



Matters of Principal

"A woman in harmony with her spirit is like a river flowing. She goes where she will without pretence and arrives at her destination prepared to be herself and only herself."

Maya Angelou

This month, we observe Women's Month, a celebration of the amazing women in our lives. In South Africa, the 9th of August is the day on which we remember and celebrate the more than 20,000 South African women of all races who staged a march on the Union Buildings in 1956 in protest against the proposed amendments to the Urban Areas Act of 1950, commonly referred to as the "pass laws".

The Rainbow Nation has been celebrating our women during the month of August since 1994. It serves as a reminder of the tough and tenacious, gracious and passionate, formidable and - above all - courageous women who have continued to shape our future. Our country has one of the highest rates of gender-based violence in the world and we have a responsibility to educate all in our society to respect, love and cherish our women and to treat them with the dignity they deserve. It is hard to believe that there are still countries in the world that deny girls an education, allow arranged marriages of girls who are still children and turn a blind eye to 'honour' killings. There is still so much to be done as we strive for total inclusion and equity within society.

This month, we will be inviting strong female role models from our community to speak to our pupils as a source of inspiration. There are still enormous inequalities that women have to fight daily and it would be remiss of us if we did not acknowledge this while we also celebrate the successes.

At Stanford, we proudly salute our girls, mums, aunts, guardians and grandmothers who remain the bedrock of our lives.

Have a wonderful weekend.

GET TO KNOW OUR COACHES

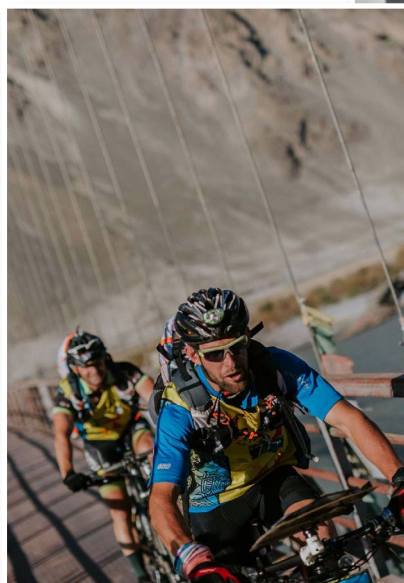
This week we place the spotlight on our Adventure Racing and Mountain Biking coach – Tiaan Fullard. Coach Fullard has been adventure racing for over 15 years! Let's get to know more about our phenomenal Adventure Racing and Mountain Biking Coach.

Adventure Racing (AR)

- Coach Fullard has been racing since 2005!
- Coach Fullard has raced over 6000km!
- Coach Fullard finished 2nd at Expedition India in 2017.
- Coach Fullard raced in The World Championships in 2023.
- Coach Fullard is a main navigator for most of the racers.
- Coach Fullard has been coaching Adventure Racing since 2011.

Mountain Biking (MTB)

- Mountain Biking arose from Adventure Racing.
- Coach Fullard has been racing since 2008.
- The Stanford Lake College team has won the Limpopo series four times since its start in 2016 under Coach Fullard.
- Has had two Top 5 team finishes at the SA Inter Schools National Championships!
- Coach Fullard is a qualified Cycling South Africa (CSA) Level 1 coach.



NEWS IN BRIEF

CHESS

On Wednesday, the chess team played against Merensky at Stanford Lake College. The chess matches were a display of high-level skill and strategic prowess. Both teams showed commendable sportsmanship and determination. Congratulations to the Stanford Lake College Senior team for their impressive performance and to all the participants for their hard-fought battles on the chessboard.

Results:
Juniors 10-2 Merensky
Seniors 8-4 Stanford.

Our final match is next week against Ben Vorster.

