



Matters of Principal

“Success is the sum of small efforts, repeated day in and day out.” – Robert Collier

At the assembly on Monday, I spoke to the school about effectively managing themselves through the next few weeks. We are going to be busy with two important derbies and of course, our mid-year examinations. I shared with the school a few ideas on managing themselves through this tricky time.

As we approach a busy period, it's more important than ever for our children to take care of themselves, not only academically, but also physically and mentally. One of the most effective ways to reduce stress and improve performance is through good planning. Creating a clear revision timetable allows pupils to break their study into manageable chunks, avoid last-minute cramming, and build confidence in each subject. Planning also helps balance schoolwork with sport, rest and leisure, making preparation more efficient and less overwhelming.

Alongside smart planning, healthy eating plays a vital role in maintaining focus and energy. During exams, the brain needs a steady supply of nutrients to function at its best. Eating balanced meals with fruits, vegetables, proteins, and whole grains helps students stay alert and think clearly. Avoiding excessive sugar or junk food is equally important, as these can lead to energy crashes and decreased concentration. Our canteen meals are designed and approved by qualified dietitians. If our pupils eat what is available to them (including fruit and vegetables), they are guaranteed a healthy diet.

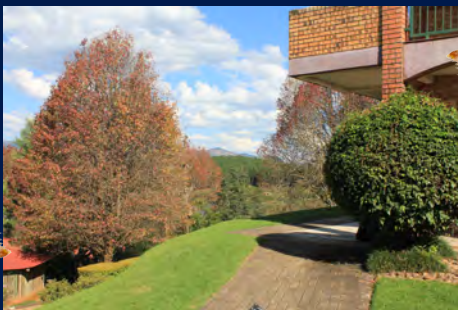
Regular exercise is another key element of a successful revision strategy. Even a short daily walk or some light stretching can reduce stress, improve mood, and boost memory retention. Physical activity increases blood flow to the brain, helping students to stay sharp and motivated. It is essential that our pupils remain committed to the extra-curricular programme and continue to contribute on the sports field. Regular exercise is also a great way to take a break from studying, recharge mentally, and return to work feeling refreshed.

Finally, never underestimate the power of good sleep. A well-rested brain is more capable of recalling information, solving problems, and staying calm under pressure. Aim for at least 8 hours of sleep each night, and try to keep a consistent sleep schedule—even on weekends. Staying up late to revise might seem helpful in the short term, but it often leads to fatigue and forgetfulness. A well-prepared mind is a rested mind, and rest is just as important as revision when it comes to achieving success.

Safe travels to all heading to Nelspruit this weekend for our Penryn derby.

God Bless

AUTUMN HAS ARRIVED ON CAMPUS



Parents kindly take note of the following events taking place on the 23rd May

- 07:30-08:30am
HPC Centre
Grade 9 Subject Choice Parents Meeting
- 08:30-10:30am
Parent Teacher meetings by appointment
- 11:00-12:00pm
Mr Vollgraaff's Classroom
Parents Association meeting all welcome

A friendly reminder to all Parents and Guardians we are still looking for space to host Beaulieu Students. Please assist by emailing Steven@slc.co.za if you are willing to assist.



Eric Louw Rugby League Matches

The Stanford Rugby teams kicked off their league campaign against Erik Louw this past weekend, following a series of friendly matches that helped build confidence and cohesion. All three games were incredibly competitive, and it's encouraging to see the steady improvement in our teams since the start of the season.

U15 Match

The U15s showed resilience and strong teamwork that highlighted their growth over the past few weeks. Their performance signals exciting potential for the rest of the season. They brought intensity and tactical awareness in the early stages, spending much of the opening half in the opposition's territory. Despite their dominance in possession, they couldn't convert pressure into points. Erik Louw gradually took control finishing with a 29-0 victory. Despite the scoreline, the boys played well and have made notable progress—there's plenty to build on ahead of their next challenge.

