



## Matters of Principal

*“Never let yourself be consumed by desperation. Stay calm, even in the most challenging moments. This is just a period of trial, as all great men before you have faced. Greatness does not arise from emotional chaos or despair, but from discipline and strength. Every challenge is an opportunity to grow, to strengthen your character, and to show who you truly are. Face every trial with determination, for it is in these moments that your true self is forged”*

**Denzel Washington**

We have had a whirlwind start to the term and I am sure that many of our Grade 8s are looking forward to a quieter weekend. I am amazed at how much has been achieved in all areas of school life over the past 3 weeks.

During the week I came across this quote by Denzel Washington that in my mind speaks directly to the heart of our recent Interhouse and Interschools’ athletics competitions. Whether on the track, in the field, or cheering from the side lines, we have all witnessed moments of triumph and challenge. As with all activities in life, there was a mixture of emotions; many of our pupils tasted victory, while others faced the disappointment of not reaching the podium. Yet, as Denzel Washington so aptly puts it, it is not only about winning; it is about the strength and resilience we build along the way.

Throughout the two competitions, our Stanfordians displayed remarkable courage, discipline, and perseverance. We saw sprinters push through exhaustion, relay teams come together with seamless coordination, and long-distance runners find an extra burst of energy when it mattered most. These performances were not merely physical feats but reflections of strong character and determination.

It was heart-warming for me watching one or two of the Interhouse events where pupils were clearly not running in their favourite events, but went out there to represent their houses and claim a valuable point. To me this was as important as witnessing 3 amazing new records in the u/17 age group! To those who stood on the winners’ podium, your achievements are celebrated, and to those who did not, your effort and growth are just as valuable. These experiences all add to our growth and development. At Stanford we pride ourselves on educating beyond the classroom, and this was an excellent example of this.

We have had an admirable start to 2025 and as we move forward, I encourage all Stanfordians to carry this positive mindset into our academics, our relationships, and our personal goals. Challenges will always arise, but how we respond defines us. Let’s face each test—on and off the field—with discipline, strength, and unwavering belief in our potential.

Have a wonderful weekend  
God Bless

## CONNECT AND DIARISE ...

**Diarise this date: 19 Feb**

- Parents meet teachers
- Parents Association meeting
- Half Term starts

Use this QR code to join the PA WhatsApp group



Use this QR code to complete the Count me in! form and share how you would like to be more involved in our Stanford family.

Find loads of useful SLC Parent info and resources from financial to communications, policies, trek details, stationery lists and more.



### Join the SLC Parents WA Group

We’d love parents to be more involved with Stanford Lake College. The PA is open to all current parents - join the PA WhatsApp group using this [link](#) or the above WhatsApp QR code.

## SLC PARENTS ASSOCIATION

### PA Meeting 19 February 2025

All parents are invited to the first Parents Association (PA) meeting of 2025, which will be held at Stanford on 19 February.

This will be the first AGM of the PA and parents will be asked to ratify the Constitution find it [here](#).

### Nominate someone to the PA Committee

A PA Committee will also be elected to drive the initiatives of the PA going forward. Please use the nomination form ([here](#)) to nominate parents to be on the committee. all nominations must be emailed to [shirley.scriven@icloud.com](mailto:shirley.scriven@icloud.com) or [ngoakobosch@icloud.com](mailto:ngoakobosch@icloud.com) by no later than Friday 14 February 2025.

## NEWS IN BRIEF

### INDEPENDENT ATHLETICS

This past Wednesday the whole of Stanford Lake College travelled to Peter Mokaba Stadium in Polokwane, to defend their ten year winning streak at the annual Independent Schools Athletics meeting. As always, there was much excitement around this event, especially as this year we returned to the Stadium after 5 years of schools hosting on their own tracks.

It was a very hot and challenging day for the athletes, with many of them having to do two or more events at the same time due to challenges with the programme. However, all of them put everything that they had into their events, with the majority of them walking away with medals.

