



From the Academic Desk

*"Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labour is not in vain."
1 Corinthians 15:58 (ESV)*

Recently, Mr Jacobs and I had the privilege of attending the IEB Heads' Conference at St Albans College. A recurring theme throughout the conference was the central role that trust and consistency play in building strong, successful educational communities.

These two principles lie at the heart of meaningful relationships and form the foundation upon which effective teaching and learning are built. When trust is established and reinforced through consistent effort, and when everyone is moving forward with a shared sense of purpose, schools truly flourish.

One particularly thought-provoking presentation was delivered by Dr Helen Sidiropoulos, who highlighted the increasingly competitive landscape of access to tertiary education. With an estimated 350 000 Grade 12 learners qualifying for tertiary entry each year and only approximately 200 000 available places, it is clear that a Bachelor's Degree pass alone no longer guarantees admission. While statistics may suggest that only a small percentage of learners are placed, we are proud to report that in reality close to 70% of our students go on to be accommodated at a range of tertiary institutions. This is a powerful affirmation of the preparation, guidance and perseverance shown by our learners, supported by dedicated parents and committed educators.

The Class of 2025 can be justifiably proud of their achievements. They set clear goals at the outset of their final year at Stanford Lake College and worked steadily towards them. Their results are a testament to sustained effort, discipline and the willingness to stretch beyond comfort zones. It was a collective journey, shaped by students who remained focused, parents who offered steadfast support, and teachers who continually challenged and encouraged them to aim higher.

Our recent success at the Independent Schools Athletics, where we celebrated our 12th consecutive victory, reinforces this same message. Success is seldom about an explosive start or a single standout performance. Rather, it belongs to those who show up consistently, commit fully and persevere over time. This principle applies equally to academic success beyond secondary education. Learners are encouraged to prepare thoroughly for assessments, attend additional support sessions when needed, and approach daily academic responsibilities with intention and care. True excellence is built through steady, consistent application.

Importantly, we also recognise that balance remains essential. Academic diligence should be complemented by participation in co-curricular activities, adequate rest and moments of unstructured time. It is often within these quieter spaces that creativity, reflection and personal growth are nurtured.

As we look ahead, I encourage all our students to make 2026 a year marked by consistent presence, purposeful effort and a genuine desire for continual improvement. Strive each day not merely to outperform others, but to grow beyond who you were yesterday. In doing so, you will lay a strong foundation for both academic success and personal fulfilment.

"Long-term consistency trumps short-term intensity." — Bruce Lee

God Bless

Mrs T Nel
Deputy Head, Academics

Coaches Corner

Jessica Grose

Mathematics, Ass Housemistress, Coach

Following last week's Coach's Corner with Steven Wilson, we continue shining a light on the passionate people who shape sport at Stanford Lake College. This week, we turn our focus to Jessica Grose — a coach whose energy, commitment and love for sport are felt across campus.

Sport has always been a defining part of Jessica's life, shaping her character through dedication, discipline and an enduring appreciation for an active lifestyle. That passion now carries through into her coaching roles at Stanford Lake College, where she is currently involved as Girls Junior Hockey Coach, Girls Soccer Team Manager and Trail Running Team Manager.

Qualifications

- Level 0 Hockey Umpire Certificate
- Level 1 First Aid qualification
- Experience coaching younger athletes, with a strong focus on skill development and confidence building
- Swimming coach at Little Graduates Pre-School (ages 4–6)
- Swimming coach at La Montagne Primary School (Grades 1–3), fostering water confidence and foundational swimming skills

Career Highlights

- Raised R80 000 to run for conservation for Zululand Rhino Orphanage during the ABSA Rhino Run (July 2024).
- Completed Cape Town Marathon (2024).
- Swam Midmar (2023, 2024 & 2025).
- Summited Mount Kilimanjaro aged 14yrs (June 2012).
- 1st team School Hockey, 2nd team Ladies JSA club hockey, 1st team school swimming and Elite club swimmer.
- April 2015: 1st team hockey tour to China.
- School Half colours for hockey and swimming.