JUNIOR DEBATING

The Junior Debating Team was hosted by Flora Park Comprehensive School for the Mayor's Cup Debating Competition on Thursday, July 31st, where they went head-to-head in a thrilling fixture. From the onset, our team showed zeal and determination to emerge victorious, and they were rewarded with a convincing win due to their thorough preparation and desire to excel in this competition. All speakers played their roles impressively, and the floor members added valuable input, making it a true collective team effort. One of the highlights of the day was Teya Zanetic winning Best Speaker. Well done, Junior Debating Team

SOCCER

On Monday the 29th of July two soccer matches took place between Stanford Lake College and Louis Trichardt, showcasing the skill and determination of both teams across different age groups. Here are the highlights from each match:

The U15A team from Stanford Lake College displayed an outstanding performance, dominating the game with a final score of 5-1. Their offence was relentless, keeping Louis Trichardt's defence under constant pressure. The teamwork and strategy executed by Stanford Lake were commendable, leading them to a well-deserved victory.

U15A Match

Final Score: Stanford Lake College 5 - 1 Louis Trichardt

1st Team Match

Final Score: Stanford Lake College 3 - 0 Louis Trichardt

The 1st team from Stanford Lake College regained momentum with a solid 3-0 victory. Their defence was impenetrable, not allowing Louis Trichardt to score. The coordination and skill level demonstrated by Stanford Lake's players were key factors in their clean sheet win, reflecting their superiority on the field. Both matches highlighted the athletic prowess and strategic excellence of Stanford Lake College. The U15A and 1st teams' victories are a testament to their hard work and dedication, setting a high standard for future matches. Congratulations to all the players and coaches for their impressive performances.

BADGER OF THE WEEK

Katje Göbel has consistently demonstrated her dedication and sportsmanship on the tennis court. She is always eager to play, often stepping up to challenge herself against older and more experienced players. Recently, Katje played against a matric girl and won her match convincingly. Her commitment and determination are evident in every game, and she continues to show great potential and skill in tennis.

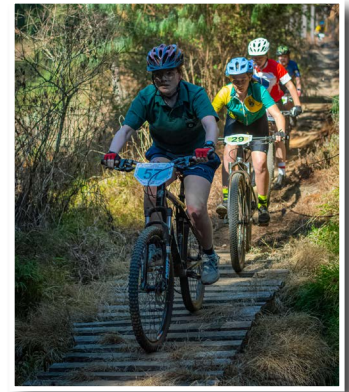


XCO SEASON KICKS OFF

Stanford Lake College proudly hosted the first race of the Limpopo XCO Schools' Mountain Bike series on Saturday, the 20th of July. The event saw the introduction of brand new sections of track that cut through the campus, presenting fresh challenges for the riders and adding to the excitement of the competition. The race was a resounding success, attracting over 400 entries from various schools! The turnout underscored the popularity and competitive spirit surrounding mountain biking in the region. The 13 Badgers who represented the school, spanning all grades, dedicated their skills and determination to complete their races.

The following students participated on race day: Juliette Leher, Wessel Willemse, Katje Göbel, Britta Göbel, Hannah Macmillan, Robert Noel, Nick Dando, Matthew Pullinger, Judah Leher, Jan-Carel Els and Steven Thompson.

Special mentions go to Tristan Brett and Gordon Noel. With a hard-fought effort, Tristan secured a commendable fourth-place finish in his category. Gordon delivered a standout performance, dominating his race and completing the five laps well ahead of the competition. His impressive victory was a highlight of the day and a testament to his exceptional abilities.



Q AND A WITH GORDON NOEL

This week we get to know more about our very own Mountain Biking star – Gordon Noel. Last year saw Gordon selected to race for Limpopo. We wish him and all our riders all the best for the remainder of the season.

How did you get into the sport?

My Dad is a big reason why I started mountain biking. He used to take me for rides every weekend and this is where I got hooked. I then started doing a few of the school series races when I was about ten and this was where I found my passion for the sport. The fact that I get to spend most of my time out in nature while riding my bike is also a huge reason why I love the sport. It has taken years for me to get where I am today but it would not have been possible without my Mom and Dad.

