

SNAPSHOT

Stanford Lake College

ISSUE 03 of 2022 - 28 January



Matters of Principal

“Wellness is the complete integration of body, mind, and spirit - the realization that everything we do, think, feel, and believe has an effect on our state of well-being.”

- Greg Anderson

One of the greatest challenges we face today as educators is the dramatic increase in incidences of adolescent mental health issues. This is as a direct result of high pressure lifestyles these pupils live, the time they spend engaging with digital media and a general lack of healthy living. With improved awareness, better research, greater access to information and better diagnosis procedures, schools are noting a major upswing in the identification of pupil depression, anxiety and ADHD along with the inability for pupils to remain engaged and task focused. As a profession, we are working extremely hard to upskill staff to identify mental health issues and take the correct steps to get pupils the appropriate help. We are cognizant of the fact that we are professionally trained educators and not psychologists, but we acknowledge the role we have to play in improving the overall mental wellbeing of our pupils.

teenage years is a responsibility that falls to all of us. In previous communications I have alluded to the importance of programmes in the school focusing on wellbeing and in particular, creating an environment where our pupils can thrive. We must embed positive education in all that we do. To ensure that we are not purely reactive in this space but rather proactive, we need to furnish our pupils with the life skills that enable them to manage their pressures and stresses so that they can identify the triggers that may lead to moments of anxiety and that they are resilient and able to respond in an effective manner. There is so much that we can do to facilitate better mental health amongst our children. The article can be found at the end of Snapshot was sent by a colleague and contains some alarming statistics but also some practical useful information. As a school, we continue to look at how best to support our pupils in this challenging space.

Facilitating improved adolescent mental wellbeing and equipping our pupils with the skills to navigate the treacherous waters that are the

CZECH YOU LATER, LUKE



Congratulations to Luke Fairhead (Grade 11) on his selection to the SASACC team to represent South Africa in the 5th SASACC 2022 CZECH YOUTH TOUR, (19 - 27 June 2022, Czech Republic, Stvoridla).

BoardWell

We have noticed that the new parents and pupils haven't received their login details for BOARDWELL yet. There was a glitch in the Boardwell system which sends the e-mails out. Their technicians are working on the problem and this issue should be resolved in due course. For any Boardwell queries please email Mr Pretorius: bpretorius@slc.co.za. Sorry for the inconvenience.

HATCHERY PLAY IN PHOTOS



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ATHLETICS SEASON SETS OFF WITH A BANG

On Friday 21 January, we started our Inter-House Athletics with the long hurdles and 3000m. It was a beautiful sunny afternoon. At this stage it was a tight race with only 5 points difference between the three houses. On Saturday morning, things looked great and we started the day off well on the track and in all the field events. The sun came out and it was a great morning for athletics. However, soon it started to rain and the field events were postponed and then eventually cancelled for the day. The call was made at lunch to postpone the rest of the programme to Monday. Orvis was leading by 45 points with Fenwick in second place and Loomis in third. On Monday afternoon, we saw some great athleticism from the pupils and we completed the programme. It was great to see all the athletes out on the track and field over the three days. There were nine records broken over the three days. We will announce all of those at the end of the athletics season. In the end, Orvis walked away as the winners, followed by Fenwick and then Loomis. We look forward to hosting Independent Schools on Wednesday 2 February and the Hoërskool Louis Trichardt meeting on Friday 4 February.



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Vavasour Cup for Boys U/19 1500m - *Tallen Smit*



McGaffin Trust Trophy for the Top Sprinter - *David Ramalepe*



McGaffin Trust Relay Trophy - *LOOMIS*



Cheerio Trust Trophy – Best Senior Middle Distance Runner - *Heidi Katzke*



Kenney Trophy – Best Senior Boys Discus - *Xilombe Ndlopfu*



Kenney Trophy – Best Senior Girls Discus - *Layla de Bruyn*



Revelas Trophy – Best Boys Hurdler - *Devon Coad*



Revelas Trophy – Best Girls Hurdler - *Tanatswa Murasiranwa*



Loubser Trophy – Junior Victor Ludorum - *Thabang Shabangu*



Loubser Trophy – Junior Victrix Ludorum - *Carmen Veldsman*



Loubser Trophy – Senior Victor Ludorum - *Devon Coad*



Loubser Trophy – Senior Victrix Ludorum - *Heidi Katzke*



Stanford Lake College Spirit Trophy - *ORVIS*



The Zamparini Family Trophy – Winning House - *ORVIS*

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SHARP SHOOTERS

The Limpopo Province Practical Shooting Association (LPPSA) annual prize giving ceremony took place recently. Llewellyn Wight (Grade 8), received the following accolades in the PPC (Precision Pistol Competition) division for the Closed Championships: Best Men Trophy and Gold Medal, Junior / Super Junior Trophy and Gold Medal. Overall, among the PPC shooters, he was awarded: Best Men Silver, Best Junior / Super Junior Trophy and Gold Medal and Best Development Trophy.

Benno Kotzé (Grade 12), received the following accolades in the Production division for the Closed Championships: Best Junior / Super Junior Trophy and Gold Medal. Overall, he was awarded Best Junior / Super Junior Trophy and Gold Medal and Best Development Trophy.

