

# Northwood News

Thursday 11 March 2021 - Volume 7

## From the Headmaster's Desk

Dear Parents

During the course of this week we have engaged with further infrastructure upgrades to our facilities. I do apologize for any inconvenience you may experience during this time but ultimately, these changes benefit our boys and broader parent community. If all goes according to plan, the renovations should be completed by the 7<sup>th</sup> of April.

I have also been approached by a number of parents enquiring about the return to competitive sport. The information I have is that the final draft, in relation to school sport and cultural activities, is currently being finalized by the DOE and should be published on the 15<sup>th</sup> of March. As soon as we have final confirmation of the way forward, I will share this with you immediately.

In terms of our school's capacity, it is important for our community to note that we have received official documentation from the DOE declaring the school full. This is a meaningful and positive result for our school as it means we can manage all aspects of the school with far greater control and accuracy and we now have full control over our class sizes. This does, however, mean that the 2022 learner intake in grade 8 will be limited to the number of boys leaving the school, at the end of the year. This will mean that, in area boys may very well not find placement at Northwood.

A reminder too, that SGB parent elections take place on Monday evening as per the notices placed on our communication platform. Please ensure you bring along proof of identification to be eligible to cast your vote.

A huge thank you, to all the parents supporting our sandwich drive on the 19<sup>th</sup> of March. If you would still like to get involved, please email [hope@nwood.co.za](mailto:hope@nwood.co.za) for further information.

May you all have a great weekend.

## Quote of the Week

### The Two Wolves

One evening an old Cherokee told his grandson about a battle that goes on inside all people. He said, the battle is between two wolves inside us all. One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego. The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.

The grandson thought about it for a minute and then asked his grandfather: "which wolf wins?"

The old man simply replied; "The one you feed."

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# Representative Council of Learners

The Representative Council of Learners is a body of learners who are elected by their classmates to represent them in all aspects of school life.

These learners have full representation on the Governing Body.

Congratulations to the following boys on their appointment.

## GRADE 8

8BG	K. Byrne
8BT	L. Hendersen
8CE	K. Milligan
8CO	Y. Naicker
8GS	K. Roomer
8HG	J. van Zyl
8JN	O. Kelechi
8JO	D. Buckley-Roe
8RT	E. Mehter
8SO	T. Eloff
8WB	I. Mbatha

## GRADE 9

9BN	J. Ivey
9DH	T. Pillay
9GD	J. Nagoor
9HT	T. Breslin
9HK	S. Luthuli
9KO	M. Zondi
9MS	S. Nanjinge
9RO	M. Magwaza
9RG	M. Balmforth
9WS	D. Larratt

## GRADE 10

10AL	J. Terblanche
10AY	T. Goodwin
10GM	N. Okonkwo
10HL	J. Bellairs
10HR	A. Mathebula
10JM	K. Thobela
10HE	J. Pillay
10MJ	V. Govender
10SB	L. Gumede

## GRADE 11

11BL	T. Chiyayi
11DL	K. Thwala
11DM	M. Anderssen
11GN	M. Bheekan
11KZ	T. Baker
11MK	J. Govender
11MT	F. Janssen
11VH	N. Mchunu
11VM	K. Mfundisi

## GRADE 12

12AD	A. Sathanand
12HA	U. Covenden
12PB	D. Joubert
12RK	Y. Deonundhan
12SC	S. Nakhooda
12PB	T. Kavhura

## RCL COMMITTEE

**CHAIRMAN AND SGB REP:** N. Mchunu

**VICE CHAIRMAN:** M. Anderssen

**GOVERNING BODY REP:** K. Thwala

**GOVERNING BODY REP:** A. Sathanand

**TREASURER:** J. Govender

**SECRETARY:** L. Gumede



# Academics

MRS R STANLEY

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



## NBT PREPARATION WORKSHOP

This takes place at Northwood on the 19<sup>th</sup> and 20<sup>th</sup> March. Please see the D6 for booking information.

Time is running out. If you would like the form emailed directly to you, please send a request to [rstanley@nwood.co.za](mailto:rstanley@nwood.co.za)

For more information about the NBT dates and venues see: <https://www.nbt.ac.za/>

## SATURDAY LESSONS

The Saturday lessons will be replaced by after school extra lessons. Boys need to take advantage of this time to work in smaller groups in different subjects. See below for the timetable for lessons offered.

## EXTRA LESSONS TIMETABLE

Please note that these timetables have been published on the POA.

Lessons will take place after school, and will be between 45 to 60 minutes long. The venue will be in the classroom of the teacher named on the timetable.

	GRADE 8
MON	SPORT
TUES	English – Ms Hartwig Life Science – Mrs Morton Maths – Mr Hosking
WED	SPORT
THURS	Afrikaans – Mrs Johnson EMS – Mr Wiblin Maths—Ms Alborough

	GRADE 10
MON	Afrikaans – Ms Naidoo Accounting – Ms Dorman Maths – Ms Evans
TUES	SPORT
WED	English – Mr Hale Life Science – Mrs Hayden Accounting – Mrs Raftopoulos Maths - Mrs le Roux
THURS	SPORT

	GRADE 12
MON	English – Ms Domun Life Science – Dr Pillay Bus.Studies – Mrs Josph/ Accounting – Ms Dorman Economics – Ms Raftopoulos
TUES	SPORT
WED	Afrikaans – Mr Harishun Maths Lit – Ms Evans
THURS	SPORT

	GRADE 9
MON	SPORT
TUES	Life Science – Mrs Morton Maths – Mr Dlamini
WED	SPORT
THURS	Afrikaans – Mrs Prins English – Mr Halse EMS – Ms Dorman Maths – Mr Hildebrandt

	GRADE 11
MON	Afrikaans – Mr Jankeeparsad Life Science – Mrs Morton Accounting – Mrs Joseph
TUES	SPORT
WED	English – Mr Krause Bus.Studies – Mr Wiblin Maths – Mrs Scott Maths Lit - Ms Evans
THURS	SPORT

## Homework Centre

The Homework Centre is open. Learners who would like after school assistance or just a quiet place to work, please speak with Mrs Morton or Mrs Butt.



