# Stanford Lake College ISSUE 27 OF 2024



Matters of Principal

We live in an extremely complex world, with the youth facing countless challenges. Last evening, I watched BBC News for about 15 minutes. All the talk was about the start of the new school year in many parts of the world. The first story was rather alarming. Russian schools have ramped up military training, placing it into the curriculum. Students will participate in lessons that include military training, crisis management, cybersecurity, and activities aimed at protecting civilians. Part of the curriculum addresses topics such as firearm construction, army rules, how to handle an AKM rifle, a hand grenade and shelter building – shocking to say the least. The very next story crossed the Oceans to Australia who are introducing "nature lessons" into the curriculum as a strategy to improve pupils' well-being, reduce stress and hopefully address the increasing levels of youth suicide in the country.

Whilst we face many challenges in our country, particularly within education, walking to school this morning I realised that we have so much to be grateful for. We do not need to train our pupils to go to war, we live in the most beautiful part of the country and our pupils have immediate access to our stunning natural environment. Many of our pupils have no idea of how lucky they are to be educated in such a beautiful place. I have spent much of the past 10 days interviewing Grade 11 pupils for the positions of heads of school, (as an aside we have amazing children in our school) one of the most striking trends that came out of these interviews was how they identified the lack of gratitude that many of our junior pupils display, too often thinking that the grass is greener on the other side. They desire to make this one of their focuses as they lead the school next year. A lack of gratitude is shown towards the people who work so hard to ensure that their rooms and boarding houses

"At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." – Albert Schweitzer

are cleaned, their laundry done, that they have three warm meals each day and that they are educated and nurtured daily by a highly competent staff. I find more and more often that people are very quick to point out faults and demand action when things don't go to plan, but very infrequently will they use the simple words THANK YOU. Displaying gratitude does not cost us anything but can make someone else's day. Acknowledging the small things with a gentle thank you, a short handwritten note, a WhatsApp message or even a hug of kindness can go a long way to creating a culture of gratitude. Do we thank the car guard, the gentleman who fills our car with fuel or the lady who packs our groceries at the supermarket checkout till? When I interview prospective new pupils the last question I always ask is "If you can do one thing to make the world a better place what would you do?" I get some wonderful answers focusing on eradicating hunger, homelessness and disease, reducing pollution and global warming and stopping wars. All wonderful answers, however, the best answer I got was from a 12-year-old boy who simply said "Sir, I would like to make people smile more!"

Let's all adopt an attitude of gratitude and make every effort to simply make people smile more. Nothing makes me feel better than when someone simply says to me- "thank you!"

"Gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul." – Amy Collette

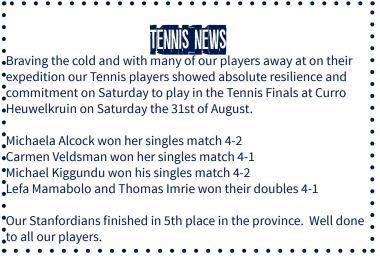
Have a wonderful weekend.

God Bless





On July 30th and 31st, 15 students participated in the Programming Olympiad, showcasing their problem-solving skills. Out of these, eight students advanced to the second round, which was held on August 28th. Unfortunately, this round coincided with the Grade 11 and 12 exams, limiting the number of participants to four. Despite the more challenging questions in round 2, the students embraced the opportunity with enthusiasm. Well done to Yash Kalan, Nic Boyum, Steve Thompson, and Jana Prinsloo for participating in the second round. We eagerly await the results. Certificates for round 1 will be on their way in the mail soon and handed out at an assembly.



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## NEWS IN BRIEF



Congratulations to Alessio Calokechi for making the Limpopo Province Debating Team for 2024!

We are pleased to announce that Alessio Calokechi has earned a well-deserved spot on the Limpopo Provincial Debating Team for 2024. The selection trials were held last Saturday at Mitchell House College, where Stanford Lake College was invited to participate alongside other schools in the province.

