



Matters of Principal

On Monday, I spoke to the school about the importance of planning. We all lead very busy lives and - without goals and a good plan - we can potentially meander from one task to the next. Over the past 20 years, I have watched schools become busier and busier places. In order to offer our pupils as many opportunities as possible, we add more and more to our programme and expect pupils to participate in as many activities as is possible. For many of them, their day begins at 6am and they only stop when they climb into bed and turn their lights out after 10pm. The demands on all of us are simply increasing. Everyone wants their pound of flesh.

If we are to succeed at all we do whilst also alleviating some of the stress, the key lies in good planning. We need to take into consideration the different demands of the various stakeholders and any other factors which may influence our day-to-day activities. I shared with the school a few strategies that they could adopt in planning their lives. We make it compulsory for our junior pupils to make use of a diary in order to facilitate planning but I encourage ALL pupils to do the same (be it an old fashioned paper diary or an electronic one). I encouraged our pupils to make use of the school calendar on the D6 communicator to get an overview of their term's activities, to access the tests calendar and to find out from their teachers when assignments and projects are planned. They must plan their daily schedules carefully if all of their commitments are to be met.

As a staff, we work very hard to plan and fit in everything on our calendar whilst managing the load on our pupils. At times, we are reliant on outside organisations to set dates or schedule fixtures and

"Always plan ahead. It wasn't raining when Noah built the Ark"
- Richard Cushing

all too often, these change or are delayed, which throws out our internal planning. Such curve balls are beyond our control.

In the tutor period this morning, the pupils worked on their planning skills with their tutors. This is something that we all - including our parents - need to continually drive with our children. I encourage you to step in and assist us by helping your children to plan effectively if you can, because no-one knows your child like you do.

The words of Benjamin Franklin ring true "By failing to prepare, you are preparing to fail". None of us want that for our pupils.

We have a less hectic programme this weekend with only a few pupils involved in formal school activities on Saturday and Sunday. From next week, things once again become extremely busy as we have two big Derbies coming up (one involving a trip to Gauteng) and then, shortly after that, we are into exams. We all need to support our pupils as best as is possible as they navigate the next month. Please work with us on this and check to see they have a good plan and feel equipped to perform at an optimal level.

Have a wonderful weekend.

God Bless,

NEWS IN BRIEF

RUGBY



Congratulations to Xilombe Ndlopfu who was selected for the U/18A Limpopo Rugby side and will play in the Craven Week Tournament! This is the first Craven Week selection that Stanford has seen in a number of years. Well done, Xilombe!

GOLF

The second round of the golf league took place on Thursday. There was over 90 players on the day - and this was only for the Northern region! Luckily we had a full squad of four competing (Ryan Nel, Relotilwe Sekhula, Matt Allison and Tristan Brett) and it was a very good day in the office for the lads. They managed to get a total of 95 points and finished tied second on the day in the B division. Well done! The next fixture is next Thursday at Kameeldoring Golf Club in Mokopane and then off to Beaulieu for a round at Kyalami Country Club.

DEBATING

On Saturday, three of our senior debaters (Lungile Sithole-Wiltshire, Jenny Zhang and Vukosi Mbowane) took part in the Turfloop Debating League Tournament. It was a great opportunity for our speakers to experience such a rapid debate tournament which involved prepared and unprepared rounds. They were commended for working together as a team and how they presented their arguments. They won the first round and lost the second round of the debate. Overall, Stanford was awarded 3rd place in the senior division and received Bronze medals. A special mention to Jenny Zhang who was awarded best speaker in the first round. Well done to



these three
Stanfordians!

SNAP SHOT

Stanford Lake College
ISSUE 15 of 2022 - 13 May

Oh! What a night!

There is something wonderful about seeing a stage full of dancing children. Despite the very brief rehearsal time and against all odds (load shedding, sports schedules, late buses, cold nights and sickness), the Stanford Stars Variety Show came together last week. The Inter-House Music section saw every pupil on stage and the standard was high. The show itself had over 100 pupils in it, with acts ranging from various styles of dance to skits, marimbas and djembe and piano items, gymnastics, a host of solos and duets and 49 matrices modelling outfits. To build a performance culture in a school takes years – and one pandemic to collapse it. We started again from ground level and found talent, grit, confidence and willingness in abundance. There were items that could have held their own on any stage in any school and will live long in the memories of those who saw the show. Well done to every participant and thank you to all who braved the cold to support our stars.



Founders South, proud winners of the Inter-House Singing. They were followed by Ken Shuter in second and Lakeside in third.



SPORTS NEWS

NETBALL

This past weekend, we travelled to Polokwane for a friendly fixture against Northern Academy and unfortunately none of the Stanford teams got their desired outcomes. The girls had a fun day out in Polokwane despite the end results.