Sport has been central to who I am, shaping my character through discipline, resilience, and a lifelong love for an active lifestyle.

Alongside my own journey, I am passionate about coaching and supporting others across hockey, soccer, swimming, and trail running.

The 2024 Cape Town Marathon remains a career highlight and one of the best days of my life, marked by strength, gratitude, and incredible support. From summiting Mount Kilimanjaro at 14 to completing multiple Midmar swims and raising R80 000 for conservation through the ABSA Rhino Run, my sporting achievements reflect purpose, service, and joy.



In 2024, Jessica completed the Cape Town Marathon, a race she describes as one of the best days of her life. Feeling strong, healthy and deeply supported by the crowds along the route, the experience stands as a highlight in an already remarkable sporting career.

Environmental Updates

53,594 kg

Your efforts to keep valuable resources in the circular economy since March 2023



The Stanford Lake College Environmental Club is a student-led group dedicated to environmental awareness, sustainability, and responsible stewardship of the campus. Founded in 2022 by Mrs Gretha van Staden, the club works closely with the school and various conservation organisations.

Recycling is a major focus, supported by Plant a Seed, with 18 recycling stations across campus. As Plant a Seed's flagship school, Stanford Lake College recycled over 20 tons of waste in 2025. The club also partners with The Sweethearts Foundation to recycle bottle tops and bread tags, raising funds for wheelchairs.

Beyond recycling, the club supports the Cape Parrot Project, assists with monthly water monitoring through Kruger2Canyon, manages the school's environmental website, and actively tackles invasive plant species on campus. Guided by the motto "Small actions, big impact," the club continues to make a meaningful difference.

Written by Miano Tsvihula, Grade 11 Environmental Club member

MEW information Evening



Mining activities proposed in the Haenertsburg area have raised serious environmental and community concerns. In response, Mountain Environmental Watch (MEW) hosted an information evening on Tuesday, 27 January 2026, to educate and engage local residents about the potential risks associated with mining in our region.

Stanford Lake College was proudly represented at the event by learners Miano Tsvihula and Ester van Staden, who attended on behalf of the school. The evening provided valuable insight into the possible environmental, social, and economic impacts of mining, including risks to water quality, biodiversity, and the long-term sustainability of the area.

Stanford Lake College has formally registered as an interested and affected party against the mining application process.

As a school community, we believe that staying informed and involved is essential in protecting the natural heritage of our area.



Bake Sale

We are hosting a bake sale **in MARCH!**
To raise funds to start on a wattle clearing project
Please support the Environmental Committee

ROUND SQUARE ARRIVALS



Welcome



Hans Ulrich
Germany



Sofia Rubilar
Peru



Barbara Ready
Peru

LIMPOPO CHAMPIONSHIPS - SWIMMING

Stanford Lake swimmers took part in the Limpopo Championships on Saturday, 31 January, and Sunday, 1 February. The swimmers who represented Stanford Lake were Morgan Martins, Alessia Dowle, and Dario Wasley.

- Morgan competed in the 50m breaststroke, backstroke, butterfly, and freestyle events.
- Alessia competed in the 50m breaststroke, backstroke, freestyle, and butterfly, as well as the 100m breaststroke, backstroke, and butterfly, and achieved an excellent 2nd place in the 200m Individual Medley.
- Dario competed in the 50m breaststroke, backstroke, butterfly, and freestyle, as well as the 100m freestyle and backstroke, and earned a 2nd place in the 200m breaststroke.

Well done to these swimmers — you did Stanford Lake proud!