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# 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.



We are back with our full physiotherapy services at the Northwood Medical Centre. The practice caters mostly for the Northwood boys and staff, but it is open to the public too. Nicole has over 19 years' experience and Shuaib has over 10 years' experience, with a special interest in sports injuries. We work closely with Richard Tyler from the performance centre, but the boys are welcome to come make an appointment without a referral.

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.

## Northwood

SPORTS

MEDICINE CENTRE

**Phone Number:** 031 564 7675

**Address:** 47 Mackeurtan Ave, Durban North

**Email:** [medicalcentrenorthwood@gmail.com](mailto:medicalcentrenorthwood@gmail.com)

**Open Hours:** 8am – 5pm

### Practitioners:

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

**Nicole Redman** – Physiotherapist

**Dr Kevin Worth** – Chiropractor

**Ashleigh Reynolds** – Counsellor

**Naina Bhikha** – Counsellor

**Amanda Hawke** – Physiotherapist

**Rogan Heyns** – Biokineticist

**The Medical Centre is open for business with strict Covid-19 protocols in place.**

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.

We will be doing a monthly article in the Northwood news on common sporting injuries. We hope that you will find these informative.

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



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# NORTHWOOD MILE



**SATURDAY 13 MARCH**  
**@NORTHWOOD SWIMMING POOL**

EVENT Categories:

- 1 - Individual
- 2 - Team(3 per team)
- 3- Family(Max of 4 swimmers)

**BOOK WITH MRS BRENT @LC32 BEFORE THURSDAY**  
**FOR MORE INFO E-MAIL [CBRENT@NWOOD.CO.ZA](mailto:CBRENT@NWOOD.CO.ZA)**

# Northwood 2021 BRASS BAND



## LOOKING FOR NEW RECRUITS

JOIN US FROM 14h30 to 16h00 ON TUESDAYS AND

THURSDAYS AT THE BAND ROOM (LOWER CAMPUS)

NO EXPERIENCE OR INSTRUMENTS REQUIRED — JUST  
ENTHUSIASM AND COMMITMENT

FOR FURTHER INFORMATION CONTACT ~~Mr~~ KRAUSE (Room 138)

**WE MAKE A BEAUTIFUL NOISE!!**

**DARE TO BE ONE OF THE PROUD AND THE FEW**

## Northwood Gear

### Business Hours

Tuesday to Thursday

1.30 to 3.15

Friday

1.15 to 2.30

Monday and Saturday

CLOSED

Queries – 083-6910135

# SMALLS

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

Private 2 Bedroom 1 Bathroom Garden Cottage in Glenashley. Open Plan Lounge. Kitchen has Oven & Hob. Patio / Braai area. R9500.00 incl L&W and wifi  
Contact Trevor on 0824637103

**GUITAR JUDAH:** Online guitar lessons. Beginner upwards. We help you understand basic theory, navigate the fretboard and teach chords, scales, modes and improvising. Learn your favourite songs and solos. We will get you from Rookie to Rocking! Rock, pop, blues and worship styles.

Instagram: @guitarjudah Youtube: guitarjudah FB: @guitarjudah

Whatsapp: 0745464502 Email: [carl.hansen098@gmail.com](mailto:carl.hansen098@gmail.com)

**SCHOLAR TRANSPORT** available from Phoenix to Northwood (Mon – Fri) Departing from Phoenix at 6:15am – Departing from Northwood 17:00pm. Please contact Naieem on 060 960 1828/061 549 5865

### MATHEMATICS TUITION FOR GRADES 9, 10 & 11

Experienced Mathematics educator offering Mathematics tuition, on a 1 on 1 basis, for above grades. If keen, please contact Z Lockhat on 031 208 0862 or 082 651 2880

**FOR EXPERT TUITION** for all grades and in all subjects from experienced tutors, contact The Studio 4 Learning located at Marion Centre, on Marion Avenue, Glen Ashley. We offer flexible hours for online and face to face tuition. Call Thavina 082 859 4748. 'Academic support is our passion'

**ROOF RATS:** Ceiling vacuuming/ Roof Cleaning/ Waterproofing/ Roof Painting/ Roof Repairs/ Animal Exclusion/ Ceiling Repairs/ High Level Cleaning/ Insulation/ Plumbing/ Pest Control/ Gutter Guards/ Burglar Baffle/ Solar & Electric Geyser Installation. Contact Vernon 064 666 7035; Office 072 767 1999; Inquiries 031 198 280; Email [info@roofrats.co.za](mailto:info@roofrats.co.za); website [riifrats.co.za](http://riifrats.co.za)



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