U16 Match

Fueled by determination after their recent trials loss to Erik Louw, the U16 team came out with energy and intent. They executed structured, fast-paced rugby on both sides of the ball, scoring three outstanding tries in the first half. Their defensive grit helped them hold onto their lead, securing a hard-fought 19-14 win. A fantastic performance!

1st Team Match

The 1st team faced tough conditions in a cold, rainy encounter that tested both skill and spirit. The match was physical and scrappy, but our boys played with heart and refused to back down. Despite their grit, they narrowly fell short with a 29-22 result in Erik Louw's favour.

Across all age groups, the Stanford teams showed progress, passion, and pride. We now look forward to this week's matchup against Penryn with confidence and excitement.

Ethan Hirst Shines on the Rugby Field

Over the past 12 months, Ethan Hirst has dedicated countless hours on the field, honing his place kicking skills — and this weekend, that hard work paid off in a big way.

Playing Fullback for the U16 rugby team, Ethan delivered a standout performance, successfully converting all of his kicks. Among them was a particularly impressive long-distance strike from the touchline — a tough angle that he nailed with precision.

His contributions played a key role in the team's victory over Eric Louw. Well done, Ethan!

BADGER OF

THE WEEK



Netball vs Merensky

Our netball teams showed outstanding growth and determination in their recent fixtures against Merensky. The improvement across all age groups compared to last year was evident, with players demonstrating greater confidence, cohesion, and strategic play on court. Their commitment to training and teamwork has truly paid off, and we are incredibly proud of how far they've come. The future of Stanford Lake Netball is bright!



Stanford Lake College GOLF DAY



19 SEP
Friday 2025

4-BALL
Better Ball Alliance

**Tzaneen
Country
Club**

SPONSOR
A tee box - R2500
A green - R1500

**R4500
per team**

For bookings and more information:

marketing@slc.co.za

SQUASH NEWS

Full Colours Awarded to

- Gianno October
- Alessio Calokechi
- Alisha Calokechi

Junior Achievers Awarded to

- Murray Newton
- Thatego Molokomme

SA Country Schools Festival 26th - 29th April 2025

Five of our Stanfordian Squash Players recently took part in the SACF Tournament in Bloemfontein.

The highlights included Giano October ending as the No.2 player in the U/19 Limpopo boys team. Winning two of his matches in a tough round of competition.

Alisha Calokechi competing in her third year at the SACF's and facing tough competitors and played for the Free State invitational team and successfully won 4 out of 5 of her matches in the U19 girls category.

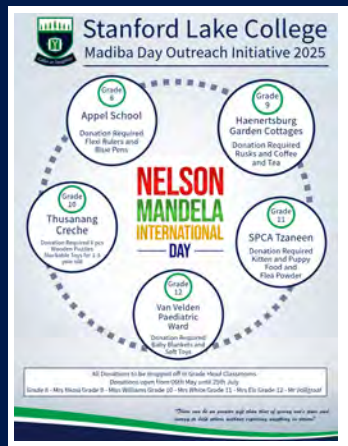
Alessio Calokechi represented the Eastern Gauteng invitational team enjoying his games against the best of the best.

Murray Newton and Thatego Molokomme competing as Juniors and bringing their best competition to the tournament.



HAPPY Mother's Day

"Her love is the quiet song the soul never forgets."



DESIGN THE FRONT COVER OF OUR SCHOOL DIARY 2026 AND OUR SCHOOL YEARBOOK 2025

Do you have a creative spark? Are you ready to showcase your artistic talent? Here's your chance to design the front cover of our school diary and/or school yearbook for the upcoming year!

HOW TO ENTER:

- Get inspired and create your design - make it bold, unique, and something that represents our school community.
- Submit your artwork by **Wednesday, 30 August 2025**.
- Include your name and grade on your entry.

WHO CAN ENTER?
Everyone is welcome! Whether you're a budding artist or just love being creative, this competition is for YOU!

THEME:
Think about the spirit of our school - what makes it so special? The covers should reflect the essence of our school life, with colours, symbols, or moments that speak to us all.

DON'T MISS OUT ON THIS EXCITING OPPORTUNITY!
Your design could be the face of our school diary and school yearbook for the whole year!

