



## Matters of Principal

**"If people are good because they fear punishment and hope for reward then we are a sorry lot indeed"**

– Albert Einstein

One of the biggest challenges we have in education is garnishing an understanding of what it is that drives our pupils to achieve and exactly what motivates them to achieve. In today's fast paced world pupils are faced with a multitude of opportunities and decisions to make on a daily basis. The question is what is it that motivates them in making these decisions? Are our children intrinsically or extrinsically motivated?

Are they motivated as a result of doing something for the sake of personal satisfaction, is the primary motivator internal (i.e. not expecting anything in return - an example of this being a student intrinsically motivated to read in order to satisfy their curiosity around a specific subject); or are they driven by the desire to earn reward and praise, or to avoid punishment (an extrinsic motivation)? The classic example here being the student who studies for a test in order to achieve a good grade or plays sport in order to earn a colours blazer.

Extensive research has been done in this field that suggests that extrinsic motivation produces only short term effects. A study out of Princeton University states that "External incentives are weak reinforcers in the short run, and negative reinforcers in the long run. Further studies suggest that pupils who are purely reliant on extrinsic motivators can suffer issues with self-esteem if they fail to meet certain requirements and are not rewarded or recognized. Whereas those who are intrinsically motivated tend to be more balanced and achieve longer term success.

It is very important to me that we work hard at finding a balance between intrinsic and extrinsic motivators. There is little doubt in my mind that the right incentives serve a purpose in assisting in the process of learning and development but an intrinsically motivated individual has a sense of purpose and in the long term is far more likely to succeed. Constantly seeking external affirmation leads to increased levels of anxiety and a fear of failure. As educators we are tasked with teaching our pupils a set of skills that will enable them to contribute effectively in this fast paced every changing world. We seek to educate balanced intrinsically motivated young adults with a deep sense of purpose.

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*Adapted from an article written by Elizabeth Mulvahill Understanding Intrinsic vs Extrinsic Motivation in the classroom*



## MEET OUR STUDENT LEADERSHIP TEAM

### - Malaika Mohlaba, Deputy Head Girl

In Grade 9, I came across two concepts that I believe have informed the way I see myself as a person and the way I approach leadership today. First was the the Swahili proverb 'Mtu ni watu' which means 'a person is people' and the Sikh term 'Seva' which means 'the selfless service of others'. As Deputy Head Girl of 2020 my duties to and hopes for Stanford are centered around these two ideas.

My role, to my understanding, is to help the staff in ensuring that Stanford is a place in which each individual can learn and grow towards their best selves and to remind the students to constantly be committed to giving their best, especially when things get difficult. It is through giving our best, being committed and to helping those around us give their best, that I hope Stanford will continue to grow and reach even greater heights.

My biggest hope for this year and ultimately the school is that we never lose our spirit of Ubuntu because it has proven itself to be the driving force behind our successes. I hope we continue to carry it on the sports fields, to bring it on to our stages and into our classrooms.

In 2020 we are letting our love for the trees drive us to constantly be better than we were, for our fellow badgers,.

**LET'S DO IT FOR THE TREES!!**



Round Square Conference  
for 13 - 15 year olds  
St. George's Diocesan School  
NAMIBIA  
22 - 26 February 2020



## NEWS IN BRIEF

### KAYAKING

Friday the 14th of February saw the unofficial whitewater kayaking 'team' heading to Sabie village for the annual Sabie X-Fest. Saturday was competition day, meaning we hit the Sabie River early and paddled down until reaching the three big 'race rapids'; Jeff's Rapid, Lock Stock and Cyphen Falls. Congratulations to Ethan Hitchins for the best time on Jeff's, to Mr Fullard for an overall second place and Jarryd Gosling for a third. Also a mention to Mr Vrugtman for his persistence through his many wipeouts. Sunday was a social paddle, down a different section of the river. Joined by a few other paddlers, we threaded through some more technical rapids and many fallen trees. Most of us ran our first waterfall of 8 metres. It was a tough day, more so for some, but the rest afterwards was well worth it. Mr Fullard was especially impressive in the way he handled everything, and taught us a lot. Thank you to Mr Fullard and Mr Vrugtman for organising the trip and keeping us safe on the river, and a mention to Kestell Adventures for organising the festival.

- Josh Fairhead, Grade 11

### ATHLETICS

Six athletes competed in the District Trials held in Nkownkowna on Thursday. Our athletes performed exceptionally well, with Lia Revelas dominating the rest of the field in the 400m hurdles and 100m hurdles. Lia broke the provincial record in her 400m hurdles race, running an exceptional 1:04,37. Kian Noné and David Ramalepe both qualified for SA's in the High Jump and 100m respectively. Both boys also jumped and ran their personal bests. Congratulations to all three, who have now qualified to represent Limpopo at SA Champs. Mada Buliani faced some tough competition on the track and despite not running a qualifying time, he did run his PB. Devon Coad and Hosea Muleya, despite putting in great performances, narrowly missed qualification as well. Well done to all the athletes for their commitment this season, we have achieved some astounding results!