The season has just started but what do you expect to achieve this season?

Despite the school series starting now I have already had a long and tough season so far. This year was not what I expected it to be with my season not going how I wanted it to but I have learnt a lot. After a big crash I had at the SA Marathon champs I had to take a step back and make some decisions with my coach Keagan. I decided to shift all of my focus on the school series but more importantly the SA School Nationals race at the end of the term where I would like to podium on one of the days. I would also like to win the next three Limpopo school races in the colours of my school.

In what way has the sport changed your life? Cycling has had a really big impact on my life, specifically in the last 3

years when I shifted all my focus to the sport. It takes up a lot of time and with all the training it isn't always easy, there are days that I don't want to go and train but I do it anyway because over the years I have learnt what hard work and being disciplined can get you. I have learnt to stop focusing on the big wins rather than the small ones. If I can get a little better each interval session then one day that big win will come. At the end of the day, cycling is a huge reason why I am the person I am today because all these lessons I have learnt from cycling have shown me how to become a better version of myself.

Do you have any words of encouragement for future riders?

The words I have for future cyclists would be to have fun because it doesn't always have to be serious and there is no point in doing it if you are not enjoying it. If you can have fun, then the performances will come naturally. Another thing would be to not give up because it takes time - but it's worth it.

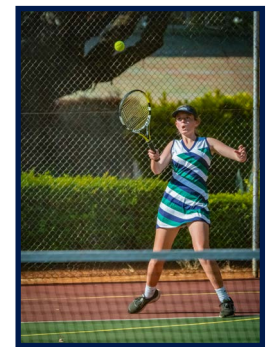


TENNIS NEWS

The 24th of July marked the start of our tennis season with our teams playing their first league match of the season against Ben Vorster. Our players displayed impressive skill and teamwork, leading to a successful day on the courts. In the boys' singles matches, Lefa Mamabolo, Aryan Ghelani, and Krish Pandya all delivered outstanding performances, securing victories in their respective matches. Their strong individual play set a positive tone for the day. The boys continued their winning streak in the doubles matches, showcasing excellent coordination and teamwork. The girls' team also performed exceptionally well. Britta Göbel and Katje Göbel won their singles matches, demonstrating their skill and determination. They carried this momentum into the doubles matches, where they again emerged victorious. Overall, Stanford secured a comprehensive win for the day, with both the boys' and girls' teams triumphing in all their matches.

This week saw our players carry this momentum with them as they faced off against the University of Limpopo on the 31st of July in a thrilling day of tennis. The Stanford girls' team performed admirably, winning three singles matches and losing one. A standout performance came from Katje, who dominated her match with a 5 - 0 victory. The boys' team also had a strong showing, winning three singles matches and losing one. Aryan's impressive 5 - 2 win was a highlight for the boys. In the doubles matches, the girls' team continued their success by winning both matches. Aryan and Michael Kiggundu also showcased their skills, securing their doubles match with an outstanding score of 5 - 1. Overall, Stanford emerged victorious with a total score of 9 - 3. It was a fantastic day for the team, demonstrating their skill, teamwork, and sportsmanship.

This strong start to the league season is a testament to the hard work and dedication of our players.



Round Square Service Project in Thailand

Our students have returned from their Thailand service project, feeling happy and exhilarated. Abigail Fair found the experience just as valuable as her exchange in Peru last year. Mia Drake noted that going device-free was surprisingly easy, saying, "You don't even notice that you don't have your phone; you're too busy doing other things." Masana said that it's definitely something she would love to do again.

Applications are still open for the upcoming Vietnam project. For more information, please email rsrep@slc.co.za.



NOORDVAAL HOCKEY

After a successful season finishing 3rd in the Limpopo League, the under-16 boys' hockey team qualified for the prestigious Noordvaal tournament. This competition brought together schools that finished third and fourth in their respective leagues from Mpumalanga, Gauteng, North West, and the Vaal region. The tournament took place from the 25th to the 27th of July at Hoerskool Linden.

