

SNAP SHOT

Stanford Lake College

Valediction Edition



*Guest Speaker
Alumni
Makungu Valoyi*

'Our deepest fear is not that we are inadequate, our deepest fear is that we are powerful beyond measure' - Marianne Williamson

Ten years ago, I was on this platform at our matric valediction. Alumni mentioned that we would miss the mountains, and looking back, their statements were so accurate even though I didn't see it at the time.

In my third year of undergrad, I was introduced to mental health treatment and shared what I learned about conditions such as depression, anxiety, and bipolar disorder with my family. At the time, there was significant stigma surrounding mental health, and it was commonly associated only with severe cases. This led to my advocacy for mental wellness. Topics like fatigue and burnout are particularly relevant during final exams, as they can affect students' well-being.

Burnout is the experience of mental, emotional, and physical exhaustion resulting from prolonged, unmanaged stress. This condition often leads to increased cynicism, apathy towards work, and diminished productivity. Contrary to popular belief, burnout does not begin at the exhaustion stage; rather, it evolves through five distinct stages starting with the honeymoon phase. Initially, individuals may feel enthusiastic and highly motivated, often taking on more responsibilities than necessary. If not properly managed, this can progress to the onset of stress, where overwhelming feelings emerge, though productivity may remain seemingly high. Failure to intervene at this point can lead to chronic stress, marked by physical symptoms and, for some, reliance on substances such as increased caffeine intake to cope. Eventually, individuals may enter the fourth stage—burnout itself—and, if unaddressed, reach habitual burnout, which is characterized by persistently low productivity.

There is hope. Since burnout develops gradually, we can establish healthy habits to support our well-being. Managing stress involves learning coping strategies for resilience, getting enough sleep, proper nutrition, exercise, and using productivity and rest techniques like the Pomodoro method. To prevent stress, develop skills such as time management, set healthy boundaries, and focus on what you can control. While stress can't always be avoided, it can be reduced by forgiving, letting go, and adjusting your perspective.

Kindest Regards,

Makungu Valoyi



2025 Awards Valediction Ceremony

Ken Shuter Trophy
CJ Cassim Trophy
CJ Cassim Trophy
Fenske Trophy
Sepedi First Additional Language Prize

Kromberg Trophy
D'Arcy Herrman Trophy
La Trofia Madera del Arte
Thompson Trophy
Morris Trophy

CATD&AT Trophy
Information Technology Prize
Life Orientation Prize
Kenney Brokers Trophy
Jack Trophy
Waller Trophy
Mathematical Literacy Prize

Calculus Trophy
Cassim Trophy
Einstein Trophy
Marco Visser Trophy
da Silva Trophy
Coach House Trophy
Vanner Trophy
Colin Brent Trophy
Aus-Am Trophy
Stephan le Roux Trophy
Tanatswa Murasirangwa Trophy
Stirling Trophy
Bain Trophy
Bain Trophy
Makweya Family Trophy
Mokgale Mamabolo Trophy
Blight Trophy
Ross van Eetveldt Trophy

Zach Schuurs Trophy
Zach Schuurs Trophy
Art of Dance Trophy
Zach Schuurs Trophy
Scholefield Shield
Leadership Trophy
Baleta Trophy
Geldenhuys Trophy
Jarrod Zamparini Trophy
Georgina Smit Trophy
Ann Trophy

English Home Language Prize
Further Studies English Prize
Further Studies English Prize
Afrikaans First Additional Language Prize

Proficiency in English & Afrikaans
Accounting Prize
Visual Art Prize
Outstanding Painter
Life Sciences Prize
Computer Application Technology Prize

Business Studies Prize
Geography Prize
History Prize

Mathematics Prize
Further Studies Mathematics Prize
Physical Sciences Prize
Exceptional Academic Improvement
Consistent Academic excellence
Best results in Prelim exams
Sports commitment, determination

Mountain biking award
Fly Fishing award
Best Male Senior hockey player
Best Female Senior hockey player
Best Senior rugby player
Best Female squash player
Best Male squash player
Excellence in Netball
Excellence in Soccer
English Public Speaking
Outstanding achievement in Culture
Shared Award

