

# SNAP SHOT

Stanford Lake College

ISSUE 19 of 2022 - 10 June



## Matters of Principal

There is an enormous amount of literature and information about parenting and education. As with everything, we need to filter what we read and take away relevant information that will assist us in doing our jobs even better.

This week I shared an article and a YouTube clip with the staff.

The article was a letter written by the headmaster of Hilton College, Mr George Harris. In it, Mr Harris asked the question "Must it always be better?" He made some valid points as to the pressure we put ourselves under to always be better than we were yesterday. Sometimes this is simply not possible. Mr Harris goes on to say, "Yet our world, which is largely driven by us parents, continues to demand - to expect - more and better from our children. Yesterday's score was just that - yesterday's - tomorrow's must be an improvement, otherwise we cannot judge to be moving forward."

It is well documented that there has been an increase in levels of stress and anxiety amongst teenagers. Their worlds are full of a myriad of external pressures that we never faced growing up. We place pressure on our children to continually achieve and improve yet this pressure fuels their anxieties and - in my view - is counterproductive.

*"We can improve our relationships with others by leaps and bounds if we become encouragers instead of critics."*

- Joyce Meyer

The YouTube clip I shared was one in which Simon Sinek shares his thoughts on The Millennial generation. It is a 15-minute clip which is worth watching (<https://youtu.be/xNgQOHwslbg>). Sinek speaks of some of the social pressures that adolescents find themselves under as a result of social media and the effects that the use of social media and devices have on society. To me, the most poignant point made is the lack of ability to form genuine, deep, meaningful relationships and how this is impacting their self-esteem and sense of worth. This, coupled with the high levels of anxiety created as a result of constantly being under pressure to "be better today than you were yesterday", is directly impacting the wellness of our pupils. Whilst I certainly cannot claim to have the answers, maybe the warning signs are all too clear! We need to redefine what it is that we want for our children, look closely at what it is that we determine as success and maybe - just maybe - acknowledge that our children's wellness and happiness need to be prioritised above anything else.

Have a wonderful weekend.

God bless

## HOCKEY NEWS

On Friday, 3rd June, the boy's hockey teams took on Hoërskool Louis Trichardt in games that promised nothing but fireworks as both schools and all their teams needed to win to secure a top-four finish which would also give a qualification ticket to the Noordvaal Tournament.

The U/16 boys were given the toughest ask as four of their players were booked off due to injuries. The rest of the team had to work some magic to earn that qualification ticket. From the first whistle, you could tell that the Stanfordians were edgy and felt very much out of place as they struggled to fill the shoes of the injured players. It wasn't long before the visitors capitalized on this, with two successive goals in the second quarter of the game. By the time the second half started, the visitors were comfortably sitting in the driver's seat as Stanford Lake College tried to chase the game but unfortunately could not take control of the game. The game ended 0 - 2.

The Stanford 1st Team started very confidently and quickly

controlled the game. They were just as quickly rewarded with a great drag-flick from a penalty corner. After such an early goal, the home team surely thought they were in for an easy game, but Hoërskool Louis Trichardt were not going to leave without a fight! The visitors utilized a few moments of havoc scoring two goals to lead the game 2 - 1 at halftime. Motivated by the will to qualify for Noordvaal, the Stanfordians came back in the second half a different side altogether, scoring two goals of their own but also missing three clear goal opportunities. They soon regretted missing those chances as the visitors were on the scoreboard yet again, levelling the game. In the last quarter, Diego Vieira made sure to win the game for the home team with a spectacular goal. The final score was 4 - 3 to Stanford.

The U/14 boys played last on the day, also badly wanting to take a win for the season. The first half saw both teams missing clear-cut chances and both goalkeepers making spectacular saves! At halftime, the match was evenly tied. The narrative remained the same going into the second half but the young Stanfordians eventually scored a goal through Anrich Van Wyngaardt and then quickly found a second goal taking the game away from the visitors. The final score was 2 - 0 to Stanford.

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## BABY BADGERS OFF TO LEAGUE FINALS

On Saturday, the U/15A and 1st XV Rugby Teams from Stanford Lake College travelled to Polokwane to play in the Limpopo League semi-finals. The U/15s have really developed as a team over the past few weeks and everyone was looking forward to watching them take on Eric Louw again. The whole game was a perfect example of finals rugby, with neither side putting any points on the board until the 59th minute, despite all 30 boys giving absolutely everything. It was the Stanford 'Baby Badgers' who scored the first and only try of the game in the last minute to come out victorious.

The 1st XV Badgers also went up against Eric Louw in their semi-final. Having lost to the Musina boys early in the season, it was always going to be a tough match. However, for most of the game it was a tightly contested affair with tries a-plenty from both teams. Unfortunately, in the last quarter, despite the Badgers showing a ton of courage, the superior size and pace of the Eric Louw boys led to a few runaway tries. The Stanford lads never gave up, however, and managed to not only score the final try of the match, but also the conversion was successfully taken by tighthead prop and Vice-Captain, Xilombe Ndlopfu.

Well done to the 1st Team for a tough, but overall, successful season. Congratulations to the U/15s for reaching the league finals, which will be played in Polokwane this coming Saturday.



### TUCKSHOP TIMES

MONDAY : 14:30 - 15:15

TUESDAY : 14:30 - 15:15

WEDNESDAY : 13:45 - 15:00

THURSDAY : 14:50 - 15:30

Opening 25th July

Where? Old Tuckshop next to Mr Friedrich's office

### WELCOME MRS VAN EMMENIS



My family and I are from Magoebaskloof. I attended SLC and matriculated in 2000. I received my degree in Human Resource Management at Stellenbosch University. I have worked in the Retail, Agricultural and Manufacturing sector for the last 18 years. I am thrilled at the opportunity to head up the new HR department at SLC. Key skills that I bring are determination, planning, knowledge of relevant labour legislation, strong communication and problem solving abilities.

In my spare time I love to cook, read and spend time with my family.

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## Art Corner

The Grade 10 art students have worked on Portraiture this term. They produced some excellent work in both their digital and pencil self-portraits. It's exciting to see a new, strong art class developing. They used a programme called Affinity to create their digital projects. This work was so intricate. We look forward to seeing their work live in next term's exhibition.



Amber McHugh



Amber McHugh



Briar Marty



Briar Marty



Sophia Leher



She was the kind of girl whose eyes changed color  
Lime when the sun was shining faces  
around her  
Emerald when the sun was hidden  
the lyrics placed in her head  
be lonely.  
Toffee when the sun was shining  
around her sun  
Hazel when she was threatening  
Choc when she was smiling  
Gra when she was laughing  
ren when she was crying  
An  
br  
fl

Sophia Leher



Emma Imrie



Emma Imrie



Morné Lindeque