ADVENTURE - RAFT BUILDING



Stanford Lake College Weekly Notice

09 Feb - 15 Feb

Date	Activity	Time	Venue	Staff
Monday 09 February	Day 2			
	Choir	14:00 - 15:30	IJV	RMJ, Rene
	Jazz 2	14:30 - 15:15	RMJ	RMJ
	Ballet	15:15 - 16:00	RMJ	RMJ
	Track & field events (only Athletics team)	15:00 -16:00	Top Field	SJW,KH,TJM,JG,JJN,XJH,PJB,TP,CJ,NHH
	Swimming	15:30 - 17:00	HPC	KO
	Conditioning 1: Boys & girls hockey , netball	16:00 - 17:00	HPC	TJM,TP,KH
	Rugby U14,U15,U16,U17,U19	16:00 -17:00	Top Field	PJB,SJW,NHH,JJN
	Hockey: Girls U14, U15, U16	16:00 - 17:00	Astro	AG,CN,TMJ,JG
	1: & U16 Girls Hockey Trials (R2)	17:00 - 18:00	Astro	TM,KH
	Gr 10 PS Lesson	14:30 - 15:30	PS Lab	LBM,GVS
	Gr 12 Math's	14:30 - 15:30	MCE Class	MCE
	Gr 8 Math's	14:45 - 15:30	JG Class	JG
	Marketing Presentation Victoria Falls Primary	17:00 - 20:00	Victoria Falls Zimbabwe	CFR,SF,PRJ
Tuesday 10 February	Day 3			
	Jazz 2	14:30 - 15:30	RMJ	RMJ
	Speakers Society	18:00 - 20:00	Blueberry Heights	RMJ
	Track & Field events (Athletics team only)	15:00 - 16:00	Top Field	SJW,KH,TJM,JG,NNM,JJN,XJH,AG,PJB,TP,CJ,NHH
	Hockey: Girls U17 & U19	16:00 - 17:00	SLC Astro	KH
	Hockey : Boys U14, U15,U16	16:00 - 17:00	SLC Astro	IC,XJH,SF
	U15 & U16 Netball Trials	14:30 - 15:45	Netball Courts	TP,SS,KH,MCM,LBM
	Limpopo Athletics Trials (R2)	08:00 - 14:00	Ben Vorster	SJW
	Hockey Trials: Boys 1: & U16	17:00 - 18:30	SLC Astro	TJM,C,XJH,JG
	Gr 11 PS Lesson	14:30 - 15:30	PS Lab	LBM, GVS
	Gr 11 Math's	14:30 - 15:15	NNM Class	NNM

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	Gr 8 Sleepout #2	17:00	Top Field	NHH,BRAD,XH,KO,ATB(talk only)
Wednesday 11 February	Day 4 Jazz 1 Ballet Track & Field events 9 Athletics team only) Swimming Conditioning: 1 st Rugby Rugby: U14,U15,U16 Hockey: 1 st Boys, Girls U14, U15, U16 Gr 12 PS Lesson Gr 10 Math's Gr 9 Math's Gr 8 Sleepout return	14:00 - 15:00 15:00 15:00 - 16:00 15:30 - 17:00 16:00 - 17:00 16:00 - 17:00 16:00 - 17:00 14:00 - 15:00 14:00 - 14:45 14:00 - 14:45 06:00	RMJ RMJ Top Field HPC HPC Top Field SLC Astro PS Lab NNM Class JG Class	RMJ RMJ SJW,KH,TJM,JG,NNM,JUN,XUH,AG,PJB,TP,CJ,NHH KO SJW,PJB NHH,JUN AG,CN,TJM,JG, LBM,GVS NNM JG
Thursday 12 February	Day 5 Valentine's Civics / Bake Sale Valentine's Day Social Clubs and Societies Track & field Events Netball U14, U15,U16 Hockey Boys U14, U15, U16 Swimming By Arrangement PS Lesson Marketing Presentation Banff Lodge	07:30 - 13:00 18:00 - 20:45 13:45 - 14: 45 15:00 - 16:00 16:00 - 17:00 16:00 - 17:00 15:30 - 17:00 17:00 - 20:00	DAD Centre Top Field Netball Court SLC Astro HPC PS Lab Bulawayo Zimbabwe	KH KH SJW,KH,TJM,NNM,JUN,XUH,AG,PJB,TP,CJ,NHH TP,SS,MCM,LM IC,XUH,SF KO LBM,GVS CFR,SF,PRJ
Friday 13 February	Day 6 Prestige Athletics LTT Departure : Return: Come Alive - Dance Greatest Show - Choir Siwe and Joy - Sole Come Alive - Dance Come Alive - Choir Greatest Show - Dance From now on - Choir Supper	10:00 00:00 14:00 - 15:00 15:00 - 16:00 16:00 - 17:00 17:30	Louis Trichardt Studio LIV SS Studio LIV Studio LIV Dinning hall	SJW,KH,TJM,TP,NHH,NCN,PJB RMJ RENE SS RMJ RENE RMJ RENE

