



## Matters of Principal

*"To everything there is a season, and a time for every purpose under heaven." – Ecclesiastes 3:1*

### Hearts on the Field, Integrity off the Field

I had the privilege of taking our 1st Girls' Hockey Team to Noordvaal this past weekend. It has once again been an honour to coach these wonderful young ladies over the past season. They are respectful, courageous, and fully committed pupils of Stanford Lake College.

At Noordvaal we faced schools four to six times bigger than ours. Yet, minute for minute, our girls matched them in effort, skill, and spirit. It reminded me once more that size does not matter; what matters is the size of our hearts here at Stanford Lake College.

These moments remind me of what a special place Stanford is, and of the values we strive to instil in our pupils from Grade 8 right through to Matric. When our Alumni return, many tell me that when life gets tough, whether at university or in the workplace, they lean on the Stanford values to see them through.

That same courage and commitment are qualities we now need to show in another important area of school life. As a school, we have recently seen a rise in cases of vaping among our pupils, which we are addressing with equal degrees of care and seriousness. I would like to share the article below, written with the help of current research, to help us all understand this growing concern.

### Vaping Among Teenagers – A Growing Concern

A recent South African study, published in The Lancet's eClinical Medicine, surveyed over 25,000 high school pupils. The results were alarming: 16.8% of pupils reported that they currently vape. By comparison, only 2% said they smoke cigarettes, 5% use cannabis, and 3% use hookah pipes. Clearly, vaping is the substance of choice for many teenagers.

The study also found that the problem grows as pupils get older. Around 9% of Grade 8s vape, but by Grade 12 the number jumps to almost 30%, with some schools reporting nearly half of their Grade 12s vaping. Even more concerning, 38% of teenage vapers do so daily, and nearly half vape within an hour of waking up — a strong sign of nicotine addiction.

Researchers estimate that more than 60% of teen vapers could already be addicted.

Why do young people start vaping? Most say it is because of social influences — friends, family, peer pressure, or simply to fit in. But once they continue, the reasons shift. Many say they vape to cope with stress, anxiety, or depression, while others openly admit they are addicted.

Nicotine affects the developing teenage brain, with long-term consequences for memory, learning, and attention. Even non-nicotine vapes are harmful, as many flavourings can damage lungs and blood vessels.

At Stanford, we are engaging directly with our pupils on this issue, supported by both external experts and our own professionals. We have an amnesty programme, encouraging honesty and support, but must also emphasise that there are also firm consequences for being caught vaping. Integrity is key; we want our students to understand not only the health risks but also the importance of making responsible choices.

Parents, your role is vital. Please talk to your children about vaping and the dangers thereof, be aware of the signs, and encourage open conversations. Together we can help our young people avoid addiction and make healthier decisions for their future.

Warm Regards

*Dr. [Signature]*

# Speakers Society

Our Speakers Society is a truly privileged and special group of young adults. Standing up to deliver engaging and thought-provoking speeches in front of their peers is no easy task.

Through this platform, students are developing the art of impromptu public speaking — a skill that not everyone possesses, yet one that proves invaluable in every aspect of daily life. The ability to capture and hold the attention of a room is both powerful and rewarding.

We are extremely proud to host these evenings with our Grade 12s and celebrate their talent, courage, and growth.



Category winners  
Best Speaker: Abigail Fair  
Best Impromptu: Isabella Dando  
Best Evaluator: Aidan Robinson-Kok

## FRIENDLY GALA



## Swim Squad Season Opener

Our swim squad kicked off the season with a friendly gala, joined by Merensky and Hoërskool Piet Potgieter. It was a great opportunity for our swimmers to get back into race mode and familiarise themselves with the automated timing boards. A fantastic start to the season.



# Debating

## Debating Team Triumphs with Laughter and Skill at Turfloop Tournament

Excitement and energy were at an all-time high as Stanford Lake College's debating teams headed to the much-anticipated Turfloop Debating League Tournament.

