



Matters of Principal

*“Integrity is telling myself the truth.
And honesty is telling the truth to other people.”*
– Spencer Johnson

Honesty is one of the most important virtues in life. It is the foundation of trust, the key to strong relationships, and the cornerstone of a thriving community. At our school, we value honesty, not only as a principle but as a way of life. Integrity – I AM HONEST AND TRUSTWORTHY. Being truthful defines who we are and who we aspire to become. Lying, in any form, is a direct violation of honesty. Some might think that small lies, like pretending to have completed homework or giving a false excuse for being late, are harmless. However, dishonesty has a way of growing. One lie often leads to another, creating a web of deception that is difficult to escape. When someone is caught in a lie, trust is broken, and it can take a long time to rebuild.

Consider this example: A pupil forgets to study for a test and tells the teacher they were sick instead of admitting the truth. The teacher, wanting to be kind, allows them to retake the test. However, when a similar situation arises again, the student feels pressured to continue lying. Eventually, the truth is discovered, and the student faces disciplinary action and loses the teacher’s trust. This small lie has now led to serious consequences.

Honesty is not just about telling the truth when asked; it is also about being truthful in all interactions. This includes giving credit where it is due, not taking shortcuts, and owning up to mistakes. Imagine an athlete who secretly breaks the rules to win a race. They may achieve temporary success, but when the truth is revealed, their reputation is tarnished. True victory comes from hard work and integrity, not deception.

Honesty helps us grow at school and in life. When we admit our mistakes, we learn from them. When we speak truthfully, people respect and trust us. Being honest is not always easy—sometimes, telling the truth requires courage. But in the long run, it leads to stronger friendships, better opportunities, and a clear conscience. Let’s commit to making Stanford a place where honesty and integrity thrive. Every time we choose truth over lies, we make our school stronger and more united. Together, let’s build a culture of trust and respect—one honest word at a time.

God Bless

BADGER OF THE WEEK



Badger of the week this week has been Awarded to Alessia Dowle: For breaking three records and winning three trophies at the interhouse gala.

D6 CONNECT THE EASIEST WAY TO BE INFORMED



There are a large number of parents and pupils who have not yet linked to our d6 Connect platform, which is the best and easiest way for you to receive regular updates and news from Stanford. The instructions are [HERE](#) and we ask that you please get connected as soon as possible.

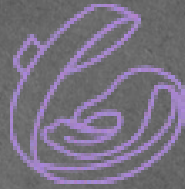
Should you encounter any problems doing this, send your name and surname, your email address and your cell phone number to: academic@slc.co.za for assistance

Who are you at your best?

You are unique in the world and united in your strengths with all of humanity. Discover your Character Strengths Profile and begin living each day as the very best version of yourself!



PERSPECTIVE



HUMILITY



LOVE



TEAMWORK



GRATITUDE

During their Stanford Lake College career, all students will complete their VIA Character Strengths. They are an important aspect of the Visible Wellbeing programme we run at SLC. The senior grades will revisit these strengths over the course of the year and possibly redo the questionnaires and see how their strengths might have shifted over the past 18 months.



A BIG SOUTH AFRICAN WILLKOMMEN TO LEVIN!

The end of this week saw us welcoming Levin, our latest exchange student. Levin comes to us from Louisenlund School in Germany and he is being hosted by the Dando family. We look forward to getting to know Levin better and we hope he has a wonderful time at Stanford.



INTERNATIONALISM

A spirit of internationalism is found in those who seek to discover and embrace the similarities and differences between cultures and nationalities.

GORDON SPEEDS ALONG THE SPICE ROUTE

This past weekend was the first South African XCC and XCO cup of the year which also was part of the Junior World Series. This meant that there was some really good international competition in the event.

The first day was the XCC which wasn't my main focus but I still managed 11th place which gave me a second row start for the next day (for those of us who are not as knowledgeable as Gords, this means that he received a very good starting place).

The XCO was at about one o'clock the next day (Sunday) which meant it was about 36 degrees in Paarl and probably more up on the mountain. It made it very important to manage my efforts in the race to ensure I did not blow up towards the end. I was super happy with how I raced and managed to finish 8th overall and 6th out of the South African gents. This was an amazing way to start my season and I am excited about what lies ahead.