Culture Service
Drama
Dance
Music
Dux Scholar 2024
Commitment and Dedication to Leadership
Future Smart Award
Excelled in Sport, Academics and Culture
Exemplified the Values of the college
Made a positive contribution to the college
Shown Best qualities of care, compassion

Isabella Dando
Isabella Dando
Steven Thompson
Jana Prinsloo
Lethabo Ramohlale
Nsobo Mabila
Alistair Van Hilten
Isabella Dando
Isabella Dando
Nicholas Boyum
Kgotsa Morake
Nicholas Boyum
Isabella Dando
Jana Prinsloo
Gordon Noel
Lwandile Nkuna
Gordon Noel
Alistair Van Hilten
Alistair Van Hilten
Alistair Van Hilten
Peter Naude
Isabella Dando
Alistair Van Hilten
Carmen Veldsman
Gordon Noel
Ludwick Esterhuizen
Amu Chauke
Carmen Veldsman
Joshua Doolabh
Alisha Calokechi
Giano October
Carmen Veldsman
Amon Negogogo
Krisha Kanyongolo
Mulaifa Mabuda
Lethabo Ramohlale
Semi Myeni
Kayla Makhomisane
Fia Niemann
Miano Tshivhula
Nanaki Kgopong
Craig Freestone
Yoshka MacMillan
Isabella Dando
Basani Msimeki
Krisha Kanyongolo
Isabella Dando

Valediction Ceremony





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Taking the baton from the Grade 12s

Our adorable Grade 1's from Unicorn Primary School shared their good wishes with the Stanford Lake College Matrics — writing heartfelt letters filled with encouragement, luck, and dreams for a bright and prosperous future.

Good luck, Class of 2025 — the future is yours!



Roses and Bell Ringing

Honouring the Journey — From First Bell to Final Rose

As the Matric Class of 2025 prepares to close this remarkable chapter, they began their final exams with two cherished Stanford traditions — the Rose Ceremony and the Bell-Ringing.

Each student received a single rose, symbolising growth, friendship, and the memories that have blossomed over their years at Stanford Lake College. In a moving moment of reflection, they then took turns ringing the school bell — one last time — marking the end of their journey as students and the beginning of new adventures ahead.

Good luck, Matrics — your Stanford family is behind you all the way.



Showers of Colour

A Splash of Colour and Celebration!

What better way to mark the end of exams than with a burst of colour and a leap into the icy Stanford waters!

In true Stanford spirit, our Matrics celebrated their final moments on campus with a riot of laughter, colour powder, and courageous jumps into the lake — a tradition that perfectly captures the joy, relief, and unity of this unforgettable milestone.

Here's to the Class of 2025 — bold, bright, and unstoppable!



The Final Words

*Speeches Adapted by Author **

The Matric Class of 2025 closed their Stanford journey with an evening filled with words of wisdom, bags of laughter, and memories that will never fade. From heartfelt speeches to well-deserved awards, the night was a celebration of growth, friendship, and the incredible spirit that defines our Stanford students.

Grade 8 Reflections – By Seni Myeni

Hi everyone! My name is Seni Myeni, and I joined Stanford Lake College in 2021. Grade 8 was a year full of laughter, friendship, and unforgettable memories — a year that truly set the foundation for the years to come.

Online learning brought its challenges — from dodging technical glitches and “load shedding” to reconnecting mid-lesson — but it also gave us moments to bond, laugh, and just enjoy being together, even virtually. I’ll never forget meeting friends like Mafasa, who jokingly called himself Pablo and claimed he was 7’11 — little did I know, it was the start of a friendship that would last forever!

Lunchtimes at the tent were sacred. We gathered every day to share stories, jokes, and the occasional gossip, creating memories we’ll carry for years. Hatchery auditions, socials, and treks added more adventures — from rainy audition mornings in the HPC, to playful competitions, midnight tent chats, and the excitement of discovering ourselves during treks.

We also created traditions that live on today — code names, shared jokes, and friendly rivalries. Every small moment, from asking your matric crush to a social to avoiding the notorious Grade 9 boys, contributed to the chaos, laughter, and joy that defined our year.

