

SNAP SHOT

Stanford Lake College

ISSUE 13 of 2022 - 29 April



Matters of Principal

"For to be free is not to merely cast off one's chains, but to live in a way that respects and enhances freedom of others"

- Nelson Mandela

This week we celebrated Freedom Day with a short assembly in the HPC. Our Cultural Committee delivered a short presentation on the relevance of this day followed by a quiz aimed at sharing a few facts and figures relating to this celebration.

Freedom Day is a commemoration of the first democratic elections held in South Africa on 27 April 1994. These were the first post-apartheid national elections to be held in South Africa where anyone over the age of 18 could vote regardless of race. This day offers us an opportunity to pause and reflect on our freedom and the role that we all play in ensuring that we continue to live in a free and functional country. The words of Nelson Mandela are so relevant at a time like this. I challenge all of us to consider our lives and ask the question: Do we live in a manner that respects and enhances the freedom of others? If not, what

are we doing to change this?

Bookings for the Stanford Stars show next week are going well, with tables for Friday night nearly booked out. Please see poster below for how to book. This is the first cultural event we have been able to hold in a long time it will be wonderful to have a full venue.

Have a wonderful weekend.

God Bless.

ADVENTURE RACING

On Sunday, 24 April, three Stanfordinians participated in a short 25km Adventure Race in far-away Fourways at Riversands Farm Village. The event was part of the Expedition Africa Series. Ryno Schultz and Tristan Brett performed well on the trail and cycle legs of the race, and conquered the difficult technical rowing leg, ending in two hours. Ben Tasker attended his first ever race, teaming up with Mr Hageman. Ben learned a lot about the wonderful sport of Adventure Racing. He finished in a strong three hours. Well done to these boys.



Lungile Sithole-Wiltshire competed in the Limpopo Provincial XCO #3 mountain bike series in Lephalale on Saturday 23 April. Lungile put in a fine performance during this tough race and managed to finish in 10th place in the Junior Boys' race. Well done, Lungile.

ELEVATE EDUCATION

Elevate Education runs a series of webinars for parents. Next Wednesday, May 4th, they will be running a webinar on Exam Room Skills - the 2nd installment of the Exam Series.

Exams are definitely one of the most stressful times for children and parents. In the webinar, Elevate Education will show you how to help your child and what they should be doing in the final

run up to exams. They will share with you:

- > What your child should be doing in the final week before any test or assessment
- > How to establish a good routine for the night before
- > How to optimise exam-room performance

[Click HERE to register](#)

SPORTS NEWS

It's been a busy week of sports at SLC! The rugby, netball and boys' hockey teams had a great derby against Curro Heuvelkruin over the past weekend. Since then, it's been all about the hockey, with fixtures against PHS and Ellisras. A total of 15 hockey games have been played across all our age groups. Our teams have faced some tough opposition and most of the results have not gone their way, but as a school, we take it all positively as our pupils have built character and shown serious grit, pushing themselves to the final whistles.



On Saturday the College hosted the formidable Curro Rugby teams. The marker was laid down early as the Stanford U/14s, despite a brave showing, went down 42 - 0. The 2nd Team then faced a similarly well drilled Curro U/16 team, who used a highly impressive backline to beat the Stanford lads by a similar margin. Our U/15s showed that they could play some good rugby when they wanted to, managing to even dominate some periods of the game. However, they could not match a bigger forwards pack and lost 50 - 5. The 1st XV Badgers unfortunately made a few early errors which their Curro counterparts took full advantage of, and before the middle of the first half were already down by 30 points. However, they showed real 'Badger spirit' and did not give up, and they too managed to dominate their opponents for periods of the game. Unfortunately, they were not able to turn that pressure into points, but did manage to draw the second half, despite losing 44 - 10. Well done to all the rugby boys for their courage and tenacity under pressure.