Our Team Managers, Miss Hamer and Mr Laureless- Whittington, did an excellent job of making sure that every single event was attended by athletes, and the Stanford Team very quickly started to build a significant lead, which increased as the day went on.

As they did at Interhouse Athletics, some of our top athletes managed to break and set new school records at Independent Schools: Fia Niemann set a new G/19 100m record of 12.75. Rendani Murulana set a new B/17 110mH record of 15.59. Thato Thobejane set a new B/19 400mH record of 59.65, and Lwandile Nkuna set two new records for G/17 100m and 200m, with times of 13.03 and 28.22 respectively.

Needless to say with performances like these, the Stanford Badgers returned home victorious yet again, winning Independent Schools Athletics for the eleventh year in a row.

Congratulations to all of our coaches and athletes.

#### D6 News

**D6 has rolled over and previous issues experienced regarding linking the app should all be resolved. If you are still having issues please let us know.**

#### MySchool signup

Please remember to signup for the MySchool Programme, you can join this programme using our unique QR code.



### INTERHOUSE ATHLETICS

It's been a busy start to the athletics season with our Interhouse Athletics taking place last week Friday and Saturday, marking Stanford's 27th annual Interhouse Athletics. This year the competition was really tight between athletes and the three Houses; Fenwick, Loomis, and Orvis.

It is encouraging to see that many Stanfordinians have been following their coaches' training programmes over the December Holidays. Three school records fell on Saturday:

Mika Jones broke the G/17 High Jump record. Rendani Murulani broke the B/17 110m Hurdles record, and Lwandile Nkuna shattered the G/17 100m record. Below are the trophy winners for 2025:

Gordon Noel - Vavasour Cup for B/19 1500m  
Lwandile Nkuna - McGaffin Trust Trophy for top Sprinter  
McGaffin Trust Relay Trophy – Orvis House  
Mika Jones - Cheerio Trust for best Middle Distance Runner  
Wihan van Eeden - Kenney Trophy Best Senior Boys Discus  
Holly McHugh - Kenney Trophy Best Senior Girls Discus  
Lefa Mashego - Revelas Trophy Best Boys Hurdler  
Fia Niemann - Revelas Trophy Best Girls Hurdler  
Fia Niemann - Spirit Trophy

Andani Rembuluwani - Loubser Trophy - Junior Victor Ludorum  
Juliette Leher - Loubser Trophy - Junior Victrix Ludorum  
Amon Negogogo - Loubser Trophy - Senior Victor Ludorum  
Fia Niemann - Loubser Trophy - Senior Victrix Ludorum

Zamparini Family Trophy – Orvis House.

The weather was uncharacteristically hot and sunny for the Haenertsburg area, and all of the athletes did exceptionally well to produce such good performances, and we look forward to another successful athletics season.

You can view the full gallery of images of all the action [here](#).



# SNAPSHOT

Stanford Lake College

ISSUE 3 OF 2025

## CONGRATULATIONS

Congratulations to alumni and English teacher Katie Forrest (Class of 2009) who married Christopher Jackson on December 21, 2024. The couple had the joy of celebrating with their closest and dearest friends and family at Minas on the Zwakala Farm. It was a beautiful, perfect day!

We wish you both a lifetime of love and happiness together!



## ATTENTION SENIOR PUPILS

Please bring your Winter Sports Kit next week.

## PLAN YOUR WEEK

Plan your week with the weekly calendar that is available under the Resources for Parents tab on our website. View this weeks calendar [here](#).

## RECYCLING

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During December 2024...

Most amount of glass diverted so far.



**2,276 kg**

Total recycling diverted from landfill



Great amount of recycling - well done!

Waste item	Total diverted (kg)
Cardboard & paper	777.0
K4	322.0
White paper	455.0
Glass	345.0
Plastic	695.0
Tins, cans & metal	459.0
Cans	229.5
Tins	229.5
<b>Grand Total</b>	<b>2276.0</b>

**33,856 kg**

Total amount of waste diverted since March 2023