

Northwood News

Friday 9 April 2021 - Volume 10

From the Headmaster's Desk

Dear Parents

Last night was a proud moment for our school as we officially opened the Victor Daitz Centre for Innovation. The Centre will allow our boys access to state of the art facilities and modern technology including 3D and animated printing, virtual reality software, design, coding and robotics stations, electronic reading programs and others.

The Centre will still serve as a library too, and as such our boys will continue to get access to a variety of reading genres, magazines and newspapers.

I want to take this opportunity to thank everyone who has been involved in turning this dream into a reality. The funding through the Daitz Foundation along with the efforts of Mr. Mutch, the School Governing Body, Mr. Beukes and his team and in particular the work of the Project Manager, Mr. Chetty has allowed for the establishment of a facility that will benefit all our boys.



In addition to the Daitz Centre, the renovation of our reception area is now also complete. Thank you for being patient with us during the course of the completion of this project. The new area looks great and will allow for us to manage our front office operations much more effectively.

Tomorrow sees our first formal hockey fixtures in more than a year. It is a timely reminder to us that we should be celebrating the opportunity to compete, perhaps more than the opportunity to win. As we now know we should never take things for granted. Good luck to our boys and may they enjoy being back on the Astro.

Talking sport, I am proud to report that our first basketball team made a winning return to the court yesterday, as they beat a highly fancied DHS team 59 - 44. Well done to Keegan Best and his team of Knights.

In terms of our staff I would like to congratulate Mrs. Monk (finance office) on the birth of her twin boys and wish to confirm that Mrs. Jané Johnson has gone on early maternity leave as she rests up while awaiting the birth of her first child. Mr. Francois Schoeman has been appointed in Mrs. Johnson's place, and we wish him well as he joins the Northwood Family.

Quote of the Week

"Perhaps the greatest charity comes when we are kind to each other; when we don't judge or categorize someone else; when we simply give each other the benefit of the doubt or remain quiet. Charity is accepting someone's differences, weaknesses, and shortcomings; having patience with someone who has let us down; or resisting the impulse to become offended when someone doesn't handle something the way we might have hoped. Charity is refusing to take advantage of another's weakness and being willing to forgive someone who has hurt us. Charity is expecting the best of each other."

~Elder Marvin J. Ashton

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Academics

MRS R STANLEY

Email: rstanley@nwood.co.za

HOMEWORK

Parents, please make sure your son does his homework. It is extremely important that he is in a routine and gets into a good habit of sitting down to work and study. Parents who are present and aware of their child's academic progress will not be surprised when assessment results come home. Support him and encourage him to always do his best and never be afraid to ask for help.

COMMON TESTS GRADE 12

Please be aware that there have been changes to dates for Gr 12 common tests:

Life Science and Tourism are now on 15 April

Afrikaans/ IsiZulu move back a day to 16 April.

Extra Lesson Timetable

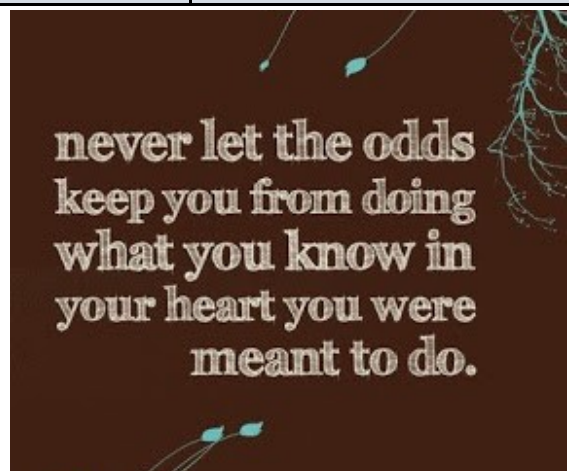
	GRADE 8
MON	SPORT
TUES	English – Ms Hartwig Life Science – Mrs Morton Maths – Mr Hosking
WED	SPORT
THURS	Afrikaans – Mrs Johnson EMS – Mr Richter Maths - Ms Alborough

	GRADE 10
MON	Afrikaans – Ms Naidoo Accounting – Mrs Coulter Maths – Ms Evans Bus. Studies—Mr Marais
TUES	SPORT
WED	English – Mr Hale Life Science – Mrs Hayden Maths - Mrs le Roux Accounting—Ms Raftopoulos History—Mr Germishuizen
THURS	SPORT

	GRADE 12
MON	English – Ms Domun Life Science – Mr Govender Bus.Studies – Mr Wiblin Accounting – Ms Dorman Economics – Ms Raftopoulos
TUES	SPORT
WED	Afrikaans – Mr Harishun Maths Lit – Ms Evans (3-4 pm) Phys Science—Mrs Ramseook
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 (3-4 pm) Phys Science—Mrs Coulters
THURS	SPORT



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Junior Achievement (JA)

We are so proud of our Northwood Junior Achievers team lead by Viaan Chetty and Saven Naidoo along with two Danville Park GHS students, Georgina Enoch and Anelli Makhoba.

In 2020 they were the winning team in KZN and then went on to represent in the provincial contest after the success of their MP4U music plaque concept.

Their success continued as they represented South Africa in the Junior Achievers Africa contest. In the finals this past weekend they were awarded the 'Future Tech' award by the Tomorrow Foundation, a wonderful accolade for this dynamic young company.

Well done to Viaan and Saven, along with Danville Park Girls High School learners Georgina and Anelli. A special mention to Mrs Raftopoulos for overseeing and facilitating the JA Programme at Northwood.



Left to Right: Viaan Chetty, Elvina Raftopoulos, Saven Naidoo

Junior Achievement (JA) 2021

WHAT IS JA?

JA is an entrepreneurial programme, sponsored by CITIBANK, which seeks to help students understand the business world. It is a load of fun and can make you a handsome income if you are motivated.

WHAT DO YOU DO AT JA?

Students will come together from DANVILLE as well as NORTHWOOD to form a company, elect a Board of Directors, decide what to manufacture, sell the product and liquidate the company. Each member will receive a return on their investment upon completion of the programme.

DO I HAVE TO BE A COMMERCE STUDENT?

No! JA suits any student who is able to work as a team and would also like to find out more about the real business world.

WHEN AND WHERE WILL JA BE HELD?

JA will take place at NORTHWOOD, once a week on a WEDNESDAY for 12 weeks between 3:15pm – 6:00pm.

HOW DO I REGISTER?

Contact Ms Raftopoulos on the Lower Campus and do so by the latest Thursday 1 April 2021.



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UNDERSTANDING RUGBY INJURIES

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.

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.

Northwood SPORTS MEDICINE CENTRE

Phone Number: 031 564 7675

Address: 47 Mackeurtan Ave,
Durban North

Email: 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.

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

Amazintoti Practice: ☎0319042044
Medexcel Building, 24 Prince Street.

SMALLS

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