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Saturday 14 February	Breakfast	08:00	Dinning Hall	
	Scene 1 - 3 - Acting	08:30	DAD Centre	CN
	Greatest Show - Dance		Studio	RMJ
	From now on - Choir		IJV	RENE
	Rewrite the stars	09:30 - 11:00	Studio	RMJ
	Scene 4- 6 - Acting		DAD Centre	CN
	Solo's - Singing		IJV	RENE
	From now on - Choir	11:00 - 12:30	IJV	RENE
	Greatest Show - Dance		Studio	RMJ
	Act 1 - Acting		DAD Centre	CN
	Lunch	12:30	Dinning Hall	
	Come Alive - Dance	14:00 - 16:00	Studio	RMJ
	Choir		IJV	RENE
	Scene 7 - 8 - Acting		DAD Centre	CN
	Finale - All	16:30	DAD Centre	ALL
	Supper	17:30	Dinning Hall	
	Advance Netball Umpiring workshop	08:00 - 14:00	PHS	TP,SS
Sunday 15 February	Revise all dances	08:00	Studio	RMJ
	Choir		IJV	RENE
	Act 2 - Acting		DAD Centre	CN
	Brunch	10:00	Dinning Hall	
	Act 1 - Acting	10:30	DAD Centre	CN
	Solo's - Singing		IJV	RENE
	Rewrite the stars - Dance		Studio	RMJ
	End	11:30		

Induction Assembly Welcome Badgers



LEADERSHIP Gr12

Pizza Masterchef

On Monday evening, the Grade 12 leadership cohort enjoyed a MasterChef-style pizza experience that blended teamwork, creativity and reflection. Guided by our “chefs,” learners learned to prepare pizza dough and were reminded that good dough needs time to rise – a fitting metaphor for leadership.

Just as pizza begins with basic ingredients, our Grade 12s are starting the year with leadership foundations. Their final pizzas, judged on presentation and taste, reflected how leaders are constantly observed in how they lead, serve and influence others.

Although learners competed in their boarding houses, limited ingredients and workspace highlighted a key lesson: leadership does not happen in isolation. Learners had to collaborate, communicate clearly and share resources, all while setting tables themed as pizza restaurants representing their houses.

The judging panel, including Mr and Mrs Jacobs, Mr Friedrichs, Mrs Nel and our house parents, sampled pizzas from every house. Founders' South boys achieved the highest score and will enjoy a reward from local pizzeria Pot 'n Plow.

More than just a fun evening, the Leadership Pizza Night offered a rich reminder that good leadership, like good dough, takes time, patience and intentional effort – and that the best results are achieved when people work together.

