

SNAP SHOT

Stanford Lake College

ISSUE 32 OF 2024



Matters of Principal

As we approach examination season, it's easy to get caught up in the pressure and stress that can come with academic assessments. However, it is important to remember that exams are just one part of the learning journey. Encouraging children to keep a healthy perspective on their studies will not only help them perform better but also reduce anxiety. As the philosopher John Dewey once said, "Education is not preparation for life; education is life itself". As I mentioned in my valediction address, while exams matter, they are not the sole determinant of a child's success or worth.

In addition to studying, children need time for physical activity. Regular movement boosts brain function, improves concentration and helps release stress. A short walk, playing a sport, or even stretching during study breaks can make a significant difference. As the old saying goes, "A sound mind is a sound body", so let's support our children by encouraging them to stay active throughout this exam period. Balance is key to maintaining both physical and mental well-being. We are running a comprehensive skills and conditioning programme at school, in which I encourage all pupils to participate. Sports remains compulsory. Yesterday we had 6 of 30 pupils pitch up for Mountain Biking, we will follow up on this but it takes wasteful and unnecessary time. At the same time, I see pupils lounging around the day scholar house not actively involved in sports. Please support us in ensuring your children get their exercise daily.

"Success is the sum of small efforts repeated day in and day out"
- Robert Collier

Good nutrition is equally important. The food children eat can have a direct impact on their ability to focus and retain information. Providing balanced meals rich in fruits, vegetables, proteins, and whole grains will give them the nutrition they need to stay alert and productive. As the saying goes, "You are what you eat". Fuelling their bodies with wholesome food will help their minds function at their best.

Lastly, rest is crucial for effective learning. Studies have shown that a good night's sleep enhances memory retention and cognitive function. Instead of burning the midnight oil, encourage your child to prioritise sleep as part of their exam preparation. As Thomas Dekker once wisely said, "Sleep is that golden chain that ties health and our bodies together." A well-rested mind is a powerful tool for success, so let's ensure our children are getting the rest they need during this time. As our Grade 10 pupils enter a busy week of examinations in the coming week, let's all ensure that we are sending the same message concerning good preparation and healthy living.

Warm regards,

God Bless

Please bring your camp chairs and support our T20 cricket team this weekend! A special thanks to all our sponsors without you this tournament would not be possible!



Sign up for your MySchool MyVillage MyPlanet and support our school with every swipe! With every swipe at Woolworths you will support Stanford. All you need to do is sign up for your My School Card using our QR code. You can read more about the impact of the My School My Village My Planet programme [here](#).

You're invited
To our
Carol Service
Stanford Lake College
At the Dream and Do Centre
Wednesday 27th November
18:30 – 19:30
No charge. Booking essential
kblandy@slc.co.za
Retiring collection in aid of the Haenertsburg Cottages

NEWS IN BRIEF

XCO

The first weekend of the holiday was the SA School XCO finals held at Wagbos High School in Brits. This was a two-day event with the first day being the race for your school and the second day being the race for your province.

It was going to be a tough weekend with all the best riders from all nine provinces and Namibia. It was a great weekend for Stanford cycling because it was the first time in many years that more than one student was representing the school. This was Robert Noel's first time racing at a national level and he managed a very respectable 53rd place on the first day and 48th place on the second day. It is a big jump from the provincial level to the national level so it was amazing to see the way Robert handled the racing.

I was happy with my first day of racing because Stanford didn't have a lot of points so I had to start on the 5th row which made it tough but I managed to catch up to 8th. This gave me a lot of confidence going into the second day because I had a front-row start for Limpopo. Unfortunately, I snapped my chain on the start and had to run to the tech zone to get it fixed but I managed to catch up to about 20th.

This was definitely not the way I wanted to end my year of racing but I have learnt many important lessons. Now it's time to take a bit of time off and then get back to training for next year's season.

Gordon Noel



STAFF VS PUPILS NETBALL

In the final game of the season our netball team had a friendly on their home turf as it was the Staff vs Pupils game. It was a great afternoon that saw the staff victorious with a final score of 17 - 6. You can view the full gallery [here](#).



CRICKET

In their recent match against Phalaborwa, Stanford won the toss and opted to bowl first. The bowling attack showcased strong efforts, with Nakedi Makweya securing a wicket in his three overs. Tadgh Egan, Aryan Ghelani, and Nathan Berrie each contributed with a wicket in their four overs. The opponents set a challenging target of 149 runs.

During the chase, Stanford put up a commendable fight. Joshua Doolabh led the scoring with a well-played 33 runs off 38 balls, demonstrating solid batting skills. Tadgh Egan added 11 runs from 10 balls, further supporting the innings. Although Stanford ultimately fell short of the target, their determination and teamwork throughout the match were evident. Despite the loss, the players' performances showcased their potential and dedication to the game.

PARENTS ASSOCIATION WHATSAPP

Stanford wants to engage with and involve parents more with what we do. A Parents Association has been formed and is open to all parents of current SLC pupils. You can join the WhatsApp group by using this link: <https://chat.whatsapp.com/FEwWaEhYOjLeLgfkZyh7oJ>

Remember to plan your week: https://www.slc.co.za/files/ugd/8be4d8_aba523dcbbdb4db1a896cc5f6dda4d-ba.pdf

NEWS IN BRIEF

Cancer.

A relentless disease that claims nearly 10 million lives each year. It manifests as uncontrolled, rapid cell growth, creating tumours that invade various parts of the body. Among the most common forms are breast cancer in women, and prostate cancer in men.

This month serves as a reminder to us all to be more aware in the battles that many face on an annual basis. On a lighter note, both cancers - inefably cruel as they are - can be conquered if caught early.

