



Matters of Principal

Many would say that over the past 100 years education has not changed much. Essentially what was happening in a classroom in 1924 was not far off what is happening today. Yes, we have seen changes in classroom discipline, the relationship between staff and pupils and today we are certainly more pupil focused. We have advanced in acknowledging barriers to learning and assisting pupils to work around these, we acknowledge different learning styles and endeavour to accommodate these in our classroom. We have seen numerous curriculum changes come and go – Outcomes-based education being one of these. However, possibly the greatest change in education has come with the introduction of technology into our teaching and society as a whole.

I recently read an article written by an ex-colleague of mine (Alan Thompson) in which he highlighted some of the effects that technology has had on us. Since the 1980s, technology has been introduced into teaching and schools have adopted different models and implemented the use of technology in different ways with iPad programmes, laptops and certain schools even declaring themselves ‘Apple schools’ and promoted the exclusive use of Apple technology. My colleague speaks of measures of living standards improving during this time but also - alarmingly - the measures of wellbeing indicating the converse. Rates of depression, anxiety and associated practices of self-harm among the youth have increased, especially since the explosion of social media. The dopamine effect of social media is real. It is addictive and the consistent algo-

“Going on a digital detox is a great way to exercise mental self-care.”

- Anonymous

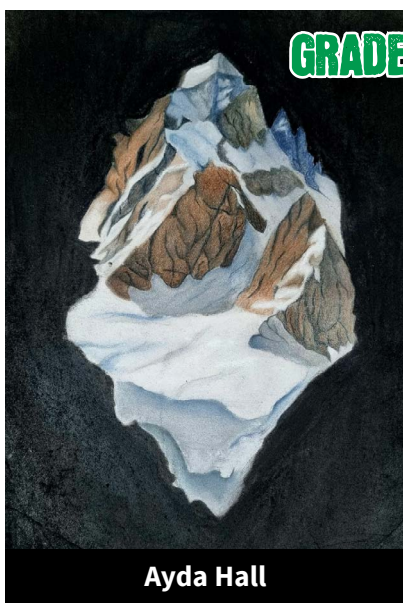
rithm-driven messaging our pupils are being fed through social media is hurting them. I quote from Thompson’s article: “Social media is a powerful dopamine trigger in the same way that alcohol, drugs, pornography, and gambling are - feeding into our brain’s reward system creating a cycle of anticipation and reward. Endless scrolling, algorithm-driven content that caters to individual preferences and the social validation feedback loops trigger dopamine release that gradually requires more and more stimulus to achieve the same effect.”

He goes on to speak about the need for us to explore options such as ‘Digital detox’ and ‘mindful usage’ when addressing the issues of our pupils’ wellbeing and social media usage. Finally, Thompson draws attention to the fact that we need to get back in touch with decidedly ‘old-school’ activities that boost dopamine without negative outcomes. That is exactly why we place so much emphasis on our outdoor activity, sports, and cultural programme. We need to encourage more face-to-face social time with our pupils, encourage them to get outdoors, climb a tree and enjoy the fresh air.

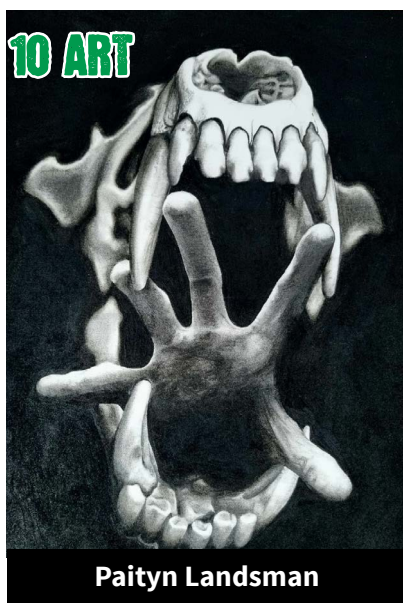
Have a wonderful weekend. God Bless.

I acknowledge Alan Thompson’s article “Go outside and kick a ball”

GRADE 10 ART



Ayda Hall



Paityn Landsman

The Grade 10 Art students did very well in their first 6-hour Practical Examination drawing from blended images. Ayda blended an alpine landscape with an iceberg. Paityn blended a hand with a skull.

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SNAPSHOT

Stanford Lake College

ISSUE 16 OF 2024



VS.



Beaulieu College

This year marked the 20th anniversary of the Stanford Lake College vs. Beaulieu College Derby. The excitement had been building all week and the buses were noisy and full of cheer as they pulled out of Stanford, heading for Johannesburg. We were warmly welcomed by the Beaulieu College staff and pupils, and after a quick lunch it was time to get the fixtures underway. This year saw the introduction of dance to the cultural offering, along with chess and debating, and all three disciplines performed exceptionally well, showing the growth of our cultural offering at Stanford. It was also heartening to see that, over the years, Stanford has managed to close the gap on the hockey astro and netball courts, where Beaulieu have been traditionally strong. Unfortunately, the rugby sides had a tough day out, with some poor performances on the day. However,

despite not playing their best rugby, all three teams have improved immensely since the beginning of the season. A big thanks to our hosts, Beaulieu College for a great weekend. Thank you to all of the parents who travelled to support our teams, as well as to the Stanford staff who travelled with the pupils. Most of all, thank you to all the Stanfordinians who gave their everything in their fixtures over the weekend. We are already looking forward to 2025.

[CLICK HERE FOR MORE PHOTOS](#)

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SNAP SHOT

Stanford Lake College

ISSUE 16 OF 2024

NEWS IN BRIEF

STAFF

On Thursday, 23rd May, Mr Pretorius, Mr Willson, and Mr Haarhoff completed their practical session of the World Rugby Coaching Level 2. This course has to be completed within 12 months of doing the theory section. All three of the staff passed their practical assessments and are now qualified World Rugby Level 2 coaches.



ALUMNI

We hosted a wonderfully successful alumni reunion in Johannesburg on Saturday. It was great to hear all of the stories being shared and the laughter was infectious. Thanks to all the Old Stanfordinians who attended.

ENVIRONMENTAL

Did you know today is #worldparrotday ?

The Environmental Committee at Stanford Lake College has partnered with the Wild Bird Trust's Cape Parrot Project, to help protect South Africa's only endemic parrot, the Cape Parrot. The Cape Parrot is one of the world's most critically endangered and Africa's most endangered parrots. With less than 2000 left in the wild, conservation action of this proudly green and gold bird is crucial to ensuring their continued existence in the wild.

The Cape Parrot is a flagship species for its entire threatened forest ecosystem that the Cape Parrot Project is working to protect and restore. Follow @capeparrot-project on social media to learn more about the Cape Parrot and what you can do to help.

[CLICK HERE TO WATCH A VIDEO ON THE CAPE PARROTS](#)

CAPE PARROT PROJECT

CCP PLUSHIES, KNITTIES & SOCKS ARE AVAILABLE ON ALLXS