Yesterday the girls spent the afternoon in Tzaneen to honour the league fixture against Ben Vorster. It was a really tough day, but the girls played well, fighting right until the end. They displayed resilience and perseverance out on the courts. We are hoping for a better outcome with our upcoming fixtures as we draw closer to the end of the season.

NOTICE

A friendly reminder to parents and pupils that all weekend stayovers need to be booked on BoardWell by Wednesday evening and the boarding weekend ticket then needs to be purchased on ALLXS before Thursday tea break.

ENGLISH CONFERENCE

LIMPOPO Two weeks ago, Stanford Lake College arranged and hosted the first Limpopo English Conference at PEPPS for all the IEB schools in the area. PEPPS was our venue due to accessibility and we are grateful to them for their willingness to help. Six IEB schools were represented, with staff from three of them presenting sections. The programme ran from 1pm – 5pm and covered vital skills in the teaching of comprehension, poetry, visual literacy, transactional writing, the CAT task and how to encourage reading.

SPORTS NEWS

RUGBY

This past Saturday, the four rugby teams took on Northern Academy in our annual league matches on the historic Capricorn field. All the matches were played in very good spirits and it was refreshing to see that all eight teams were determined to play hard but clean rugby. The U15s were first up and unfortunately gave away two easy tries early on in the game. However, they put together a really good second half and showed a lot of promise for the future, only just losing the game 29 - 17.

The 2nd Team was next up and this was a highly entertaining match for the large group of spectators. Both the Stanford and Northern Academy teams threw everything at each other and the crowd was treated to some very good rugby. In the end, the Stanford 2nd Team won it with a last minute penalty, winning 10 - 7. Unfortunately, the U14s found themselves in a one-sided game and could not match the speed and power of their Northern Academy counterparts, losing 47 - 5. However, there were many lessons learned by this young and inexperienced U/14 Team and they too are getting better each week.

Finally, it was time for the 1st XV Teams to take to the field and it was obvious from the get-go that both sides were determined to leave with a win. It was the Badgers that drew first blood after applying defensive pressure and forcing a turnover which David Ramalepe turned into a try. Devon Coad had an exceptional man of the match performance at fly-half, and also forced a mistake through his great tackling that he dotted down for our second try. His kicking was also spot on and through his right foot, Stanford was able to stay in the game after long periods of sustained pressure from our rivals. Munashe Machaka scored a brilliant try off the back of a dominant scrum to even the scores with 10 minutes to play.

Unfortunately, we then gave away a silly try with five minutes remaining and in such a tight game it seemed as if it was not to be our day. However, the 1sts showed real tenacity and grit in never giving up, with captain Christian Krüger sneaking around the side of a ruck to score the winning try one minute from the final whistle, with the 1sts winning 29 - 24. Well done to all the boys who represented the College so well on Saturday.

HOCKEY

On Tuesday, 10th May, the hockey girls played against Piet Potgieter on home turf. The U/14 girls took to the turf first and they certainly looked to assert their dominance early in the game as they scored within the first five minutes. This set the tone for the rest of the game as the eager U/14s spent the whole game in the visitor's half. The final score was Stanford Lake 6 - 0.

The 2nd Team took it upon themselves to also get a great result and their second win of the season. They came out guns blazing and made light work of the first half, scoring five well worked goals. The visitors solidified their defensive structure in the second half making it harder for the Stanfordinians to get the ball into the goal, but the girls persevered on and were rewarded with two goals in the second half. The final score was 7 - 0.

The U/16 girls were next, playing a well-controlled game and threatening the goal at every chance they got. However, the opposition defended the goal with their lives and the Stanford girls could not find the goal line for the first two chukkas of the game. However, things turned around for them in the second and third chukka, where they scored some well-worked goals to end the game 3 - 0.

The much awaited 1st Team took to the turf last. The girls were in high spirits and ready to have a go at the visitors. The game was evenly balanced in the first half with both teams making great attempts but the keepers kept the scores even. The Stanford girls found a breakthrough in the very last minute of the second chukka. The story was exactly the same in the third chukka. Going into the last fifteen minutes of the game, the girls notched it up a gear and gave it their all, scoring three well-worked goals and completely taking the game away from the visitors. The final score, 5 - 0.

We are proud of all the girls' teams and their results this week, they have definitely found their strides and have built up momentum, we certainly look forward to next week's fixtures.

**Please note that the netball tomorrow has been cancelled.
Apologies for the inconvenience.**

ELEVATE EDUCATION

Elevate Education runs a series of webinars for parents. Next Wednesday, May 18th, they will be running a webinar on Memory Skills. Does your child spend hours reading over notes hoping that they'll stick? Do they complain of mental-blanks in exams or simply forget what they've learnt? Hopefully this webinar will help. Learn more about:

- > How memory actually works (and how it has nothing to do with brain capacity)
- > The most effective environments to assist in memorisation
- > 3 techniques you can implement overnight to improve revision

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