



Matters of Principal

This morning, as I was standing on my verandah enjoying my morning cup of coffee, I could feel a distinct nip in the air. As the mist slowly dissipated, I noticed a thin white layer of ice had settled over the vegetation on the banks of the lake. Jack Frost had paid a call to lay down the winter's first frost. Winter is here! The days remain beautiful but the evenings have certainly cooled down. The extraordinary beauty of this campus continues to amaze me, regardless of the time of day or the time of year. Our pupils are blessed to have such surrounds rather than city walls and endless streets devoid of colour and greens spaces.

We are hosting our Open Weekend on Saturday and Sunday. The campus, dressed in the vibrancy of autumn shades, is looking absolutely stunning, with the slowly fading summer greens and the serene blue skies providing colour contrasts. I have always maintained that our biggest marketing challenge is getting parents and pupils onto our campus and that once they are here, the rest will take care of itself. Interaction with our pupils and exposure to our

*Late lies the wintry sun a-bed,
A frosty, fiery sleepy-head;
Blinks but an hour or two; and then,
A blood-red orange, sets again.*
- Robert Louis Stevenson

programmes and the majestic beauty of this valley make it an 'easy sell'. We are oversubscribed for the weekend, expecting in excess of 80 potential new Stanfordians and sadly having to turn away another 10 pupils. It is wonderful to note such keen interest in our school. As we head into winter, we do so with a high level of optimism. Our sports programme is running and our pupils are engaged in a wide cross-section of activities. This weekend promises to be packed full of exciting activities, with full Netball and Rugby fixtures planned and an adventure-filled marketing weekend.

In closing, I wish all Muslim members of our community 'Eid Mubarak'.

Have a safe and Blessed weekend.



Congratulations to school nurse, Mrs Willson, who received her vaccination against COVID-19 last week.

On Friday, 7th May, we hosted Ben Vorster girls' hockey teams for a full afternoon of hockey fixtures. For the U/14s, this being the first match of their high school careers, butterflies filled their tummies and the nerves set in as the first whistle went. There was some good hockey on display and the girls had loads of fun. In the end, Ben Vorster walked away with the spoils 5 - 0. Next up, the U/16 girls took to the pitch, the team had some new faces and was filled with a majority of U/15 girls. Some great runs saw the girls get close to scoring and they created a few chances; however, it would not be their glory day as they lost 8 - 0. A new look Stanford Lake College 1st XI took to the pitch facing a very strong Ben Vorster 1st XI, many of them playing in the traditional 1st XI stripes for the first time. As the whistle blew, the nerves set in and SLC were on the back foot with two quick goals from the opposition. The Stanford Lake College girls defended well to keep the half time score at 5 - 0 to Ben Vorster. They fought to the end and never gave up, but went down to a strong Ben Vorster team 11 - 0. Well done to all our girls. We wish Ben Vorster good luck for the rest of the season.



SNAP SHOT

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TEAM BALEGA RISE UP TO THE CHALLENGE

Heidi Katzke and Jarryd Gosling joined Team Balega for the 120km Adventure Race hosted by Kinetic Events in Swellendam last weekend. The adventure began early on, with the Breede River coming down in flood, causing a last minute change in race venue. The route was adjusted, the kayak leg was removed, flights were almost missed and pouring rain pounded the tents of pupils and parents alike. But spirits were not to be dampened and Team Balega began their race positively.

Stanford Alumni, Danica Altenroxel and Emma Melville were also racing, joining Team Biltz and Brand. Balega finished 6th overall and are currently lying fourth on the log for AR World Series (Africa). Unfortunately, Blitz and Brand didn't finish as they had two injuries and had to pull out.



On Thursday 13th May, the third round of league golf took place in Polokwane. It was a nippy start to the day and wasn't the best day out on the course for our golfers; Luca Wasley, Relotilwe Sekhula and Owen de Witt. The format is Stableford points and only the best three scores from the top four players are taken for each round. As we only had three of the four pupils playing, their scores all counted. We are currently in 3rd place in the league, so it is all to play for to make the league finals which will take place on 21st May. Hopefully, the golf, and the weather, will heat up to finish on a high!



