



Matters of Principal

“Dreams are free. Goals have a cost. While you can daydream for free, goals don’t come without a price. Time, Effort, Sacrifice, and Sweat. How will you pay for your goals?”

- Usain Bolt

During my interviews with prospective young Stanfordians, I ask the question: “Why Stanford Lake College?” Nine times out of ten the answer comes back “Because the education is so good.” I go on to ask what it is that they consider to be so good. Again, the stock answer is that the academics are excellent. I agree with them. Our academic programme is excellent but as I explain to them, education is so much more than academics. We pride ourselves on offering a truly holistic education.

When I look at what is happening in the school at the moment I think we are doing an excellent job. Over the past few months, I have made mention in this Snapshot of activities and programmes that encompass all aspects of school life. I have spoken about our amazing facilities and our recent upgrades. I have spoken about our leadership development and the introduction of the leadership awards. We have had an incredibly positive year on the cultural front, further enhanced in the academic space by the brilliant Matric Art Exhibition on Friday evening. More recently, we have launched the Visible Wellbeing Programme aimed at equipping our pupils with the emotional skills to help them navigate a very difficult world. As we approach a World Cup Rugby final on Saturday, perhaps it is apt that I now focus on the sports programme. Last season, we experienced a dramatic increase in the number of injuries on the sports fields. We were not alone in this. Research has shown that the number of injuries in school sports across the board increased dramatically. The reason for this is strongly linked to a lack of proper conditioning. In general, teenagers are spending less and less time outside playing and being active and more time lounging around. The result of this is that they are unfit and weak. I remember, as a schoolboy, training religiously during the holiday in preparation for whichever sports season was approaching. It may not have been in a gym but there were five-kilometre runs at least three times a week and then speed and agility work in the back garden with my brother. We have recognised this problem and, as a re-

sult, have engaged the services of Biokineticist Cornell Jacobs. He has been tasked with introducing our pupils to a structured off-season conditioning programme. Cornell has been up at school for the past few Wednesday afternoons, meeting with pupils and guiding them through age and gender specific conditioning programmes which he has developed. These programmes are designed to run over an extended period of time (throughout the holiday) in the hope that come the athletics and winter sports season, our pupils are better conditioned and better prepared to face the rigour of a busy 6 months of sport. As with all things, it has taken some time for our pupils to buy into this concept. Whilst a number of pupils are keen and see the benefit, there are a number of pupils who will not show commitment to this concept. I encourage you, as parents, to please support us in our efforts to improve the overall conditioning of our pupils. Encourage them to go for runs, to take out a gym contract and to take responsibility for their physical health. It may well be a cliché but it is true that “A healthy body means a healthy mind.” Pupils who suffer long term sports injuries more often than not become dejected and negative and this has an effect on their academic performance. It is important that, if we are to deliver a truly holistic education, that we must approach all aspects of this education with equal levels of energy.

Once again, there is plenty going on in our campus this weekend with an inter-schools adventure race (we have 12 teams entered from 3 different schools) and the second edition of the Stanford T20 Bash taking place on our two cricket fields. Good luck to all involved.

Let’s hope the Bokke can do us proud tomorrow night. Go Bokke!



BADGER OF THE WEEK



The badger of the week goes to Connor Veldsman for his exceptional performance in his cricket game on Saturday against Frikkie Meyer.

Connor was also awarded man of the match! He hit 67 runs from 47 balls and only conceded 39 runs from his 10 overs bowling spell. Well done, Connor!



FINAL CRICKET MATCHES PLAYED

On Saturday, the 1st XI Boys Cricket Team played against Frikkie Meyer from Thabazimbi in the semi-finals on the Amandelbult Cricket Oval. Stanford won the toss and elected to bowl first. Stanford dropped a couple of crucial catches early in the innings but eventually got the breakthrough with Nakedi Makweya taking the first wicket. The opposition kept small partnerships going and just like in the opening stages Stanford continued to drop catches at crucial times. The bowlers performed well with the pick of the bowlers being Aiden Rosendorff taking 3 wickets for 52 runs in 10 overs. He was well supported by the other bowlers with Nakedi Makweya bagging two wickets and Matthew Allison and Connor Veldsman a wicket a piece. The opposition set a target of 300 for Stanford to chase down.

