



SNAPSHOT

ISSUE 28 of 2023
15 September



Matters of Principal

“There is no health without mental health; mental health is too important to be left to the professionals alone, and mental health is everyone’s business”
- **Vikram Patel**

Over the past weekend through until Tuesday, I had the privilege of attending the ISASA / SAHISA / SABISA combined conference in Sandton. It is an opportunity for independent schools’ Heads, Bursars and Governors to meet; an opportunity to network with fellow education professionals, meet new Heads, catch up with old colleagues and hear that we are all facing similar challenges in our schools. My daily challenges are the same as those of heads in KZN and the Eastern Cape. The challenges our pupils face are mirrored across the country: high levels of anxiety and stress, poor time management skills mainly attributed to excessive use of social media, an inability to remain task-orientated, feelings of uncertainty about the future, unrealistic parental expectations, increased levels of self-harm and bullying. Overall, it paints a pretty bleak picture.

Heads of schools are grappling with various strategies within their school to try and equip their pupils to better manage these challenges and to give our pupils the skills to cope in the pressure cooker environments in which they are operating. There is certainly no quick fix. There was a great deal of debate in the high school’s forum about the need to actively control and manage screen time on devices and to create technology-free spaces and times in schools. At Stanford, we are currently discussing how best to manage this very issue. Recently, I challenged a few boys to try and manage their screen time better by using certain apps that lock one out of one’s phone for periods of time or to leave their phones in their lockers during the school day. Upon following up a week later, it was reported that they generally felt that they had been more productive and managed their time better. One boarding school ran a study over the period of one month, where twenty eight pupils volunteered to be a part of an experiment in which they would only have access to their phones for one hour a day. Twenty one pupils lasted the full month and the follow up research gave a clear indication that the pupils were happier, experienced lower levels of

stress, slept better, experienced less bullying and generally felt better about themselves.

In our commitment to improving staff and student wellbeing across the school, our staff recently began the journey of Visible Wellbeing training. The Visible Wellbeing approach aims to provide both students and staff with a psychological toolkit that allows them to lead flourishing lives where they are able to feel and function at their best. I think that we are ahead of the curve with regards to actively addressing wellness in our school. Having spent some time on staff training, we are currently rolling out the introduction to our Visible Wellbeing programme to the pupils. We have dedicated this week to focus on exploring exactly what wellness is and how to make wellbeing visible to those around us through the “See Hear Feel” practice. “See Hear Feel” is a process of thinking and language use that clues us into the physical, visual and auditory signals that allow us insight into how we or other people may be feeling in the present moment. These insights allow us to make choices and act in ways that are more effective in increasing and maintaining higher levels of wellbeing. We are at the beginning of what promises to be a very exciting programme. We want to imbed these principles in all aspects of our school day and need to guard against this being only a once a week tutor lesson activity. I encourage you to speak to your children about the programme and what they are learning. I will keep you updated as we work our way through this programme.

Have a wonderful spring-filled weekend.

God Bless

The hardcover coffee table book detailing the last 25 years of Stanford Lake College is available for pre-ordering. The publication is a beautiful history of Stanford photos, memories and traditions. It is an absolute must for any previous or current Stanfordinian! You can pre-order your copy via the ALLXS system at the cost of R460.00



If you are unfamiliar with the ALLXS system and would still like to pre-order, please send an email to: marketing@slc.co.za

Photo: Mr N. Paidas



Spring

AN ARTISTIC EYE

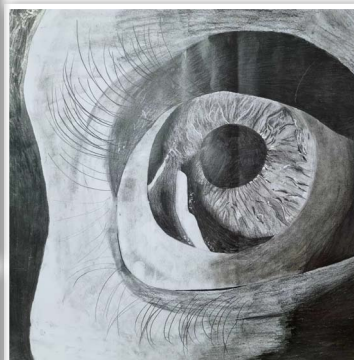
The Grade 10's were challenged in drawing a large scale (A2) hyperrealistic eye. The results are truly impressive.