From laughter-filled bus rides to the final speeches, the journey was a celebration of teamwork, friendship, and sheer debating passion.

The Junior team, which consisted of Aurora Makhomisane, Xiviko Sibisi, and Ester van Staden, embraced each move with infectious energy and pinpoint accuracy. As the defending champions, they gave it their all by combining creativity, wit, and unafraid debate. They finished in a respectable third place overall, and everyone was happy with their talent and hard work.

Meanwhile, the senior team, which featured Maiano Tshivhula, Alessio Calokechi, and Teya Zanetic, was unbeatable. Their perseverance was unwavering, their teamwork was impeccable, and their arguments were compelling. The outcome was a well-earned triumph in their category, which elevated the debating team to the top of the league and made the school proud.

**Reminder to come and  
support the Badger  
Bonanza  
30th August**



# XCO MTB LIMPOPO SCHOOLS EVENT #1



## First XCO Limpopo Schools Event

Stanford Lake College riders competed in the first XCO Limpopo Schools event in Louis Trichardt, where all our cyclists received medals — earning the College its very first points in the series.

Riders: Yoshka MacMillan, London Rathmann, Mosima Machaba, Tristan Berrie, Tiger Peniston, Zoe Trusler, Ben Terblanche, Tadhg Egan, Jan-Carel Els, Samuel Gubitz, Richard Niemann, Deegan Davis, Robert Noel, Judah Leher, Hana MacMillan.

Special mention to **Ben Terblanche, Robert Noel and Hana MacMillan** for finishing in the Top 10 in their races.

We now look forward to the next event, XCO Series 2 at Tom Naudé in Polokwane on 30 August.

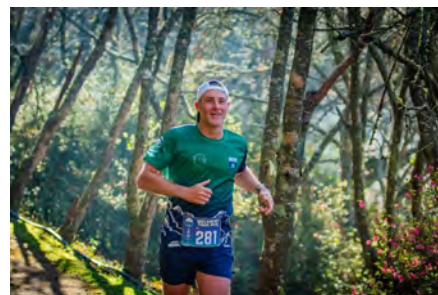
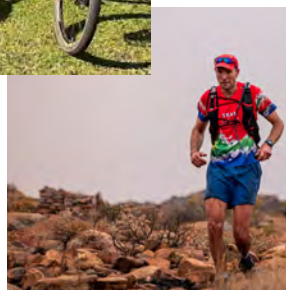
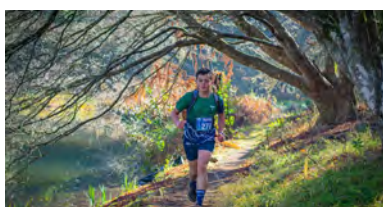
Well done, riders — a fantastic start to the series!



# Adventure race

This weekend, the spirit of endurance and teamwork will be on full display as Team Red Ants take on the formidable 250km Adventure Race, with Steven Willson and alumnus Brian Gardner in the team. Flying the Stanford Lake College flag in the 120km event are Judah Leher and Benjamin Terblanche, alongside Caryn Rathmann, Ilne Kotzé and alumnus Benno Kotzé. We are incredibly proud of these athletes for their courage and determination, and we wish them every success as they embrace this extraordinary test of grit and perseverance.

Once a Badger, always a Badger — we'll be cheering you on every step of the way.



## Noordvaal 1st Team Hockey

"The 1st Team Girls' Hockey travelled to this year's 2025 Noordvaal Tournament, bringing their season to a memorable close. The team represented Stanford Lake College with pride, showing great determination, teamwork and sportsmanship throughout the tournament. Their dedication on and off the field has been commendable, and we are proud of the progress they have made this year."



**BADGER OF**

# THE WEEK

Badger of the Week is awarded to Kutlwano Mokaila from Girls' Cricket, who played a superb innings of 33 not out, helping her team secure a fantastic win over Mohodi Hub on Tuesday.

