



The Adventure Brief

“Adventure begins
where comfort ends.”

Stop staring at the mountains. Climb them instead! Yes, it's a harder process but it will lead you to a better view! Anonymous.

We all have experienced something hard in our lives and something that has put us outside our comfort zones. All of us needs to get a better view and what better way than to do it in the outdoors! In our busy lifestyles nowadays it is more important than ever to get outdoors! Like everything else this year, change and challenges are a given (like the weather on the mountain this week with the Gr.8 Expedition), but who said you cannot have fun while experiencing those!

The new climbing wall is seeing a lot of action and a few loud shrills are heard when the hands are slipping off grips – and then the laughter follows!

Dr. Richard cites a lack of resilience as being one of the major contributors towards mental health issues in young people. Yet he also argues that it is one important aspect over which we might have some control and influence. Engaging in challenging outdoor experiences, he suggests, help to stretch and develop resilience; a resilience that helps defend against the emotional impacts of everyday, and particularly adolescent, life.

So here is the reality; we need to make sure that young people have every opportunity to explore their world and their own potential. They need a safe and supported environment to confront their fears, to face and manage risk, to develop confidence, teamwork, empathy, leadership and resilience. They need to build relationships, trust, self-esteem and the opportunity to shape their characters and their futures.

The dad classes and expeditions are an integral part of life at Stanford!

The programme is designed to get us (all of us) outside our comfort zones but still have fun while we do it! We learn very important life lessons in these times and they will stand us in good stead later in life when we face other challenges. The Gr.8 group recently completed their first mountain expedition and summited the highest point in Limpopo- the Iron Crown (not that we could see anything at that stage). During this expedition we had a session with the students about 'pressure'. What does it look like, where does pressure in your life come from – peers, parents, staff, sport, exams or yourself! Different ways of dealing with pressure? So it is more than just a hike in the bush and having fun with my peers. Ask any outdoor staff member what it is that young people might gain from climbing a rock face with a degree of apprehension written across their face or collapsing exhausted into a wind battered tent at the end of a day trekking on a mountain, and they will give you words such as 'self-confidence', teamwork, communication and leadership.

This is why we do Adventure! So, what are we waiting for? Let's go climb that mountain!

Warm Regards
Neil Haarhoff
Director of Outdoor Activities

WELCOME TO THE FAMILY

We are pleased to announce that Mr Olwethu Hugo has been appointed as the new Deputy Headmaster: Pastoral Care, Discipline and School Culture at Stanford Lake College.

Olwethu matriculated from Graeme College in Grahamstown, where he served as Deputy Headboy, Head of Boarding, and captain of the 1st XV rugby team.

He went on to complete a Bachelor of Social Science degree and a PGCE at the University of Cape Town, as well as a Certificate in School Management and Leadership (CSML) through Harvard Graduate School of Education (Online).

Olwethu began his teaching career at Manyano High School in Khayelitsha before progressing through a number of highly regarded schools, including Bishops Diocesan College (Cape Town), Michaelhouse (KZN Midlands), St Peter's College (Johannesburg), and Curro Waterfall, where he served as Operational Headmaster. He is currently teaching at Northwood Boys' High School in Durban.

Throughout the recruitment process, Olwethu demonstrated exceptional leadership ability, a deep commitment to pastoral care, and a clear alignment with the values and vision of Stanford Lake College.

We are confident that he will make a significant contribution to the life of the school and will be a valued member of our leadership team.



ANNOUNCEMENT

We are pleased to announce the appointment of Ms Kyla Hamer as Housemistress of Lakeside Boarding House and to welcome Mr PJ Bower as Housemaster of Founders North.

We look forward to the positive impact they will have on our boarding community as they support and guide our learners in creating a home away from home.



WINTER SPORTS ACTION

Playoff Success for Stanford Lake College Sport

This term has been a memorable one for Stanford Lake College sport, with an impressive seven teams qualifying for their respective league playoffs and finals. This achievement reflects the dedication, perseverance, and commitment shown by our players and coaches throughout the season.

The teams that have progressed to the playoffs and finals are:

U14 Boys Hockey
U16 Girls Hockey
U16 Boys Hockey
1st Boys Hockey
U15 Rugby
U16 Rugby
U17 Netball



To have so many teams competing at the highest level in their leagues is a testament to the strength of our sports programme and the hard work put in both on and off the field.

We are incredibly proud of every player who has contributed to this success, as well as the coaches whose guidance, passion, and commitment have helped these teams reach this stage. Regardless of the final results, qualifying for playoffs and finals is an achievement worth celebrating.



