

# Northwood News

Thursday 9 July 2020 — Volume 16

## From the Headmaster's Desk

Dear Parents

I would be shirking my responsibility to you as parents if I did not spend this week writing about the Positive Covid case we experienced yesterday. In all of my dealings with different matters as a principle, this was the first time I ever had to deal with something like this.

This virus is testing us as decision makers, teachers, parents, fathers, mothers, brothers and sisters. I am sure that if we had a choice we would not want to live in these times, but it is the cards that we have been dealt, and as such we must face this challenge. What would work be if we were fragmented, not transparent and not all aiming to do the right thing for one another. I therefore ask you to continue to be honest, upfront, and eager in your communication with me. Please let me know if you have any fears, concerns or are uncomfortable with any process that we are following. Together we will survive these challenging times.

I know that we are a diverse school in every sense of the word, including our religious beliefs. That is what makes us unique and special in my book. As I am sure you are aware my faith is Christian and so I hope you will understand if I share a scripture with you that I read this morning. I really think, that no matter your religious orientation, these words give comfort in this trying time

*"We all experience times of testing, which is normal for every human being. But God will be faithful to you. He will screen and filter the severity, nature, and timing of every test or trial you face so that you can bear it. And each test is an OPPORTUNITY to trust him more, for along with every trial God has provided for you a way of escape that will bring you out of it victoriously."*

1 Corinthians 10:13 TPT

Be safe and blessed everyone

PP Viljoen

## Thought for the Week

"Do not speak badly of yourself, for the warrior that is inside you hears your words and is lessened by them. You are **strong** and you are **brave**. There is a **nobility of spirit** within you. Let it grow."

~ David Gemmell



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## Unlock Autism Awareness!

Blue and You Autism Awareness NPO

brings 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](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  
Massage Therapist