Pinktober was held on Tuesday this week, posing as an official day of the month to raise awareness amongst the pupils. The morning's biting chill didn't deter the brave from spraying their hair pink for the day. Students were encouraged to buy ribbons and wear them as a way to show support for survivors, and those currently battling cancer. The cupcakes (all 200) sold out just ten minutes into tea time, and before long everyone was taking the sweet pleasure in frosted-pink cupcakes. All the funds raised will be donated to the Cancer Care Group in Tzaneen on behalf of our school.

On Thursday, thanks to the collaboration of the Environmental and Pastoral Committee, a colour walk took place on the top field. The combination of blue and pink powder paint symbolised prostate and breast cancer awareness, uniting the messages of 'Movember and Pinktober'. The gathering was utterly delightful. After one lap, the colour walk inevitably turned into a colour 'war,' it was awesome to see everyone beaming with pure joy and bringing an escape to those fighting cancer and contributing to this cause. We hope that our efforts make an impact on all those who are affected.

"Although the world is full of suffering, it is also full of the overcoming of it." - Helen Keller.

You can view the gallery here: <https://photos.app.goo.gl/GwuzNjTEi1qmeRFL8>

- Your Pastoral Care and Environmental Committee



CANCER AWARENESS

NEWS IN BRIEF

The Annual Day Scholar Dinner took place on Tuesday, 22nd October at the Pot and Plow. The Grade 11s were hard at work in the weeks prior to the dinner, preparing tables, finalising the menu and organising a Kahoot! for the day scholars to get to know the Grade 12s of 2025 better.

It was a fun filled evening enjoyed by both staff and students alike. A big thank you must go to Masana Shiwundlana and Amu Chauke, the heads of the day scholar house for 2025 who organised the whole event. A big thank you, also, to Mr Mwakonya for all that he has done for the day scholars over the past three years. His presence will be missed.

DAY SCHOLAR DINNER



MAKE YOUR VOTE COUNT: BOARD ELECTIONS

Four debenture holders have been shortlisted for two positions on our board. The deadline to vote has been extended to Sunday 27 October 2024 at 17:00. We encourage all debenture holders to participate. Your participation in this process will be highly valued.

We need board members with passion and expertise to run the school efficiently and effectively. You can cast your vote [here](#).

Full CV's of the four respective candidates are available on request from our bursar Inge-Mari Kotzé via email: bursar@slc.co.za



LEADERSHIP COACHING

During our leadership training for all the heads of committees and sports houses with Miss Greatwood, we learned how to be effective coaches which in short, is guiding others to make their own decisions without judgment or offering our, as the coaches, own opinions.

We began by selecting two cards that represented who we are now and what we like to become and discussed why we chose them and our perspective of the cards. Through various activities, like coaching each other using only "what" questions (which proved challenging), we deepened our understanding of coaching.

We also engaged in self-coaching by rating key areas of fulfillment in our lives. By the end, we successfully coached peers to arrive at their own solutions, gaining a valuable skill for our upcoming leadership roles in 2025.



Fia Niemann, Sports Chair and Head of Orvis 2025

NEWS IN BRIEF

SEPTEMBER RECYCLING STATISTICS

RECYCLING

Material	Kilograms
Cardboard and Paper	272 KGS
Plastics	156 KGS
Glass	80 KGS
Tins, Cans and Metal	102 KGS
Total Waste diverted from landfill in September	616 KGS
Total waste diverted from landfill since March 2023	29840 KGS

TAGS AND TOPS

TOPS

500 g = 1 service hour

TAGS

FOR EVERY 500 G OF TAGS AND TOPS YOU WILL BE REWARDED WITH 1 SERVICE HOUR FOR PRESIDENT'S AWARDS

Please bring your tops to Room 12 and start collecting hours

LA CHANSON DES FLEURS

Saturday the 19th of October saw our campus once again come to life with our annual charity flower show where all funds raised will be donated to the SPCA, Goue Jare and Noah's Ark Children's Home. Thank you to all our participants and attendees, we are in awe of your support for not only our school but our community! All the images of the day can be viewed [here](#).



Spotlight on our coaches

This week we get to learn more about our Director of Sport and Housemaster of Founders North - Steven Willson.

Coaching qualifications

- World Rugby Level 2
- Jake White and Eddie Jones 'Coaching the coaches course'
- Swys de Bruin rugby coaching seminar and course
- Blue Bulls coaching seminar presented by Rassie Erasmus and Jaques Nienaber.
- World Squash Federation foundation coach

Coaching experience

- 1st Team rugby coach for 11 years
- 2nd team rugby coach for 2 years
- U16 rugby coach for 1 year.
- U15 cricket coach for 4 years
- Long and middle distance running athletics coach for 14 years.
- Swimming coach for 2 years.
- Cross Country coach for 4 years
- Triathlon/multi-sport coach for 3 years
- Mountain Bike coach for 4 years (Limpopo league winners)

Coaching Career Highlights

- Beating Treverton 1st rugby team by 1 point in their Festival final, after the final whistle.
- Beating Beaulieu 1st rugby team for 6 years in a row.
- Watching the general progression of my runners from junior to senior level each year. Most go from average runners to medal winners. Very satisfying.
- Winning Independent Schools Athletics for 10 years in a row.
- Winning Limpopo schools MTB league in 2015

Personal Sports Achievements

- ABSA Cape Epic finisher 2018
- Full Ironman finisher 2022
- Half Ironman finisher 2016, 2017
- 2017 Double Moon 200km Adventure Race winner with Team Red Ants.
- 6 podiums at 'The Wik' off-road triathlon