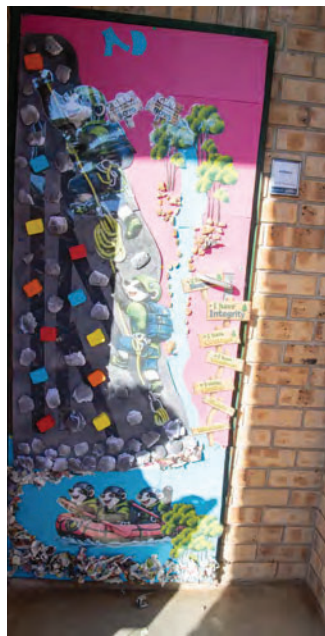
COLOUR RUN

A Colour Run is less about competition and more about connection, energy, and joy. It's a moment where pace doesn't matter and perfection is left behind—participants move through clouds of colour, laughter, and music, celebrating freedom in its simplest form.

It's about letting go of pressure, embracing the chaos of colour, and remembering what it feels like to just have fun.



THE DOOR-MINATION COMPETITION



SENPAI ZAMAAN

Congratulations to Zamaan Theba on officially grading to Brown Belt and earning the title of Senpai in karate.

This achievement is a testament to his dedication, discipline, and perseverance on the dojo floor. As a Senpai, Zamaan now takes on a leadership role, setting an example for younger karateka and continuing to grow both as a martial artist and mentor.

With his sights set on achieving his 1st Dan Black Belt in December 2027 and earning the title of Sensei, we look forward to following the next chapter of his martial arts journey.

Well done, Zamaan – your Stanford Lake College family is incredibly proud of you!



SCHOOL OF TROUT MOVES IN




Wolkberg Trail Run

IRON CROWN PEAK
2126M



Scan the
QR Code
to Enter

8-9 August 2026

 **Donate** 

Stanford Lake College Cares

This year, Stanford Lake College is proud to support the SPCA in collecting the items listed for our furry friends.

We encourage everyone to get involved - every donation makes a difference.

Donations can be handed to your tutor, houseparent or Ms Nkosi's class.

Due date: 31 July 2026

Dry Food Wet Food
Kitty Litter Blankets
Tick/Flea Toys



BADGER BONANZA

 Stanford Lake College

SAVE THE DATE

29 AUGUST 2026

Stanford Lake College, Magoebaskloof

CARNIVAL GAMES FOOD & CRAFT STALLS ADVENTURE ACTIVITIES

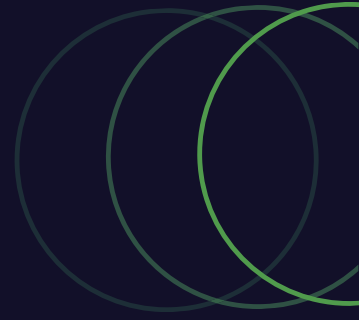
*** A FESTIVAL OF FUN FOR THE WHOLE FAMILY! ***





Stanford Lake College Weekly Notice

22 June – 10 July



| Date | Activity | Time | Venue | Staff |
|--|--|----------------|------------------|--------------------|
| Monday 22 June | Choir | 14:15 - 15:30 | IJV | Renee |
| | Snr Boys Soccer | 14:00 - 15:55 | Bottom Field | GM/ NM |
| | Snr Girls Soccer | 14:00 - 15:55 | Bottom Field | KN/MCM |
| | Jnr Boys Cricket | 14:00 - 15:55 | Top Field | SB/SJW |
| | Jnr Girls Cricket | 14:00 - 15:55 | Top Field | AG/CR |
| | Boys Tennis Trials | 14:00 - 15:55 | Tennis Court | IC |
| | MTB | 14:00 - 15:55 | Adventure | NH/BA |
| | Girls Swimming Trials | 14:00 - 15:55 | HPC | KO |
| | Gym | 14:00 - 15:55 | HPC | JH, TM, KH, KO, AG |
| | PS Lesson | By Appointment | PS Lab | LBM, GVS |
| | Grade 12 Math's | 14:30 - 15:30 | MCE Class | MCE |
| | Grade 8 & 9 Math's | 14:30 - 15:30 | JG Class | JH |
| | Gr 10 & Gr 11 Examination as per timetable | 07:45 | | |
| | Gr 12 Consolidation as peer timetable | 07:30 | | |
| Gr 8 & Gr 9 Examination as per timetable | 07:45 | | | |
| Tuesday 23 June | Music Lessons | 15:00 - 17:15 | IJV | CAL |
| | Gr 11 Culture Week Planning | 15:00 16:00 | DAD Centre | RMJ |
| | Snr Boys Cricket | 14:00 - 15:55 | Top Fields | CN, TM |
| | Jnr Boys Soccer | 14:00 - 15:55 | Bottom Field | PR, GM |
| | Jnr Girls Soccer | 14:00 - 15:55 | Bottom Field | KH, SB, TH |
| | Jnr / Snr Trail Running | 14:00 - 15:55 | Adventure Centre | PJB, JH |
| | Girls Tennis Trials | 14:00 - 15:55 | Tennis Courts | IC |
| | MTB | 14:00 - 15:55 | Adventure Centre | NH/BA |
| | Boys Swimming Trials | 14:00 - 15:55 | HPC | KO |
| | Gym | 14:00 - 15:55 | HPC | JH, TM, KH, KO, AG |
| | PS Lesson | By appointment | PS Lab | LBM, GVS |
| | Grade 11 Math's | 14:30 - 15:15 | NNM Class | NNM |
| | Senior Accounting Extra Lessons | 14:30 - 15:30 | CR Class | CR |
| | Gr 10 & Gr 11 Examination as per timetable | 07:45 | | |
| | Gr 12 Consolidation as peer timetable | 07:30 | | |
| | Gr 8 & Gr 9 Examination as per timetable | 07:45 | | |