Gordon Noel
(with explanations provided by Mrs Taylor-Bennett)



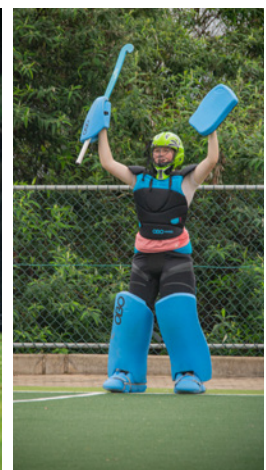
BABY BADGERS GO BIG

JUNIOR WINTER SPORTS PRE-SEASON CAMP

Given the diverse nature of Grade 8s that enter Stanford each year, and the varying abilities of all of our 'Baby Badgers', it was decided to again host a Junior Winter Sports Camp this year. The goals of this camp were to align all of our juniors with our expectations, have an uninterrupted look at their abilities and dedication, and to allow coaches to spend time with their squads and form solid relationships with their potential players, so as to ensure a successful Hockey, Rugby and Netball season.

It goes without saying that all of the above goals were achieved, and despite some of our juniors feeling somewhat shattered on Saturday, many left with some good memories and new friends after a fun and busy weekend. Many of our juniors are now back into the swing of things, changing between Rugby and Hockey, or Hockey and Netball, and are now aware of the intense nature of playing Winter Sports at Stanford Lake College. Thank you to all of the coaches for their hard work over the weekend, and thank you to the parents for allowing us this time with your children.

Mostly, a big thank you to our 'Baby Badgers' for showing great grit and spirit throughout the weekend.



NO SIGNS OF SLACKING FROM OUR SENIORS

SENIOR WINTER SPORTS PRE-SEASON CAMP



Over the weekend of 28 February to 2 March, our senior athletes participated in a Winter Sports Pre-Season Camp at ATKV EILAND. This camp served as a crucial preparation phase for the upcoming Netball, Hockey, and Rugby seasons. The primary goal was to create an anchoring experience—something that players could reflect on during challenging moments of the season to strengthen their resilience and competitive edge.

OBJECTIVES OF THE CAMP

Each coach focused on key objectives to prepare their teams effectively:

- Setting clear goals for the season.
- Establishing team values and aligning behaviours accordingly.
- Understanding team dynamics and fostering unity.
- Testing said values and behaviours under pressure through intense sport-specific activities.
- Challenging players both mentally and physically.
- Encouraging reflection to ensure the camp was not only beneficial but also enjoyable.



CHECK OUT FULL PHOTO COLLECTION 



CAMP HIGHLIGHTS

Day 1: A Challenging Start

The camp commenced with a demanding 7km run to Eiland, setting the tone for the weekend. Following this, a motivational session was led by the Headmaster, inspiring all athletes to embrace the challenges ahead. One of the most anticipated activities of the day was the Adventure Race, which featured fun and unconventional challenges. Participants retrieved speckled eggs from a bowl of flour using only their mouths and tackled the humorous yet tricky task of eating a scoop of Morvite porridge and attempting to whistle. The race concluded in the cold-water pool, adding an exhilarating finish to the day's events.

Day 2: Strengthening Mind and Body

The second day started with a relaxed 3km run, allowing athletes to warm up before breakfast. The morning was dedicated to goal-setting sessions where teams outlined their objectives for the season and discussed the values they would uphold.

A highly anticipated conditioning session followed, led by Mr. Jacobs, a professional sports biokineticist. This session pushed players to their physical limits, reinforcing endurance, strength, and agility—essential qualities for their respective sports. The day ended with a thrilling “Stalk the Lantern” game, fostering teamwork and strategic thinking.

Day 3: A Relaxed Conclusion

Sunday was a more leisurely day, giving students time to unwind. They enjoyed a friendly game of volleyball and took a final swim before heading home, feeling refreshed, motivated, and ready for the season ahead.

Conclusion

The Senior Winter Sports Pre-Season Camp was a resounding success. Not only did it challenge players physically and mentally, but it also created lasting memories, strengthened team bonds, and instilled a sense of purpose for the upcoming season. With goals set and values in place, our athletes are now well-prepared to tackle their competitions with confidence and determination.