Malcolm Wight, Estates Manager, received the following accolades in the PPC (Precision Pistol Competition) division for the Closed Championships: Best Senior Men Trophy and Gold Medal, Best Men Silver Medal. Overall, among the PPC shooters, he was awarded: Best Men Bronze.



COVID-19 NOTICE: We will continue to monitor COVID-19 regulations and advise on any changes by beginning March 2022.



Stanford Lake College

OPEN WEEKEND
11th - 12th MARCH
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As the Open Weekend falls on the same weekend as The WIK Triathlon, we suggest parents make accommodation bookings as soon as possible via Travelground.Booking.com and www.limpopohookings.co.za. It's going to be a busy weekend on "the mountain".



Tel: 015 276 6103 • Email: info@slc.co.za • www.slc.co.za



THE WIK
MEMORIAL TRIATHLON

13 / 03 / 2022

The Wik will take place on 13 March 2022 at Stanford Lake College. The event is a tribute to former Stanford staff member, Wik van der Walt, and is a coming together of friends, family, athletes and sport lovers of all ages.

As the only Triathlon South Africa sanctioned race in the Limpopo province, the event's popularity has grown each year since its inception in 2013. It gives beginners and young enthusiasts, families and more seasoned athletes an opportunity to experience a multi-disciplinary event in a fun, scenic environment.

CLICK HERE FOR ENTRIES

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THE SILENT TRAGEDY

Dr. Ovid, paediatric neurologist, warns of a silent tragedy that is unfolding in our homes today.

- Article written by Dr. Luis Rojas Marcos, psychiatrist.

There is a silent tragedy unfolding today in our homes, and concerns our most beautiful jewellery: our children. Our children are in an emotionally devastating state! Over the past 15 years, researchers have given us more and more alarming statistics on an acute and constant increase in childhood mental illness that is now reaching epidemic proportions:

THE STATS DON'T LIE

- 1 in 5 children have mental health issues
- A 43% increase was observed in ADHD
- An increase of 37% in teenage depression has been observed
- A 200% increase in the suicide rate among children aged 10 to 14 has been observed.

WHAT'S GOING ON AND WHAT'S WRONG WITH US?

Kids these days are over-stimulated and over-given material objects, but they are deprived of the foundations of a healthy childhood, such as:

- Emotionally available parents
- clearly defined boundaries
- Responsibilities
- Balanced nutrition and adequate sleep
- Movement in general but especially outdoors
- Creative gaming, social interaction, informal gaming opportunities and spaces for boredom

INSTEAD, THE LAST FEW YEARS HAVE BEEN FILLED WITH THE CHILDREN OF:

- Digital Distracted Parents
- Pampering and permissive parents who let children "rule the world" and be the ones who make the rules
- A sense of law, to earn everything without earning it or being responsible for getting it
- Inappropriate sleep and unbalanced nutrition
- A sedentary lifestyle
- Endless stimulation, technological teddy bears, instant gratification and absence of boring moments

WHAT TO DO?

If we want our children to be happy and healthy individuals, we need to wake up and get back to the basics. It is still possible! Many families are seeing immediate improvements after weeks of implementing the following recommendations:

- Set boundaries and remember that you are the captain of the ship. Your children will feel safer knowing you have the government in control.

- Offer children a balanced lifestyle filled with what children need, not just what they want. Don't be afraid to say "no" to your children if what they want isn't what they need.
- Provide nutritious food and limit junk food.
- Spend at least one hour a day outdoors doing activities such as: Cycling, hiking, fishing, bird / insect watching
- Enjoy a daily family dinner without smartphones or technology distracting them.
- Play table games with the family or if the kids are too small for board games, let your interests be carried away and let them be the ones sending in the game
- Involve your children in a task or housework according to their age (folding clothes, ordering toys, hanging clothes, unwrapping food, setting the table, feeding the dog etc. The whole world
- Implement a consistent sleep routine to ensure your child sleeps long enough. Times will be even more important for school-age children.
- Teach responsibility and independence. Don't overprotect them from frustration or error. Being wrong will help them develop resilience and learn to overcome life's challenges,
- Don't load your children's backpack, don't carry your backpacks, don't take them the task they forgot, don't peel their bananas or peel their oranges if they can do it themselves (4-5 years old). Instead of giving them the fish, show them how to fish.
- Teach them to wait and delay gratification.
- Provide opportunities for "boredom", because boredom is the moment when creativity awakens. Don't feel responsible for always keeping kids entertained.
- Do not use technology as a cure for boredom, nor offer it at the first second of inactivity.
- Avoid using technology during meals, in cars, restaurants, shopping malls. Use these moments as opportunities to socialize by training the brains to know how to function when they are in "bored" mode
- Help them create a "Boredom Bottle" with activity ideas for when they're bored.
- Be emotionally available to connect with children and teach them self-regulation and social skills:
- Turn off the phones at night when kids have to go to bed to avoid digital distraction.
- Become an emotional regulator or coach of your children. Teach them to recognize and handle their own frustrations and anger.
- Show them to greet, to take turns, to share without being left without anything, to say thank you and please, to recognize the mistake and apologize (don't force them), be a model for all these values that it instills.
- Connect emotionally - smile, kiss, tickle, read, dance, jump, play or spoil with them.