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| Wednesday 24 June | <p>Music Lessons</p> <p>Matrix's vs Staff Netball</p> <p>Matrix's vs Staff Hockey</p> <p>Snr Boys Soccer</p> <p>Snr Girls Soccer</p> <p>Jnr Boys Cricket</p> <p>Jnr Girls Cricket</p> <p>Snr / Jnr Tennis</p> <p>MTB</p> <p>Swimming</p> <p>Gym</p> <p>PS Lesson</p> <p>Gr 10 Math's</p> <p>Gr 9 Math's</p> <p>Academic Assist for DS</p> <p>Junior Accounting Extra Lessons</p> <p>Gr 10 & Gr 11 Examination as per timetable</p> <p>Gr 12 Consolidation as peer timetable</p> <p>Gr 8 & Gr 9 Examination as per timetable</p> | <p>14:45 - 17:30</p> <p>14:00 - 14:40</p> <p>14:50 - 15:40</p> <p>14:00 - 15:55</p> <p>14:00 - 15:55</p> <p>14:00 - 15:55</p> <p>14:00 - 15:55</p> <p>14:00 - 15:55</p> <p>14:00 - 15:55</p> <p>14:00 - 15:55</p> <p>14:00 - 15:55</p> <p>14:00 - 15:55</p> <p>By Appointment</p> <p>14:00 - 14:45</p> <p>14:00 - 14:45</p> <p>14:00 - 14:45</p> <p>14:00- 15:00</p> <p>07:45</p> <p>07:30</p> <p>07:45</p> | <p>IJV</p> <p>Netball Courts</p> <p>Astro</p> <p>Bottom Field</p> <p>Bottom Field</p> <p>Top Field</p> <p>Top Field</p> <p>Tennis Court</p> <p>Adventure</p> <p>HPC</p> <p>HPC</p> <p>PS Lab</p> <p>NNM Class</p> <p>JG Class</p> <p>TN Class</p> <p>CR Class</p> | <p>Cal</p> <p>GM,NM</p> <p>KN,MCM</p> <p>SB,SJW</p> <p>AG,CR</p> <p>IC</p> <p>BA</p> <p>KO</p> <p>JH,TM,KH,KO,AG</p> <p>LBM, GVS</p> <p>NNM</p> <p>JG</p> <p>Academic Com</p> <p>CR</p> |
| Thursday 25 June | <p>Music Lesson</p> <p>Snr Boys Cricket</p> <p>Jnr Boys Soccer</p> <p>Jnr Girls Soccer</p> <p>Jnr / Snr Trail Running</p> <p>SNR/JNR Tennis</p> <p>MTB</p> <p>Swimming</p> <p>Gym</p> <p>Gr 10 & Gr 11 Examination as per timetable</p> <p>Gr 12 Consolidation as peer timetable</p> <p>Gr 8 & Gr 9 Examination as per timetable</p> <p>Exam Script Check for all Students</p> | <p>14:45 - 16:15</p> <p>14:00 - 15:55</p> <p>14:00 - 15:55</p> <p>14:00 - 15:55</p> <p>14:00 - 15:55</p> <p>14:00 - 15:55</p> <p>14:00 - 15:55</p> <p>14:00 - 15:55</p> <p>14:00 - 15:55</p> <p>14:00 - 15:55</p> <p>07:45</p> <p>07:30</p> <p>07:45</p> <p>13:00 - 16:00</p> | <p>IJV</p> <p>Top Fields</p> <p>Bottom Field</p> <p>Bottom Field</p> <p>Adventure Centre</p> <p>Tennis Courts</p> <p>Adventure Centre</p> <p>HPC</p> <p>HPC</p> | <p>Cal</p> <p>CN,TM</p> <p>PR,GM</p> <p>KH,SB,TH</p> <p>PJB,JH</p> <p>IC</p> <p>BA,NFH</p> <p>KO</p> <p>JH,TM,KH,KO,AG</p> |
| Friday 26 June | School Closes | 12:00 | | |

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|-------------------------------|--|-----|------------------|--|
| Saturday 27 June - 04 July | SACD's Mens Hockey | | Astro | |
| 29 June - 03 July | Merensky Cricket Week (1st & U15 Boys) | TBC | SLC Cricket Oval | |
| 06 July - 10 July | Ben Vorster Cricket Week | | SLC Oval | |