IMPORTANT ARTWORK GUIDELINES:
All artwork submissions must be A3 size and ensure that the colours are vivid to ensure high-quality printing. We recommend using bright, bold colours to make your design stand out in the magazine!

SPECS FOR DIGITAL SUBMISSIONS:
• Resolution: 300 DPI (dots per inch) for high-quality print
• Colour: Spectrophotometric (for vibrant digital colours)
• Format: Submit as a digital file (JPEG, PNG, or PDF)



Penryn

PENRYN VS STANFORD DERBY PROGRAMME



Friday, 09 May

Fixtures

Tennis

14h30 Penryn vs Stanford Lake

Debating

15h00 Penryn vs Stanford Lake - Penryn Chapel

Chess

15h00 Penryn vs Stanford Lake - Room 41

Netball

Court One

14h30 Penryn U/14 B vs Stanford Lake U/14 B
15h00 Penryn U/16 A vs Stanford Lake U/16 A
15h30 Penryn 2nds vs Stanford Lake U/17 A

Court Two

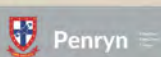
14h30 Penryn U/16 vs Stanford Lake U/16
15h00 Penryn U/15 B vs Stanford Lake U/15 B

Hockey

14h00	Penryn U/14	Boys vs Stanford Lake U/14	Boys	10 Min Quarters	(2,3,2 minute breaks)
14h50	Penryn U/16	Boys vs Stanford Lake U/16	Boys	12,5 Min Quarters	(2,3,2 minute breaks)
15h50	Penryn 2 nd	Boys vs Stanford Lake 2 nd	Boys	12,5 Min Quarters	(2,3,2 minute breaks)
16h50	Penryn 1 st	Boys vs Stanford Lake 1 st	Boys	15 Min Quarters	(2,3,2 minute breaks)
18h10	Penryn 1 st	Girls vs Stanford Lake 1 st	Girls	15 Min Quarters	(2,3,2 minute breaks)



R4D Boschmans Farm, Nelspruit, 1200 | @penrynsouthafrica



www.penryn.co.za

Saturday, 10 May

Fixtures

Tennis

08h00 - 12h00 Penryn vs Stanford Lake

Netball

Court One

08h30 Penryn U/14 A vs Stanford Lake U/14 A
09h00 Penryn 1st vs Stanford Lake 1st

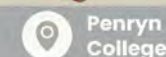
Hockey

08h00	Penryn U/16	Girls vs Stanford Lake U/16	Girls	12,5 Min Quarters	(2,3,2 minute breaks)
09h00	Penryn 2 nd	Girls vs Stanford Lake 2 nd	Girls	12,5 Min Quarters	(2,3,2 minute breaks)
10h00	Penryn U/14	Girls vs Stanford Lake U/14	Girls	10 Min Quarters	(2,3,2 minute breaks)

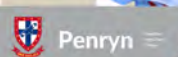
Rugby

Field A

0800 Penryn U/15 vs Stanford Lake U/15
10h00 Penryn U/16 vs Stanford Lake U/16
11h10 Penryn Prep vs Sportrecoch
12h00 Penryn 1st vs Stanford Lake 1st



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Workers Day Tea

This past week, the Matric students treated the Stanford Lake team to a special tea, accompanied by a touching video message.

In this thoughtful gesture, they expressed their deep appreciation for all the hard work, care, and dedication shown by the staff — from the classrooms to the hostels, the fields, and beyond. Their message highlighted just how much these efforts contribute to creating a positive, nurturing environment where students can learn, grow, and prepare for the future.

Thank you to our Matrics for the gratitude, and to our incredible staff for being the heart of Stanford Lake College.



ENVIRONMENTAL WEEK 12-16 MAY

A busy week ahead for Environmental week
Reminder of the Civic Day Thursday to dress up on
Thursday in your best "Green" outfits



Golf News

Round 1 of the
league fixtures
started this week with
our team playing at
Hans Merensky
Phalaborwa

