



Northwood News

The School Of Choice

www.northwoodschool.co.za

1 November 2018 – Volume 37

THOUGHT FOR THE WEEK

"I believe that you're great, that there's something magnificent about you. Regardless of what has happened to you in your life, regardless of how young or how old you think you might be, the moment you begin to think properly, there's something that is within you, there's power within you, that's greater than the world. It will begin to emerge. It will take over your life. It will feed you. It will clothe you. It will guide you, protect you, direct you, sustain your very existence, if you let it. Now, that is what I know for sure."

~ Michael Beckwith

From the Headmaster

MR P VILJOEN

Dear Parents

This week we opened the application process for our prospective grade 8's of 2020. It is wonderful to see how many forms has been collected and how keen boys are to join Northwood. In terms of our admissions for 2019, I can confirm that this process is now complete and we are certainly very happy with the number, and more importantly the quality of the boys who will be joining us as squires.

Ultimately, the number of boys we have accepted into grade 8 next year is confirmed at 250 boys. This may seem like a big number, but is in keeping with the number of boys we accepted in 2017 and 2018. With the support of the governing body, and by extension of fee-paying parents, we employ an additional 40 staff to maintain the average class size of 25 boys per class.

This allows us to make good on our promise of treating every boy as significant and to make sure we pay attention to the individual needs of all our boys.

Talking about school fees, I encourage parents to make sure your accounts are paid up to date, as we move towards the end of the year. The school fee letter for 2019 and information regarding early settlement discounts are available on the D6 communicator.

In terms of the exam period, I encourage parents to remain calm, encouraging and supportive of the boys as they deal with the challenges that the various papers bring. Your love and support means a lot to them during this period, so please keep providing the care you are already giving so abundantly.

And when your boy seems overly stressed or anxious, here is a poem about exams you can share with them.

*Don't stress about this exam
because the hype will kill you faster
than the raw shock of receiving the test.
The panic will gnaw at you for days
and intensify over hours
as you fret and read until your mind
cannot process any more.
So try to breathe and put the notes down
for you've studied all you can.*

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Northwood Sports Medical Centre

Reception		031 564 7675	medicalcentrenorthwood@gmail.com
Homeopath	Dr Colette Kell	073 019 9799	colette.kell@gmail.com
Chiropractor	Dr Michael Robson	082 602 5444	medicalcentrenorthwood@gmail.com
Psychologist	Shannon Ownhouse	072 737 1610	shannonownhouse@gmail.com
Physiotherapist	Ashleigh White	071 607 0883	physioajwhite@hotmail.com
Sports Massage	Tamryn Currin	078 522 6892	tammycurrin87@gmail.com

Important Dates

DAY	DATES			EVENT	VENUE
NOVEMBER					
Wed	07			Diwali	
Fri	09			Remembrance Day	
Wed	21			Sardine Run	
Fri	26			Matric final bell ringing	Northwood
Fri	30			School Closes for Learners and Staff	

Cash Payments

For security reasons, cash payments over R10 000 will no longer be accepted at school and must be deposited directly into our bank account.

How to Order your Sports Photos

Dear Northwood Parents

Please visit the Prestige website to order your son's 2018 sports photos.

To access the photos please follow these steps:

- Website address: www.prestigemoments.co.za
- Photo shoot code: C3337
- Select your child's class
- Select the group you would like to order.
- Add the items to your cart
- If you are done shopping click on Check out
- Prompts for personal information and once off password need to be created
- Click continue for delivery options
- Click continue for payment options: Choose Credit card, Electronic transfer
- Click on "Place my Order" to complete your order
- You will receive an email from Prestige to confirm receipt of your order

Should you have any queries or need assistance in placing your order, please do not hesitate to contact Prestige on 031 566 4696 / reorder@prestigemoments.co.za

From the Head of Academics

MRS R STANLEY

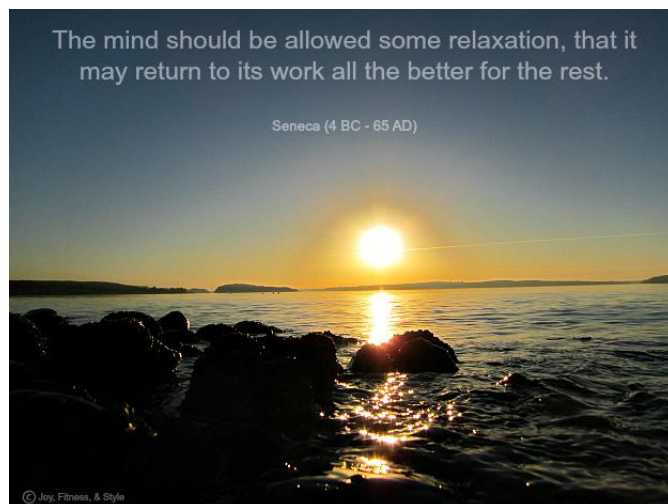
Email: rstanley@nwood.co.za

TEXT BOOKS AND STATIONERY – 2019

The book lists are available on the D6. Please note that certain work books are only available at school. Any queries can be directed to Mrs Prins – bprins@nwood.co.za

EXAMINATIONS

With the entire school writing exams, our corridors are silent, and learners hard at work. I do not believe in wishing them luck, as luck shouldn't come into it. There will always be a positive outcome for those who have taken their academics seriously and consistently put in the effort.



