Thursday 22 April 2021 - Volume 12

From the Headmaster's Desk

Dear Parents

As mentioned in my letter yesterday, please allow me to thank you for all your support throughout this lengthy term. We continue to navigate the challenges that the Covid 19 pandemic brings. We are extremely grateful that the virus has had no impact on our operations during the first term. We are truly grateful for God's protection over our boys and staff and will continue to pray for the safekeeping of all.

During the first weekend of the holiday there are a number of activities taking place including numerous hockey festivals, a hike and of course a much anticipated return to the rugby field for our boys. These activities bring great joy to our boys and as such, we are truly excited for them to participate. A big thank you to the various staff members and coaches who are sacrificing their time to give these opportunities to the boys. We are certainly blessed with the best.

Please note that we are currently considering two significant changes in terms of our school's operations and offering. The first relates to the use of cell phones during the school day and the second to the content being delivered during the Life Orientation lessons in grade 8 and 9. Be on the lookout for communication in this regard within the next week or so.

Lastly, may we all heed to the words of Eleanor Brown during this period of rest: "Rest and self-care are so important. When you take time to

replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel."

If you are travelling, please do so safely and enjoy the break.







Quote of the Week

"Rest when you are tired. Take a break when life stales. Take time to recharge your battery. Energy isn't something you have—it's something you are. To give and give and give, to put out without taking in, depletes your battery. It drains you. Runs you down,

~ Melody Beatie

If you're tired, learn to rest not quit.

P O Box 20079, Durban North, 4016 Adelaide Tambo Drive, Durban North, 4051 Telephone: +27 31 563 6501 Fax: +27 31 564 1898 Webpage: www.northwoodschool.co.za

The School Of Choice

www.northwoodschool.co.za



The Knights cordially invite you to attend the

Circle of Valour Awards Dinner

26 May 2021 - 6pm for 6:30pm Northwood School - The Victor Daitz Centre for Innovation R450 per person - Includes 3 course dinner and welcome drink

This year we will award the following Old Boys for their excellent achievements in their respective careers:

Sport Community Service Business Music, Art and Culture Science and Technology Mr Grant Bashford Mr Bruce de Gier Mr Andrew Wood Mr Kevin Gibson Dr Alan Whitfield



RSVP to reunion@nwood.co.za by 15 May 2021 Including any dietary requirements. For further queries, please contact our Knights Executive, dvanwyk@nwood.co.za / 031 563 6501

Bank Details: Northwood Money Market, FNB, Account: 6207445495, Branch Code: 220246 Use your name and COV as reference - please email POP to reunion@nwood.co.za

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.

Rorthwood

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.

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

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