ELEVATE EDUCATION

We have been working with Elevate Education for a number of years now. Each year Elevate Education provides study skills seminars and workshops to over 2,000 schools and 500,000 students. Drawing upon 19 years of research into the habits of the country's top students, Elevate's high impact seminars and workshops help students to improve their study techniques, increase motivation, improve organisational skills, increase student confidence and raise exam performance. Elevate is now offering free webinars for parents so that they can help their children cope with exams, studying, etc. during these challenging times. There are three webinars available this term, they are free and there is usually a copy of the talk available on YouTube afterwards for those who have missed the webinar.

The dates and topics are:

Wednesday 12th May @6pm - *Exam preparation techniques to help your child to prepare for tests and assessment.* The recording for this webinar is available below:

<https://get.elevatecoaching.info/za/replay>

The next webinar is on *exam room skills to help your child to stay calm and perform in the exam room* and will be held on Wednesday 26th May at 6pm. As a reminder parents can register for the free webinar here:

<https://get.elevatecoaching.info/za/register>

Wednesday 6th June @6pm - *Memory techniques and learning styles.*

The webinars include planner, resources, practical tips and tools.

Miss Maake and her Outreach team delivered a bakkie load of textbooks to Appel and Makome High Schools yesterday.

RIGHT: Ma'am Seabi and pupils from from Makome High School receiving Life Sciences, Business Studies, Economics, Physical Sciences and Mathematics textbooks from Miss Hlungwane.

BELOW: The Outreach team delivering a bakkie load of books to Appel School.



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CREATIVE CORNER

RIGHT: The Grade 10 pupils took their English lesson with Mrs Thompson outside this week and had a blast acting out the death of Julius Caesar.

BELOW: Excerpts from a Creative Writing task that the Matrics were given, discussing food and what certain meals mean to them or how food makes them feel.

A truly good meal leaves you completely satisfied. It is not only about the food. It is an experience. An experience that should be shared with others. As someone who is currently fasting for the month of Ramadan, I cannot begin to describe how enjoyable that meal every evening is. Our whole family gets together, and there is an air of togetherness (accompanied by the smell of good food). - Danish Saleem

It was a Christmas gathering of uncles, aunts and cousins on a potato farm in the Free State. We all sat outside on the lawn, cicadas chirping and cows mooing, chatting about whatever was going on in each of our far-away homes. The table had been set with salads (rabbit food, I say) and condiments, in preparation for the lamb that had been slowly roasting on a spit. After about 5 hours of staring at the sizzling flesh, I was more than keen to tuck in. However, as I sat down at that table with a massive hunk of meat in front of me, out of the house came a bowl of small, golden-brown globes floating in amber sauce- the greatest golden-brown globes floating in amber sauce that I have ever graced my mouth with.

The mouth-watering sensation was only amplified by the traditional setting- the clear blue skies and flat expanses of fields reaching beyond the horizon could not have been more typical of a traditional "boereplaas". I gained a new appreciation for the kind of life my family lived.

- Josh Fairhead

Food is meant to be enjoyed and nothing is as mouth-wateringly delectable as pap and wors. The juicy mouthful of wors with some pap in the passenger seat diving the fork all the way from the plate to my gullet, like a race car driver on the final stretch. There really isn't anything better than a piece of wors braaied to perfection and some pap that's been simmering on the stove, just begging to be consumed. The only downside to pap and wors is that it evaporates, you dish up and before you know it, it's gone. - Stefan Otto



With a bunch of different foods and desserts bouncing off my mind like a basketball on a court, I just couldn't choose one. To eliminate the types of meals was easier than just choosing one meal... Junk food like KFC being easiest, not because of the fats, but because it is more superficial and has no loving feeling attached to it. It is more like an awkward one-night stand. It made it easier to choose the category of food if I attached some sort of feeling or memory to it. I would choose the traditional food my mom cooks. It has a warm, authentic feeling - I guess that's the same feeling everyone gets when eating at home. It is a part of who I am, as it is a part of my heritage. - Larona Morake

