

# SNAP SHOT

Stanford Lake College

ISSUE 19 OF 2024



## Matters of Principal

*"Happiness is a matter of one's most ordinary and everyday mode of consciousness being busy and lively and unconcerned with self."*

Iris Murdoch

Last term ended on an absolute high -certainly one of the most positive I have experienced in my time here as the headmaster. This term has got off to a blistering start and the energy levels in the school are tangible. At our staff meeting on Monday, I challenged the staff to work hard to maintain momentum and positivity. My wife and I hosted the Heads of school and Deputies for dinner on Wednesday and it was wonderful hearing from them that they felt a similar energy and, in their pre-term meeting, had committed to finish strongly. I am optimistic that despite the busy nature of Stanford, we are in for another excellent nine weeks.

I challenge all our pupils to reflect on the successes and failures of the second quarter and look at how they can do better. I often speak of the law of incremental change: the regular changes to small things that over time lead to great changes. In the words of Vincent Van Gogh: **"Great things are done by a series of small things being brought together"**.

Today in the tutor period, our pupils will be doing some goal setting for the term, we will continue to use the SMART goals technique (Goals that are Specific, Measurable, Achievable, Relevant, and most importantly Time-Bound.) Through effective goal-setting, one can clearly define an endpoint and plot a way to reach it. Too often, we see goals set that are unattainable and as a result, people don't work towards them.

The other risk is setting goals that don't stretch you sufficiently, so appropriate time and energy must be spent on the important start-of-term activity if we are to increase motivation, monitor progress and align focus and behaviour.

This is an incredibly important term for our Grade 11 and 12 pupils as they write their first set of examinations for the year. They must plan well and work hard as these exams are key in setting them up for the important end of year exams. I don't need to explain the importance of the finals for the matrics but I remind you that a good set of Grade 11 examination results go a long way to conditional acceptance into university and, importantly, university residences.

The extramural programme for the term is an exciting one with plenty of sports and cultural events and I look forward to seeing as many of you as possible on campus supporting our brave Badgers in all that they do.

God Bless.

## ROUND SQUARE INTERNATIONAL SERVICE

Three students from Stanford Lake College will be attending the Round Square International Service project in Thailand. They will fly to Bangkok on Monday the 15th of July and spend two weeks in Prachuap Khiri Khan province, where they will build a school for the local community and participate in various activities and workshops. We hope Mia Drake, Abigail Fair and Masana Shiwundlana have a wonderful time and learn all about Thai culture and the community.

Safe travels, ladies.



## NEWS IN BRIEF

Our Stanfordians enjoyed a fantastic Interhouse netball day on Thursday, 11 July. The event was filled with fun and games, featuring senior and junior teams from each house competing against one another. Loomis emerged as the winner of the day, closely followed by Orvis, with Fenwick in third place. The day was marked by spirited competition, lots of fun, and plenty of laughter, creating wonderful memories for all involved. You can view the full gallery here: [https://photos.google.com/share/AF1QipNlMyJrWsbJJer6I51w6X8s11M9Ow6sm5yR-Mk9-mW\\_m0f1yghEyQ\\_W989jv8JzvPQ?key=ZnhZNmljMjFxFXN-GROamlreFBuQm84X1RUYk1d3lR](https://photos.google.com/share/AF1QipNlMyJrWsbJJer6I51w6X8s11M9Ow6sm5yR-Mk9-mW_m0f1yghEyQ_W989jv8JzvPQ?key=ZnhZNmljMjFxFXN-GROamlreFBuQm84X1RUYk1d3lR)

The Interhouse hockey event held on Tuesday, the 9th of July, was a day filled with excitement, competition, and spirited displays of talent. The houses were fiercely competitive, with both experienced hockey players and enthusiastic novices aiming to showcase their skills. This mix of seasoned players and eager newcomers created a dynamic and engaging atmosphere throughout the day.

### Overall Results

- 1st Place: Orvis House - 14 points
- 2nd Place: Fenwick House - 13 points
- 3rd Place: Loomis House - 11 points

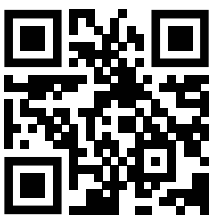
INTERHOUSE NETBALL



INTERHOUSE HOCKEY



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## FEEDEM GOES FOR GOLD

Our catering contractors, Feedem participated in their National Culinary Skills Showcase competition. In this competition teams from each province compete against each other in their respective region. The top teams from these competitions will be picked to compete in the final in Franschoek for an amazing grand prize. Many of the staff that work in our kitchens are highly skilled chefs but do not often get to showcase their talent on a day-to-day basis. To provide an avenue for Feedem staff to stretch their creativity they were invited to compete. The meals had to feature “Botanicals,” and the team also had to decorate their table for the tasting.

Two Stanford Lake College staff (Tammy van Emmenis and Kerry Blandy) were asked to judge the meal that was prepared for the competition alongside national Feedem representatives. Diane, Evan, Blessing and Mary entered from our kitchen. Our Stanford Lake College team prepared a deconstructed beef wellington covered by a puff pastry dome, placed on a bed of wilted spinach and served with a cheesy potato croquette, seasonal vegetables and a red wine jus garnished with pomegranate seeds.

Dessert was a cloud-like vanilla infused cheesecake served with a pomegranate and strawberry coulis and a puff pastry heart.

We wish our Feedem kitchen all the best for the remainder of the competition.



**The table setting**



**Deconstructed beef wellington**



**Vanilla infused cheesecake**