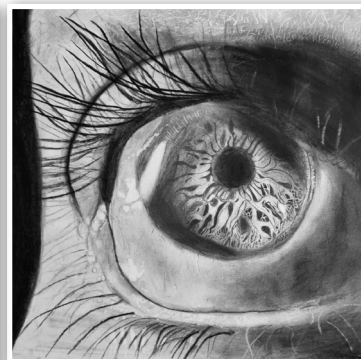
Sarah Collins



Isabella Dando



Amon Negogogo



Keegan Neves



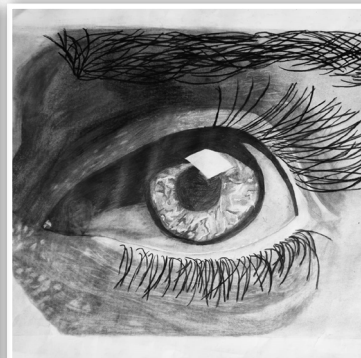
Abigail Fair



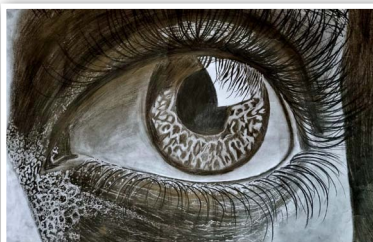
Nsovo Mabila



Ewetse Nkwada



Carmen Veldsman



Khutso Mashego



Seni Myeni

WE NEED YOU to help us fill some empty seats in the boardroom

Parents are entitled to nominate candidates for election as parent representatives on the Board for 2024. There are two positions available.

- Notice of the election was sent to all parents today (Friday, 15th September).
- This is at least thirty days prior to the date of election (Friday, 27th October).
- Parents of pupils currently enrolled at the school are entitled to nominate candidates for election for the parent representative positions.
- The closing date for nominations is Friday, 20th October. Each nomination must be accompanied by a brief CV of the nominee, as well as a motivation by the nominator about the role that they feel the nominee will fulfil.



PLEASE NOTE: Due to a clash of dates, the Colour Splash set for the 21st of October has been postponed to a later date.



SOUTPANSBERG EXPLORERS



From September 6th to September 13th, the Grade 9 students embarked on their final expedition of the year. This particular expedition is unique as it requires the students to take charge of their own navigation through the mountains. In preparation for this adventure, they had engaged in navigational exercises in the classroom.

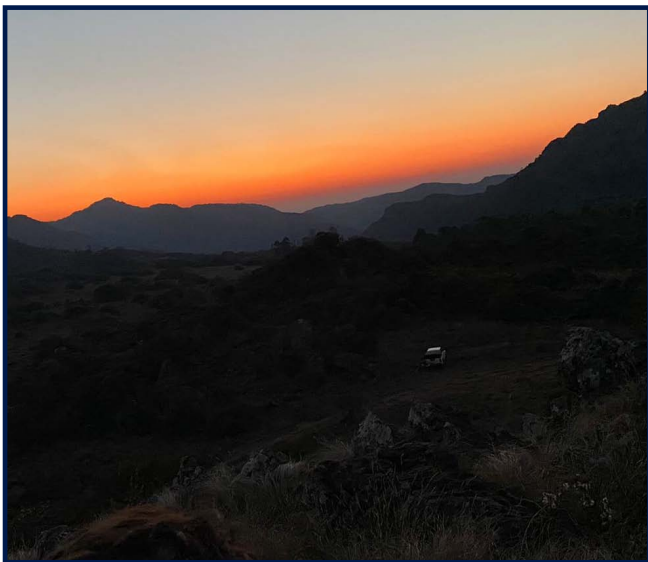
Meanwhile, Group 2 remained at Base Camp and engaged in activities such as abseiling, bushcraft, and caving, culminating in a 24-hour SOLO experience. Despite the scorching Soutpansberg weather, the participants in the SOLO experience exhibited remarkable tenacity and courage.