The chase started well with a 41-run opening partnership between Dylan Turner and Ryno Schultz. Unfortunately, one wicket brought three more and the team found themselves battling at 52 - 4 which brought Zayd Moosa and Connor Veldsman together. These two put on an 84-run partnership before Zayd, 64 runs off 31 balls including 13 fours, fell victim to a good catch. Nakedi and Connor continued to keep the hopes alive for the Stanford team as they put on a 51-run partnership for the 7th wicket before Nakedi lost his wicket. Connor managed to score his maiden half-century for the Stanford 1st XI as he scored 67 runs off 47 balls including 9 fours and 2 sixes. Stanford was bowled out for 192 runs and lost the game by 107 runs.

The U/15 cricketers played their last match of the season this past Saturday, in the league semi-finals against Hoërskool Frikkie Meyer. After winning the toss Captain, Josh Doolabh, decided to bowl first. It was a tough morning as although many of the bowlers bowled really well, led by Anrich van Wyngaardt, they came up against a very well drilled Frikkie Meyer top order. Still, a few crucial drop

catches in the field cost the team and Frikkie Meyer posted a formidable total of 237. However, the Baby Badgers never gave up and still managed to bowl them out in 30 overs, which justified the Captain's decision to bowl first. Unfortunately, the run chase did not go according to plan and Stanford lost wickets at regular intervals. Despite Aryan Ghelani putting up a brave 44 not out, the team was bowled out for 145. Although this was a disappointing end to the season, it has still been a highly successful few months of junior cricket. Thank you very much to all the parents who have supported this team throughout the season, and most of all thank you to all of the boys who represented the College on the cricket field.



BOARDING HOUSE DINNER

Well done to Serala House for hosting a beautiful Formal Dinner on Tuesday evening.





SNAPSHOT



Prestige
Photographic Group

Stanford Lake College Group Photos

Prestige Photographic was recently at your child's school to take sport/cultural group photographs. These can be viewed and ordered on our website.

Cut-off date: 7 November 2023

How to order:

1. Go to our website or <https://orders.prestigephoto.co.za> and enter the below shoot key
2. Select the group you would like to order; then select the package and "add to cart"
3. Should you want to order more than one group, simply select "continue shopping" and repeat the process to complete your whole order in one transaction.
4. **When filling out the "Your Details" section, please fill in your child's name and surname, not your own.**

Group Shoot Key: G8AHLNQR

CHRISTMAS PARCEL REMINDER

At the end of each year we put together a Christmas food parcel for each of the cleaners, ground staff, kitchen staff and the security staff to thank them for what they have done for all of us during the year. Each pupil is asked to help contribute as per an email sent out last week.



NETBALL

On Monday, an exciting netball event took place, where the 1st Team Netball girls engaged in friendly matches against the staff and the matric boys. In the first match, the staff exhibited impressive skills and sportsmanship. The game was competitive, with some staff members showing remarkable physical prowess, despite their age. Ultimately, the staff emerged victorious, much to the disappointment of the girls. The subsequent match against the matric boys was equally enjoyable. Both teams displayed great teamwork and had a blast on the court. The game resulted in a thrilling draw, emphasising that the day was not about winning or losing, but about fostering a love for netball and having fun on the courts.

ATHLETICS

On Saturday some of our athletes participated in the Marius Lengton Athletics meeting hosted by Hoërskool Tom Naudé in Polokwane. The athletes performed as follows:

- Isabella Brett, 1st in Shot Put and Discus for Girls U/15
- Lwandile Nkuna, 4th in Long Jump and 400m for Girls U/15
- Thato Thobejane, 4th in the 400m for Boys U/16
- Thabang Shabangu, 2nd in the 100m and 200m, 1st in Long Jump
- Ethen Mwesigwa, 5th in 100m and 11th in Discus
- Amon Negogogo, 4th in High Jump

Well done to these athletes for a great start to the season.