-Izak Vollgraaff



BADGER OF

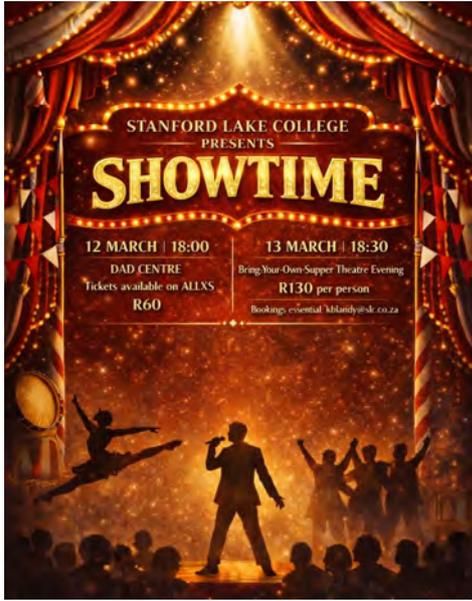
THE WEEK

Badger of the Week goes to Tiger Peniston who has had an incredible start to the athletics season.

Taking two records at the Independent Schools Meet, with more still to come – definitely one to watch. Congratulations on a standout performance.



IMPORTANT DATES 13-15 March



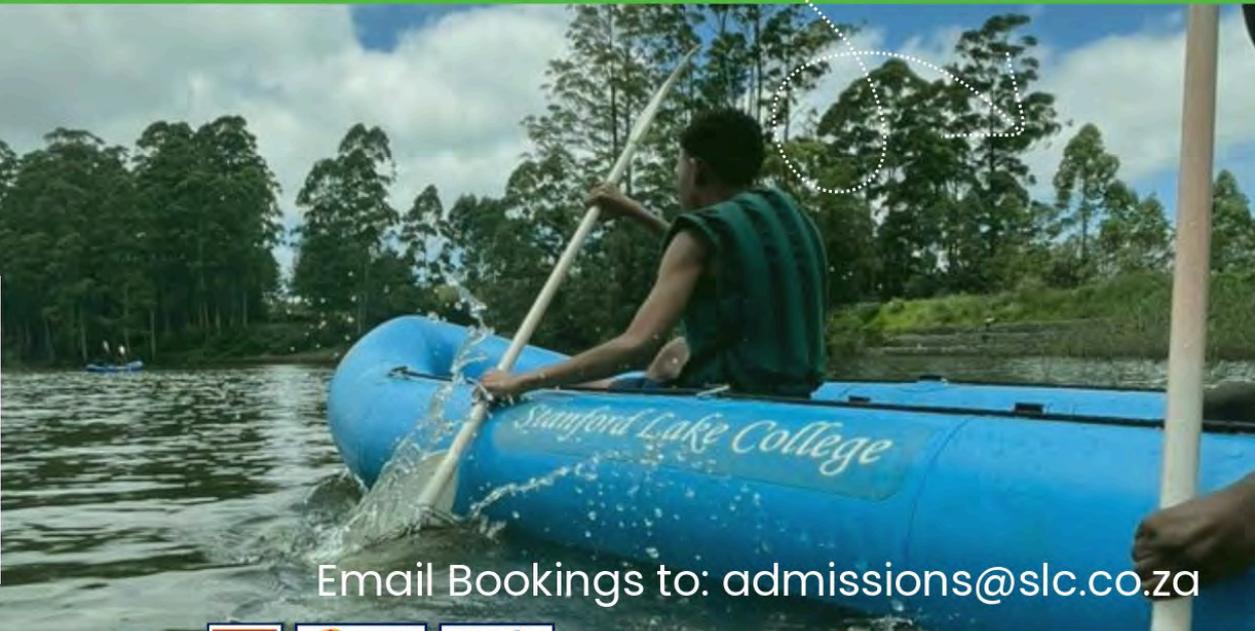
Join us for a busy and exciting weekend on campus. The school production team takes the stage with SHOWTIME, we open our doors for Open Weekend for all future Stanfordians, and wrap it up with our annual WIK Triathlon.

Get a team together and come be part of the action on campus.



OPEN WEEKEND Friday – Saturday Stanford Lake College 13–14 March

Let your child join us on campus and find out what its like to be part of an adventure school



Email Bookings to: admissions@slc.co.za

www.slc.co.za



info@slc.co.za

