.

The Grade 12 boys will be here from Monday continuing with their academic curriculum, while the rest of the school will be online.

## Grade 8 – 11

In this edition of the newsletter, you will find the timetables and work schedules for the coming week, Day 7 to Day 10. Monday will be a free day for boys to either catch up or refresh their minds. Note that the timetable lesson 1 will begin at 08:00.

Please be aware that some subjects have, or are close to, completing the Term 2 curriculum. In normal circumstances, the School would be in June exam time, so we are on track. Certain subjects have more content to cover therefore could possibly take on more slots for teaching.

We are looking forward to seeing our boys again. Please keep safe and stay well.



## Cycle 6 Timetables with new times

### Grade 11

	Period 1	2	3		4	5	6
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 6							
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 7	<b>Tourism</b>	<b>Afrikaans/ IsiZulu</b>					<b>Physical Science</b>
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 8		<b>Economics</b>	<b>English</b>		<b>Maths / Maths Lit</b>		<b>IT</b>
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 9	<b>History</b>	<b>Life Science</b>			<b>Geography</b>		<b>Design</b>
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day10		<b>English</b>	<b>Business Studies</b>				<b>Maths/Maths Lit</b>

# Cycle 6 Timetables with new times

## Grade

	Period 1	2	3		4	5	6
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 6							
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 7	<b>English</b>	<b>Afrikaans/ Isi-Zulu</b>	<b>Maths</b>		<b>EMS</b>		
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 8	<b>Afrikaans</b>	<b>English</b>	<b>EMS</b>		<b>Geography</b>	<b>Maths</b>	
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 9	<b>Geography</b>	<b>Maths</b>	<b>English</b>		<b>Physical Science</b>	<b>Afrikaans/ IsiZulu</b>	<b>NLS</b>
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 10	<b>Music</b>	<b>Maths</b>	<b>Technology</b>		<b>Creative Art</b>	<b>Afrikaans</b>	<b>English</b>

## Grade 9

	Period 1	2	3		4	5	6
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 6							
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 7	<b>English</b>	<b>Afrikaans/ Isi-Zulu</b>	<b>Maths</b>		<b>EMS</b>		
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 8	<b>Afrikaans</b>	<b>English</b>	<b>EMS</b>		<b>Geography</b>	<b>Maths</b>	
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 9	<b>Geography</b>	<b>Maths</b>	<b>English</b>		<b>Physical Science</b>	<b>Afrikaans/ IsiZulu</b>	<b>NLS</b>
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 10	<b>Music</b>	<b>Maths</b>	<b>Technology</b>		<b>Creative Art</b>	<b>Afrikaans</b>	<b>English</b>

## Grade 10

	Period 1	2	3		4	5	6
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 6							
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 7	<b>EGD</b>	<b>English</b>			<b>IT</b>	<b>Business Studies</b>	
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 8		<b>Afrikaans/ IsiZulu</b>	<b>Maths/ Maths Lit</b>				<b>Science</b>
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day 9			<b>Life Science</b>		<b>English</b>		<b>History</b>
	08:00-08:45	09:00-09:45	10:00-10:45		11:30-12:15	12:30-13:15	13:30 – 14:15
Day10	<b>Maths/ Maths Lit</b>		<b>Afrikaans/ IsiZulu</b>			<b>Accounting/ Music</b>	