While Alessio emerged as a standout performer, we would like to commend his team members (Alisha Calokechi and Kayla Makhomisane) for their tremendous effort and dedication in upskilling themselves and honing their debating abilities. Though they may not have made the provincial team this time, their passion and commitment are evident, and they are well-positioned to make a strong impression in future trials.

Once again, congratulations to Alessio, and a heartfelt well done to the entire team. We look forward to seeing even greater achievements from all of them in the years to come!



## BADGER OF THE WEEK

Well done to Olive Humphrys as she contributed towards her team by showing great determination while carrying out her position as striker and keeping a positive attitude throughout the match.



### **GORDON STILL RACING HARD**



Gordon Noel continues to show his commitment to his Mountain Biking. Gordon recently participated in the Magoeba Trek and sharedsome comments about the race and his dreams for this season.

"The Magoeba Trek was a really tough race with about 60 km and 1400 meters of climbing which made it a tough day on the bike. I completed the 60 km in 2 hours and 34 min and got to race against one of my close friends to the line. Despite just missing out on the win I was happy with the way I raced and managed to get some power PBs on some of the climbs. It was also really cool to race on my home trails here at school.

My past school race at Merensky went very well. I managed to take the win but more importantly my form is starting to look good for nationals in two weeks time. I was very happy with my performance on the day and focused really hard on key aspects of the track. The heat played a big role which made it very important to manage my efforts and keep my lap times consistent. This has given me good confidence going into the remainder of the season and I am excited to see what I will be able to do at nationals."

Good luck for your upcoming races and Nationals Gordon!

Remember to plan your week: <u>https://www.slc.co.</u> <u>za/\_files/ugd/8be4d8\_d6cd0110ff7141098ef3150b5066</u> <u>bb96.pdf</u>



#### Stanford Lake College Pupils Shine at MDDK Eisteddfod

Last week a number of our pupils participated the MDDK Eisteddfod that's recognised by the ATKV, and, wow they did not disappoint! We are truly humbled by the various talents that our pupils have and that we are able to nurture.

Huge congratulations to everyone that participated, we are so proud of you!

Duet

Masana Shiwundlana 78% Lethabo Ramohlale 81% Mulaifa Mabuda 83% Krisha Kanyongolo 86% Ewetse Nkwada 80% Basani Msimeki 85% Seni Myeni 80% Kagiso Modiba 81% Ethen Mwesigwa 82% Isabella Dando 86% Siwe Myeni77%

Solo performance

Siwe Myeni and Seni Myeni 83% *Choir* 

*Djembe* 90% for their performance

84 % for their performance

*Piano* Carla Schulenburg 82% Art and Creative Writing Nsovo Mabila

Art: Grade 10 – 12 "This is me / your time" | 96% and I am brave | 92% Creative writing: Essay Grade 10 to 12 | 90%

#### Dance

Hip-hop: Kayla Makhomisane and Bethia Makashe 75%

Jazz: Fia Niemann and Bethia Makashe 73%

Contemporary: Fia Niemann, Isabella Dando, Kayla Makhomisane, Bethia Makashe and Masana Shiwundlana 72%



Siwe Myeni and Seni Myeni



Nsovo Mabila



Ethen Mwesigwa



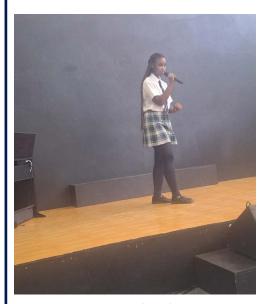
Djembe team



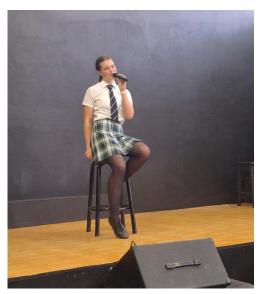
Nsovo Mabila



#### Stanford Lake College Pupils Shine at MDDK Eisteddfod



Ewetse Nkwada





Isabella Dando

Siwe Myeni



Basani Msimeki



Mulaifa Mabuda

## We want to hear from you!

Dont forget to find us on social media:

Facebook: <u>https://www.facebook.com/stanfordians</u> Instagram: <u>https://www.instagram.com/stanford-</u> lakecollege/

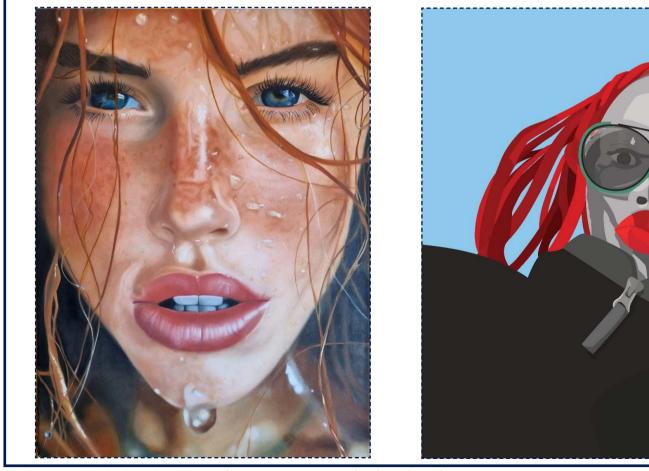
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Please share your news with us by emailing: marketing@slc.co.za. We welcome news about extra murals and participation at competitions and events. We'd love to show our pupils that anything is possible and welcome parental engagement when sharing this information.



#### SHOWCASING PAITYN LANDSMAN

This week we're showcasing the extraordinary talent of Paityn Landsman. Both portraits below were done by her using completely different mediums. An oil painting (left) and a digital portrait (right) using a vector program.



#### Get your MySchool card

Remember to get your MySchool card! With every swipe at Woolworths you can now 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.



# Stanford Lake College

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Stanford Lake College

**Please support our** 

swimming team at the

day 13 September 2024

Interhigh Gala on Fri-

We look forward to

at the HPC.

seeing you!



This week, our boys' and girls' 1st Soccer teams faced the challenge of back-to-back matches, testing their endurance and determination. On Monday, they went up against Northern Academy, where both teams encountered fierce opposition. Despite the intensity of the games and relentless pressure from their opponents, our teams never wavered in their effort, battling until the final whistle. Unfortunately, both teams experienced defeats, but their fighting spirit remained unshaken. Wednesday brought a fresh opportunity as they squared off against Mitchell House in what proved to be a spirited encounter.

Both schools were eager to take to the field, with a palpable sense of healthy competition filling the atmosphere. Our girls' team rose to the occasion, securing a well-deserved victory through teamwork and resilience. Meanwhile, the boys' team faced a tightly contested match, ultimately falling to a narrow, heartbreaking loss. Despite the outcome, their perseverance and determination throughout the week were commendable.

Results Northern Academy Girls lost 8 - 1 Boys lost 3 - 0

Results vs Mitchell House Girls won 3-0

Boys lost 1 - 0

The following art club students have been painting a mural to brighten the counsellor's office walls. Paityn Landsman, Lani Mazibuko and Nina Schulenburg (all pictured in the images below) as well as Carmen van der Merwe, Jessica Parker, Lorelei Scott and Sasha Boyum.









### WELL DONE TEAM TASMANIAN DEVILS

This past weekend saw Ilné Kotze and Round Square student Fergus participate in a 10km adventure race at Riversands Farm Village. Ilné shared the experience with us.

"This was Fergus's first adventure race, and he absolutely loved it. I was thrilled to share my passion with him, especially after a long break from sports and the opportunity to introduce a new discipline. Despite facing several challenges—such as my lung issues over the past 11 months, my chain breaking at the start of the race, and missing our first checkpoint (which we had to go back for and find)—we still managed to secure 1st place in our category and 7th overall in the 10km race. Hopefully, more teams will be able to join us next time! It is great fun out there, trust me."

Well done Ilné for truly living our values and completing this race despite the odds!