Upon arrival, the boys faced the host school, Hoërskool Linden, in a thrilling match that ended in a 2-2 draw. Later that day, the boys played against Hoërskool Sasolburg. The game was intense and closely contested. Captain Lefa Mamabolo scored a well-coordinated goal with Nathan Berrie, securing a victory for the team. This win allowed them to finish at the top of their pool, thus qualifying for the playoffs.

In the quarterfinals, the team faced a highly disciplined Hoërskool Monument. Despite a strong effort, they were defeated 4 - 0. This loss placed them in the bracket for positions 5 to 8. The boys regrouped and played against Mitchell House, where they delivered a solid performance, winning comfortably with a score of 2- 0.

On the final day, the boys found themselves up against Hoërskool Linden once more, this time vying for the 5th position. In another fiercely contested match, the boys fought valiantly but fell short, losing 3-1. This placed them 6th out of the 12 participating schools.

Last weekend also saw the U14 boys play some of the best hockey of the season despite not securing a win during the pool games, causing a situation where they were competing in the lower bracket. However, they managed to clinch a victory in the play-offs with a brilliant team goal cementing a 9th place finish overall. It was an enriching experience and a fantastic conclusion to the season.



Recycling at Stanford Lake College

We're passionate about conserving our surrounds and part of our efforts includes our recycling programme. Around our campus you will see bins in yellow, red and blue for various materials that can be recycled and that we recycle. It's our responsibility to care for the environment today so that future generations have the privilege of enjoying it.

This is not an isolated effort. Through our Environmental Club we support various initiatives that impact our community and the conservation thereof. We'd like to encourage you to think differently about the origins and materials of the products you purchase, your choices contribute to conservation. Watch this [video](https://www.youtube.com/watch?v=J6_NU1m_Dio&t=31s) https://www.youtube.com/watch?v=J6_NU1m_Dio&t=31s about the waste hierarchy to learn how you can make a difference.



EmpowerHer

This Women's month, gain extra skills by attending a self-defence course. The course instructor is Hendrik Mills who has provided training since 2017. For more information please contact Mrs A. Taylor-Bennett via email: ataylor@slc.co.za.

WOMENS MONTH

24 & 25 August 2024 | Standford Lake College
Dream and Do Center

BE PREPARED, NOT SCARED

9am - 4pm

Please bring your own refreshments and food.
Toilet facilities are available.
Wear loose fitting, comfortable clothing and sturdy shoes.

R1250 p.p to be paid directly to the instructor with the reference number "KIM248"

Learn and develop skills to protect yourself in a close quarter attack

Emergency Defense Course

- Combat Psychology
- Awareness training
- Fight or flight syndrome
- Defense against firearms and knives
- Knife Combat Techniques with Open Hand Combat Techniques
- Pressure Points/one-shot knockout techniques
- Anti-rape techniques
- What to do in a high-jacking situation
- The Law







JOIN AN ADVENTURE OF A LIFETIME

RSIS Vietnam December 2024

Push your boundaries and build your confidence







"I really think this has been the kickstart to the life ahead of me."

RSIS Project Participant December 2023

- 6 - 19th Dec 2024
- Hoa Binh Province, Vietnam
- £1,495 per person plus flights
- Join an international team of 60 students

- Help construct a dam, adding a water supply for farming
- Install 2.5km solar-powered lighting



Photo Day Update

We have sent unique keys to order the photographs that were taken at photo day in July. Please remember to place your orders directly with Prestige Photos using the unique keys on the flyers that were shared with the pupils. If pupils were absent, we will have another photo day ensuring they are captured. We will communicate the date of the next round of photos. Please, also note any corrections to spelling of your child's name. If you have any questions please contact marketing@slc.co.za