From the head of Extramurals

Mr G. le Roux gleroux@nwood.co.za

Thank you to all the parents of boys that allowed their sons to travel to Bloemfontein this past weekend for fixture against Grey College. It really was a worthwhile trip and our boys have come back with additional knowledge, experience and memories they won't forget. A number of our teams were very competitive which was exciting to watch. Our 1st XI lost by 5 runs, our u15A lost by 11 runs and the u14B match came down to the very last ball. Our u15A polo boys put up a good performance to beat Grey College, so, all things considered, it was a fantastic tour. We are very grateful for the support and commitment of our boys and parents for this tour so close to exam time.

This weekend we have our last summer sports fixtures and we ask for your continued commitment to this fixture. Let us not forget the importance of a little bit of physical activity during this stressful time.

SPORT AND EXERCISE DURING EXAMS

10 REASONS WHY STUDENTS SHOULD EXERCISE AND PLAY SPORT DURING EXAM PERIOD

- IMPROVES CONCENTRATION
- IMPROVES SLEEP
- IMPROVES ATTENTION
- REDUCES STRESS AND ANXIETY
- INCREASES MEMORY
- IMPROVES COPING SKILLS
- INCREASES RETENTION OF NEW INFORMATION
- INCREASES BLOOD FLOW TO THE BRAIN
- IMPROVES PROBLEM SOLVING SKILLS
- STIMULATES GROWTH OF BRAIN CELLS

For all extra mural details about fixtures, notices, practice times and transport arrangements please visit www.northwoodschoolorsport.com. Remember to create a shortcut on your home screen of your mobile device for a very user-friendly version of the site.

Matric Exam Timetable

DATE	9:00	14:00
Fri 02 Nov	Physical Science (Physics) P1 (3 Hrs)	
Mon 05 Nov	Physical Science P2 (3 Hrs)	
Tues 06 Nov		Economics P2 (2 Hrs)
Wed 07 Nov	DIWALI	
Thurs 08 Nov	English HL P2 (2½ Hrs)	
Fri 09 Nov	Life Sciences P1 (2½ Hrs)	
Mon 12 Nov	Life Sciences P2 (2½ Hrs)	Engineering Graphics & Design P1 (3 Hrs)
Wed 14 Nov	Afrikaans FAL P2 (2 Hrs)	
Thurs 15 Nov	IsiZulu FAL P2 (2 Hrs)	
Mon 19 Nov		Engineering Graphics & Design P2 (3 Hrs)
Tues 20 Nov	IsiZulu FAL P3 (2½ Hrs)	
Wed 21 Nov	History P2 (3 Hrs)	
Thurs 22 Nov	Business Studies (3 Hrs)	
Fri 23 Nov	Afrikaans FAL P3 (2½ Hrs)	
Mon 26 Nov	English HL P3 (2½ Hrs)	
Tues 27 Nov	Music P1 Theory (3 Hrs)	Music P2 Comprehension (1½ Hrs)

End of Year Exam Timetable

DATE	TIME	GRADE 8	GRADE 9
Fri 02/11	08h15 – 10h15	Physical Science (1½Hrs)	Afrikaans P2/ IsiZulu P2
Tues 06/11	08h15 – 10h15	EMS	Maths
Thurs 08/11	08h15 – 10h15	Afrikaans/ IsiZulu	Life Sciences (1½Hrs)
Fri 09/11	08h15 – 10h15	History (1½ Hrs)	Creative Arts/ Music
Mon 12/11	08h15 – 10h15	Technology	English P4 (1½Hrs)
Wed 14/11	08h15 – 10h15	Geography (1½ Hrs)	Physical Science (1½ Hrs)
Fri 16/11	08h15 – 10h15	English P2	Technology
Mon 19/11	08h15 – 10h15	Study	Afrikaans P4 (1½ Hrs) / IsiZulu P4 (1½ Hrs)
Wed 21/11	08h15 – 10h15	Life Sciences (1½ Hrs)	Geography (1½ Hrs)

DATE	TIME	GRADE 10	GRADE 11
Fri 02 Nov	08h15	Life Science P1 (2½ Hrs)	Accounting (3 Hrs)
Tues 06 Nov	08h15	EGD P1	Geography P1 (3 Hrs)
	12h00		Geography P2 (1½ Hrs)
Thurs 08/11	08h15	Life Science P2 (2½ Hrs)	English P1
		IT P2 / Art P1/ Economics P1 (11h30-13h30)	EGD P2 (3 Hrs) (11h00-14h00)
Fri 09/11	09h00	Maths P1/ Maths Lit P1 (1½ Hrs)	Physical Science P1 (3 Hrs)
Mon 12/11	09h00	Maths P2/ Maths Lit P2 (1½ Hrs)	Physical Science P2 (3 Hrs)
Tues 13/11	08h15	Afrikaans P2/ IsiZulu P2	History P1 (3 Hrs)
	11h00	Accounting P2	
Wed 14/11	08h15	EGD P2	Life Science P2 (2½ Hrs)
	11h00	Economics P2	
Thurs 15 Nov	08h15	Bus Studies P2	History P2 (3 Hrs)
Fri 16/11	09h00	Physical Science P1	Maths P1 (3hrs) / Maths Lit P1
Mon 19/11	09h00	Physical Science P2	Maths P2 (3hrs) / Maths Lit P2
Tues 20/11	08h15	History (3 Hrs)	IT P2 (3hrs) Art P1/ Economics P2
Wed 21/11	08h15	English P1	Afrikaans P2/ IsiZulu P2

All Papers 2 Hours unless indicated otherwise.