My gran raised me with sweet tea and warm porridge. The smell always comforted me like her warm hugs, and still does today... Last year my Gran fell really sick and with the lockdown regulations it was impossible to travel. Her illness shook the whole family and had everyone thinking the worst. This sent me down memory lane, particularly to the first time she let me cook with her. You see, food to my Gran was an art form, it was her way of showing love. The dumpling that took the whole day to make. The savoury beef stew that had just enough of everything, including love. That is a meal I will never forget and will always be my comfort food. Whenever I need a little of her love, I know I will find it in that meal. This helped me come to terms with the realisation that she won't always be with me, she won't always be a call away, but she will always be in my memories and the meals we shared together. - Oratile Choeu

MTB NEWS

The third instalment of the Limpopo XCO MTB Series was hosted by Bouncy Croc Ranch in Mookgopong last weekend. An exciting but tricky trail was laid out for the kids and adults alike to race on, finishing each lap with a jump over an aptly built concrete crocodile. Stanford was again well represented by the boys from the Insect Science team, Gunther Katzke coming in in pole position by a good margin, followed by Ruan Janse van Vuuren (Vaalwater) in second and Herman Fourie rounding off the podium in third for the junior boys.

In the Sub-Junior Boys category, Gordon Noel put dust in the competition's eyes with a brute of a race coming in 1st position and another podium finish for the youngster. Well done, Gordy! The Limpopo XCO Series is drawing to a close, and we are looking forward to the championship to be held at SLC on the 29th of May 2021, sponsored by Insect Science. Being on home ground, this event is not to be missed, and we encourage all riders to participate.



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BID ONLINE AUCTION

Thursday
27th May

via Telegram

Money raised will
go towards to
the Matric Dance

Wine, gin, breakaway
weekends, handbag,
helicopter experience
and MUCH more!



The online auction is fast approaching! Keep an eye on our social media pages for a sneak peek at the lots available. A full auction catalogue will be available next week. In the meantime, make sure you are connected to the Telegram group... This is where the auction will take place!

<https://t.me/joinchat/uWAJ9M2zVxRiM2Y0>

CLASHES VS MERENSKY

The soccer boys played well on Monday afternoon, coming out as the strongest side on the day, winning 5 - 1 against Merensky. Trez Ngobeni scored 1, Mada Buliani 1 and Christian Krüger got the match ball with a hat-trick on his name. Well done to all debutant boys coming from the junior side, who all performed really well. The boys have shown their hunger to play soccer this season, and we cannot wait to see what the season has in store for the team!

- by Mada Buliani

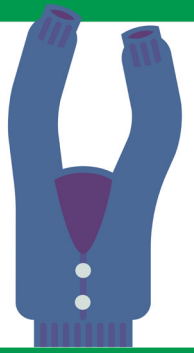
On Wednesday 12th May, Stanford Lake College's U16/A Hockey Boys took on Merensky U16/B. It was a hard fought match with both teams attacking hard. Stanford were first to score and went into the first half 1 - 0 up. Merensky, however, came back with a response to that and early in the third chukka made the score level, soon followed by a second one. Stanford regained control of the game in the last chukka, scoring 3 goals making it 4 - 2. Well done to the U16 boys and a special mention to Kian Noné who scored a hat-trick.

The U/15 rugby team also travelled down the mountain to take on Merensky on Monday afternoon. The Stanford boys were 21 - 10 up at half time. In the second half, Merensky put many of the U/15A players on the field, and soon began racking up the points. The game ended 33 - 38 to Merensky. Yoyo Muditambi put on a fine kicking show! Well done to all the boys.

WINTER JERSEY DRIVE



Please have a look through your wardrobes for jerseys that you no longer wear. We would like to donate jerseys to those in need for the winter. Please ensure the condition is still good and hand in the donations to your tutor or Miss Maake before the end of May.



NETBALL NEWS

The netball girls had another frustrating day on the courts this week, as four Stanford teams played against Ben Vorster on Thursday. The Vossie girls dominated the matches, convincingly winning all four games.



SOCCER

U/16 BOYS HOCKEY

RUGBY