### DOWNHILL MTB

Congratulations to Riley Filen who took part in the first round in a series of three SA Downhill Championships races held in Jonkershoek on Sunday, 23rd February. Riley finished first in his age category in the event!

## UPCOMING CAREERS EVENTS

5

MARCH

The Grade 11s are going to a career morning on Thursday the 5th March at PHS.

18

MARCH

The Grade 11, 8 and Bridging Year students are going to attend workshops run by Elevate Education on the 18th March. They are about time management, study skills, writing exams. Further details to be announced closer to the time.

## RACERS ARE ALWAYS READY TO RUMBLE

The following six brave athletes took on the Red Ants Rumble Adventure Race last weekend: Reuben Middleton, Danica Altenroxel, Jarryd Gosling, Gunther Katzke, Jethro Clowes and Heidi Katzke. They raced as one team and finished 8th out of 24 teams. Two teams made up of SLC parents also participated; Sean Fairhead and Dr David Rogers as one team and Walt and Zelda Katzke as another. Stanford alumnus and Head Boy from 2019, Casper Venter, also participated. The following report was written by Danica Altenroxel:

After an interesting drive, which included trying to push start a vehicle, we arrived at ZipX. We set up camp just in time to dodge the rain. We got our box A and bikes ready and headed to registration at Transition 3 at Leopards View. After hearing about hippos, crocodiles, shooting ranges and a military dog in the briefing, we were nervous about the race but keen to explore the surrounding area.

At 05:30 on Saturday morning we officially started the Red Ants Rumble 2020. Our first leg was a humbling kloofing section that saw many slips and falls but was a great way to settle the nerves and put smiles on our faces. After 11km of trekking, we climbed in our kayaks and paddled off to get our first CP of the race. We managed to catch a few teams on the kayak and eagerly climbed the 6km out of the gorge to meet our bikes and cheerful supporters at T3.

After a good rest and a look at the maps we took off on our 48km cycle. Having overshot a turn early in the leg we refocused on the navigation and nailed it coming into T4 just as the rain started. The next leg was a 19km Rogaine hike where we had to collect any 6 of 8 CPs. We chose to stick with Team Baldylocks. We decided to go out and try get 2 of the nearest CPs and then take it from there. After looking for 1 CP for over 3 hours we decided that we should rather head back to our bikes for the cycle home.

The last 30km of the race was a cycle home. With sore legs but eager to reach the finish we pushed on. We finished the race in about 19hrs and in 8th position over all.

It was an incredible race, the perfect balance of challenging moments and beautiful scenery to make those challenges worthwhile. Thank you to team Red Ants for putting on a great race and thank you to the team at ZipX for making our stay as enjoyable as it was.





## ACADEMIC STARS HONOURED

A prize giving assembly was held on Thursday, 20th February, and the following top achievers received academic awards based on their 2019 promotion marks:

### GRADE 8 BRAINS BAR



From left to right: Claire Klinkert, Luke Fairhead, Rachel Rix and Serena Rix.  
Absent from photo: Skylar Stevens

### GRADE 9 BRAINS BAR



From left to right: Cara Prinsloo, Jacinta Kubayi, Lulu Cooper, Emmana Mohlaba, Rachel Thompson, Azania Mangena and Zoë Burman. Absent from photo: Llewellyn Rogers and Tanatswa Murasiranwa

### GRADE 10 ACADEMIC HALF COLOURS



From left to right: Callan Schultz, Priyanka Gohil, Danish Saleem, Mudathir Cassim (reaward) and Reuben Middleton. Absent from photo: Anke Spies (reaward)

### GRADE 10 ACADEMIC FULL COLOURS



From left to right: Hloni Mangena (reaward) and Nikita Stoltz (reaward). Absent from photo: Megan Joynt (reaward)

### GRADE 11 ACADEMIC FULL COLOURS



From left to right: Muaaz Bhyat and Tayla Coad

### GRADE 11 ACADEMIC HALF COLOURS



From left to right: Owen Venter, Dimpho Mohuba, Malaika Mohlaba (reaward), Khina Dressels (reaward) and Akila Ramdhare. Absent from photo: Marthinus Maritz (reaward)

### GRADE 11 ACADEMIC HONOURS



From left to right: Danica Altenroxel (reaward), Faaria Rheemtula (reaward), Lia Revelas (reaward) and Husnaa Dada (reaward)