On the morning of September 6th, all the Grade 9 students boarded a bus bound for Louis Trichardt, where the expedition was set to begin. In Louis Trichardt, they received their initial set of maps and briefings, marking the commencement of their exciting journey. The students, divided into groups, hiked approximately 13 kilometres to reach their first camp, relying on their navigational skills. This first leg of the expedition demanded problem-solving and effective teamwork. That evening they received their second set of instructions to get them to the Base Camp.

After three days, the two groups swapped roles - Group 1 transitioned to the camp activities and their SOLO experience, while Group 2 embarked on their self-guided mountain section. In the final afternoon, a review session took place, followed by a performance of songs that the students had rehearsed throughout the week, with the incentive of a campfire and braai. Eventually, the entire group joined the braai, and a small award ceremony followed. Students were asked to select a boy and a girl they believed had gained the most from the expedition, and Alisha Calokechi and Matthew Scriven were chosen as the recipients of this recognition.

Later that following day, at Base Camp, Group 1 received instructions for their self-guided mountain section. They had to plot points on a 1:50,000 topographical map and plan their routes to reach designated camp sites. Over the next three days, they guided themselves through the mountains, facing various challenges and making critical decisions, all while enduring hot weather conditions. On the first day, Group 1 managed to locate only four out of seven checkpoints and reached their first campsite after nightfall.

On Wednesday morning, the expedition concluded at Schoemansdal. Congratulations were extended to all participants for successfully completing this challenging yet rewarding expedition. Special thanks were expressed to the parents who sponsored the wors for the braai on the last evening, an event that left a lasting impression on the students. Gratitude was also extended to the staff for their invaluable support and assistance, making this expedition a memorable experience for everyone involved.





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IN OTHER NEWS

U/15 CRICKET BOYS

Over the past weekend, our U/15A cricket team, which was considerably depleted, faced off against a highly skilled team from The Oaks. With our Grade 9 students away on expedition, the responsibility fell upon just three of our U/14 cricketers to carry the team forward and we are very proud of their performance under real pressure. Unfortunately, Stanford lost the toss and were instructed to bowl first. As the game progressed, wickets fell at regular intervals, and the opposition's score continued to rise. Regrettably, the Stanford boys also encountered a few missed catches, which, given that many of our players were participating in their inaugural match, can be understandable. Nevertheless, Captain Reza Moosa delivered an impressive bowling performance, securing seven crucial wickets during the day. Subsequently, it was Stanford's turn to bat, requiring an imposing 235 runs for victory. Given the limited number of batsmen, this was always going to be a formidable challenge. Nathan Berrie and Aryan Parekh (32 not out) worked tirelessly to stabilise the innings. However, they eventually found themselves without sufficient batting partners, and the team were dismissed for a total of 99 runs. Robbie Noel also deserves recognition for his determined performance, even though he wasn't feeling his best on the day. Although this marked their first defeat of the season, it served as a valuable learning experience for these young players. They gained valuable insights into the game of cricket and discovered more about themselves along the way.

SWIMMING



Congratulations to Dario Wasley who competed in the Southern Sprint Gala on Saturday. Dario obtained silver in the 100m breaststroke and bronze in the 50m breaststroke.

GIRLS CRICKET

In a competitive cricket match against Southern Cross yesterday, the Stanford Lake College girls opted to bat first and successfully set a total of 115 runs in their 20 overs. Isabella Brett's impressive performance stood out as she scored 30 runs off 21 balls. Her partnership with Elia Jones added 50 valuable runs to the team's total.

The game remained tightly contested as Southern Cross chased the target, ultimately reaching it on the last ball of their innings. The Stanford Lake Girls' team put up a commendable fight with the ball, making it a closely fought encounter.

Ru Ngwarai, Paityn Landsman, and Isabella Brett made significant contributions with the ball, each taking 2 wickets. Their bowling played a crucial role in keeping the game competitive until the very end.