NETBALL

GAME	SLC	PHS
SLC U/14 A vs. PHS U/14 B	16	23
SLC U/14 B vs. PHS U/14 C	8	4
SLC U/15 A vs. PHS U/15 B	12	16
SLC U/15 B vs. PHS U/15 C	7	9
SLC 2nd Team vs. PHS U/16 B	1	34
SLC 1st Team vs. PHS 2nd Team	19	13



BOYS' HOCKEY

GAME	SLC	CURRO
U/16	5	0
1st Team	7	2

CURRO
Heuvelkruin

RUGBY

GAME	SLC	CURRO
U/14	0	42
U/15	5	50
2nd Team	7	50
1st Team	12	44

CURRO
Heuvelkruin

GIRLS' HOCKEY

GAME	SLC	PHS
U/14	0	4
U/16	0	9
2nd Team	0	8
1st Team	0	5



BOYS' HOCKEY

GAME	SLC	PHS
U/14	0	3
U/16	1	7
1st Team	0	3



GIRLS' HOCKEY

GAME	SLC	ELLISRAS
U/14	3	0
U/15	5	6
U/16	3	0
2nd Team	0	2
1st Team	0	3



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FOR THE TREES...

The school celebrated Arbor Day today by planting 18 Wild Olive (*Olea europaea* subsp. *africana*) trees on the edge of the soccer / cricket field. Thanks to Koni Fobbe, the Chair of the Environmental Committee and Mrs van Staden for organising this.



Remember the large Oak tree outside Founders that fell over at the end of January? Well, a number of acorns were taken from the tree and attempts are being made to propagate the seeds and once the saplings are large enough, will be replanted at the same site.

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IN HARMONY...

The College had another opportunity to be part of a Round Square Postcard on Thursday, 21 April. As the conference was hosted from France, we could participate via Zoom. The focus of the conference was to establish the link between music and leadership. The metaphor of having a composer, conductor and members of the orchestra can be seen in how our school's composer is our policies and values, the conductor our Headmaster and the staff and student body forms the orchestra. In order for us to "play" in harmony, we need to be guided by the composition and the interpretation of our conductor. It is important to remember that each orchestra member has a very important role to play, as they are responsible for mastering their own instrument, and must take leadership of themselves, while following the instructions from the conductor. It is only then that the full harmony of the school can be heard.

ROUND
SQUARE

LANGA SITHOLE

"A leader is nothing without its followers and the followers are nothing without their leader"

On the 21st of April I took part in the Music and Leadership online conference. It was a different yet exciting experience for me because I learnt about how leadership plays a role in music. One thing that stood out to me was that in an orchestra, the leaders are both the conductor and the musicians because they all lead in their own ways.

ZOË KOSTER

I really enjoyed this conference. I learnt about how similar leadership and music are and also listened to beautiful classical pieces and the interesting stories behind them. The baraza group that Langa and I were in was really fun and talkative, which was good for Langa and I as we like to talk and give comments.

KIAN NONÉ

The theme of the conference was Music & Leadership and we were lucky to have a very wise and experienced guest speaker, Kaija Saariaho, who shared her opinions on Leadership and her own knowledge about Music. Throughout the conference we spoke about controversial topics and shared our opinions about how vital leadership is, in music and in everyday life. And it was of course incredible to meet so many faces from all around the world! On the whole, it was a great conference and an amazing experience.

LUKE SCHOEMAN

On Thursday, 21 April Stanford took part in an online Round Square conference. The topic that was discussed was Leadership and Music. After each school was introduced, we dove right into the conference. We spoke a lot about leadership. I really enjoyed this as I got to see other people's perspectives on leadership and how we use these qualities in our everyday life. Kaija Saariaho was our guest speaker who has composed symphonic pieces, operas, oratorios and chamber music. Kaija Saariaho has won many international awards for her music. It was very interesting to hear her point of view on music and how strenuous it actually is to construct an orchestra and create symphonic pieces. This was a very interesting and enjoyable experience as I got to learn new ways and perspectives on leadership, as well as seeing how complex music is.

Stanford Lake College GOLF DAY



24 June
FRIDAY | 2022

4-BALL
better ball alliance

**Tzaneen
Country Club**

**R3000 per
team**

For bookings and more information:

marketing@slc.co.za