Grade 8 wasn’t always easy, and sometimes it was hilariously chaotic, but it taught us lessons in friendship, resilience, and enjoying every moment. I’m grateful for the laughter, the adventures, and the amazing friends I got to share it all with.

Thank you for an unforgettable year, Grade 8 — I will carry these memories forever!

Grade 9 Reflections

By Sithembinkosi Nsovo Mabila

Looking back, Grade 9 at Stanford Lake College was nothing short of an adventure. We started the year confident — convinced we were mathematical prodigies after achieving a glorious 78% average in maths — only to be humbled by trigonometry, exams, and what some now call the legendary “Maths Class Uprising.”

Water Trek was another reminder that we were human — carrying kayaks through mud and facing challenges that tested our patience, teamwork, and resilience. And who could forget the infamous bag of orange chips, sparking drama, whispered theories, and Stanford mystery-level suspense?

We had our rebellious streaks too: hair policy protests that turned us into accidental colour theorists, and a failed English prank that taught us lessons about timing, context, and respecting teachers’ past experiences.

But Grade 9 wasn’t just chaos. There were wholesome, unforgettable moments — like when Mrs Rossouw treated the marimba band to KFC after our Eisteddfod success, reminding us that hard work, talent, and teamwork are always recognised. The subject choice process was daunting, and some of us even shredded notes post-exams — only to later realise their future value!

Above all, Grade 9 was a turning point. We started to understand ourselves, embraced growth even when messy, laughed at our failures, and discovered the value of friendship during the hardest days. We’ve learned, grown, failed, and bounced back — together.

To the Grade 9s of 2022 — the weirdest, wittiest, and most wonderful bunch of people — thank you for making this year unforgettable. And to the Matrics of 2025, thank you for being the centre of our high school journey. We came, we saw, and by the grace of God, we conquered it all.

Thank you.

Grade 12 Reflections – Class of 2025

By Jana Prinsloo

Somewhere between yesterday and five years ago, we grew up. You'll notice it when picking up your driver's license, or when you start worrying about next year's food budget or fuel prices. We're older now, and it took roughly 1,300 remarkable and sometimes stressful days to get here.

We've just heard the story of our journey — from awkward Grade 8s who thought walking to the lake was a real hike, to Grade 9s finally figuring some things out, Grade 10s outgrowing their baby fat, and Grade 11s grappling with responsibility and the illusion of adulthood. And now, this year, everything became real.

This year was about lasts: last first day of school, last Inter-House Athletics, last socials, last Beaulieu Derby, last First-team tour, last PEX meeting. But it wasn't only about endings — there were countless moments that made 2025 unforgettable.

It all started in January with Hatchery, where we felt ancient and wise, and took delight in sending Grade 8s running for “bomb squads” at the worst possible times. Watching them sing the wrong words to spirit songs, justify questionable shelters, and run from Matt with his chainsaw was just the beginning of a year filled with laughter.

The Matric syllabus arrived, and reality hit hard. Maths, Physical Sciences, IT, and CAT tested our patience, our determination, and sometimes our sanity. Long nights, endless cycle tests, and caffeine as a main food group became the new normal. Yet we balanced it all with socials, spirit days, braai evenings, and the highlight of it all — Matric Dance.

We also created memories that will last forever. Evenings by the lake, laughter in the dining hall, inside jokes, and spontaneous adventures reminded us what it truly meant to be part of this unique community. Zero Days was a celebration for the ages — water balloons, water guns, shaving cream, and one unforgettable ambush — reminding us to play like kids one last time before stepping into adulthood.

Through highs and lows, stress and silliness, triumphs and challenges, we became more than classmates — we became a family. We found support, humour, and resilience in each other. This year was chaotic, beautiful, and humbling, and we can be proud of how far we've come.

High school is ending, and saying goodbye is bittersweet. But we can look back and smile — we came, we laughed, we stressed, we stumbled, and we survived — together. And that's something we'll never forget.

Thank you, Class of 2025

The Final Awards

"The ones that really count"

