

Northwood News

Thursday 2 July 2020 — Volume 15

Thought for the Week

From the Headmaster's Desk

Dear Parents

We were so grateful to hold an outdoor assembly on Tuesday morning, where we were addressed by our Deputy Head Prefect Mngqobi Shoba. This young man clearly has an understanding of what it means to be a Knight! Please enjoy these heart warming words:

"No one is useless in this world who lightens the burdens of another. There is no exercise better for the heart than reaching down and lifting people up. When we give cheerfully and accept gratefully, everyone is blessed. You have not lived today until you have done something for someone who can never repay you. Whether it be a kind word, a smile, even a positive compliment, can change someone's life for ever.

Have you ever thought what your life would be like if you were born as someone else? What if you were born as one of those homeless people? What if you had no shelter, no clothes, no money, and no food? What if you had to suffer all the time and struggle just to make it through the day? I know, I have thought about all these things and that is why we believe in helping the less fortunate, we as the Blue Army, and that is why generosity is one of our Northwood values in the code of chivalry.

God gave us two pairs of hands not only to use for the benefits of ourselves but also to use for the benefit of others and never expecting anything in return. A person's most useful asset is not in a head full of knowledge but a heart full of love, an ear ready to listen and a hand willing to help others.

Somewhere around the corner there is someone your age, someone your grade, someone who is struggling, a helpless kid who is wondering where their next meal will come from, a helpless kid wondering if they will ever own a book in their lives, a helpless kid wondering if they will ever wear a pair of shoes in their lives, a helpless kid wondering if they will ever have a quality education like you and me, a helpless kid wondering if tomorrow will be any better. Be the reason why someone believes in humanity, be the reason why someone smiles today.

We don't have to be rich to make a difference, just a smile goes a long way. Besides providing them with money and treating them kindly, another way we can contribute is by giving them our time by painting a less fortunate school. Old age homes, collecting books for donation, donating warm clothes too, during this difficult time of winter, associated with a pandemic, you can be the reason for someone's happiness.

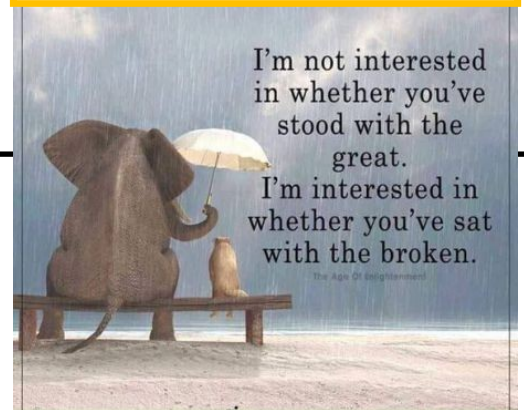
We are never too big to do the small things that need to be done, and helping the less fortunate is definitely one of the things that needs to be done. The gift of kindness is a gift that anyone can afford to give. A thousand candles can be lit from a single candle and the life of that candle will not be shortened. By helping one person you can brighten many lives. You will never be poor by giving to the less fortunate.

When you help, help with humility.

Never underestimate the moment of your kindness, it has power to change lives in ways you never knew. Helping one person might not change the world but might change the world for one person.

Dare to do right for the goodness of others."

PP Viljoen



The School Of Choice
www.northwoodschool.co.za



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Academics

MRS R STANLEY

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Request for Donations of Plants, Stones and Rocks

We are exceptionally proud of our amazing grounds and beautiful gardens. Between the green fingers of our own Ant Beukes and his team and the imagination and creativity of parents, Annie Steele and Ingrid Price, our gardens are constantly evolving and improving which adds to the aesthetic of our school.

In a bid to continue these efforts, Annie and Ingrid are making an appeal to the Northwood community for any plants, stones or rocks that you would be willing to donate.

For more information please contact either Annie on catfoot@mweb.co.za or Ingrid on icprice@yit.co.za. You can also drop off any plants etc. at the school.

Thank you.





Autism Awareness Lockdown Virtual run/ walk

Autism Awareness doesn't end in April! Lockdown prevented us holding our Annual event, but now you can join us for our virtual event. Funds raised each year go towards sponsoring therapy for low income families and ultimately for a self sufficient Autism center.

Saturday 1 August 2020
Between 8am-3pm

3km, 5km, 8km - Run in your own neighbourhood,
Send us pictures on our Blue and you Facebook page
to be eligible for prizes!

R30 pp,
Family of 4 R100

Prizes available including

Best dressed and best homemade banner

Northwood Gear

Shop Hours

Due to the Covid-19 regulations
Northwood Gear will be
operating by
appointment only.
Please Phone Yvonne
on
083 691 0135

2nd Hand Uniform Shop

Situated on Lower
Campus next to
Northwood Gear. Open
Wednesdays.

If you would like
something from the 2nd
Hand Shop please
contact

Lesley Sleeman on
073 202 4290 to make
an appointment.

FOR SALE

Smalls

These mini adverts are put
in as a community service

and are not specifically endorsed by Northwood

BATA TOUGHEES: School shoes size 9 brand new
still in box R200. Call Charles on 084 811 2195.

FACE MASKS: Washable, reversible, comfortable
face masks for sale. R15.00 each. R250.00 for 20.
Contact 0845009437

FRESH FARM EGGS: Farm fresh and free range
Jumbo R17 for 6, Free range XL R16 for 6 or R48 for 18.
Grain Fed Jumbo R15 for 6. Bush Honey R50 for 350g.
Delivered every Thursday. Contact Malcolm on email
malcolmbremner@gmail.com or Whatsapp 083 655 2216.

Laides' and Men's Perfume for every occasion at
affordable prices. Ladies' 50ml @ R130 DKNY, Angel,
Beautiful, Canel etc and 44 more. Men's 50ml @ R150
Diesel, Aramis, Hugo Boss, Lacoste etc and 27 more.
Contact Jo on 083 287 9856.

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

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
Massage Therapist