



Matters of Principal

"We become what we repeatedly do.
Excellence, then, is not an act, but a habit."
– Sean Covey

One of our many strengths at Stanford Lake College is that we offer a holistic education. We believe in not only academic growth, but also the personal development of every student. This week, in my Grade 8 leadership class, I focused on effective habits. I strongly suggested to the class that they read *The 7 Habits of Highly Effective Teens* by Sean Covey—a powerful guide designed to help young people build character, make wise choices, and lead meaningful lives in today's fast-paced world.

The habits, which include Be Proactive, Begin with the End in Mind, Put First Things First, Think Win-Win, Seek First to Understand Then to Be Understood, Synergise, and Sharpen the Saw, are practical tools that help teenagers take control of their lives. Whether it's managing time more effectively, resolving conflicts with friends, or setting long-term goals, these habits give students a blueprint for personal leadership and resilience. Especially in a time of social pressures and constant distractions, learning to be intentional and balanced is more valuable than ever. These habits are not mutually exclusive and many other positive habits can be identified and focused on to achieve at even higher levels.

I hope that the students have already begun reflecting on how these habits apply to their own lives. As a school, we're committed to reinforcing these principles through classroom discussions, mentorship, and everyday interactions, our well-being programme and Life orientation classes. When young people embrace these habits, they not only succeed at school but also thrive in life.

God Bless

Sean Covey



Charlie Peniston



Mckayla Munetsi



Lorelei Scotti



Sasha Boyum

GRADE 10 ART
THEME AFROCENTRIC PORTRAIT

Environmental Week



MONDAY 12 MAY

Guest Speaker Spotlight: Ludi Kern
Ecologist | Conservation Specialist

We were honoured to welcome Ludi Kern, an ecologist with over 15 years of hands-on experience in the field of conservation. Her extensive work includes the reintroduction of key species such as elephants, buffalo, rhino, cheetah, lion, and hyena, as well as protected area expansion and habitat restoration initiatives across southern Africa.

Currently serving as an ecologist for a private game reserve in the Waterberg, Ludi plays a vital role in all aspects of conservation management—from ecological monitoring to wildlife protection.

Ludi will be shared insights on the role of technology in conservation, highlighting how modern tools and innovations are being used to enhance ecosystem management and safeguard wildlife. Her experience bridges fieldwork with forward-thinking approaches, offering a compelling perspective on the future of conservation.

TUESDAY 13 MAY

Green Donuts



Bake Sale Success!

We're thrilled to share that our recent bake sale raised an impressive R2,600! These funds will go directly towards purchasing Cape Parrot-specific trees, which will be planted in celebration of Arbor Day.

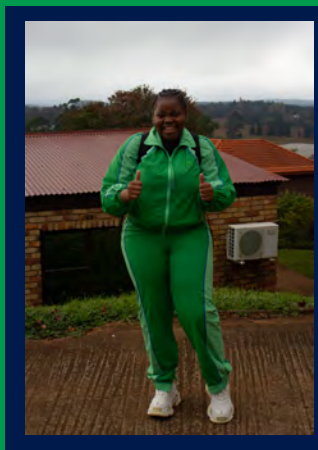
This initiative not only supports our environment but also contributes to the conservation of one of South Africa's most endangered birds, the Cape Parrot.

Thank you to everyone who baked, bought, and supported this meaningful cause!

THURSDAY 15 MAY

Recycling Competition Results

- 1st Fenwick 58 Points
- 2nd Loomis 56 Points
- 3rd Orvis 54 Points



Money raised from the civics day will be used towards a new recycling station at the dining hall

WEDNESDAY 15 MAY

1,325kg less than last month!

2,417 kg



Waste diverted during April 2025

Great amount of recycling - well done!

FRIDAY 16 MAY

QUIZ COMPETITION

Environmental Quiz Fun!

On Friday, our students put their eco-knowledge to the test in a lively Environmental Quiz Competition. The event was both educational and fun, with great energy and teamwork on display.

Congratulations to Mukundi Ralubuvhi in Grade 11 for taking the win—and walking away with the coveted jar of sweets!

Well done to all who participated and showed their passion for the planet!



Netball vs Ben Voster

It was a challenging day on the courts as our teams faced off against Ben Vorster in a full home fixture. Despite the tough competition, our girls showed immense determination, resilience, and team spirit, giving it their all in every match.

We're proud of their effort and sportsmanship—well done to all our players



Stanford Lake College
GOLF DAY



19 SEP
Friday 2025

4-BALL
Better Ball Stableford

**Tzaneen
Country
Club**

SPONSOR
A tee box - R2500
A green - R1500

**R4500
per team**

For bookings and more information:

marketing@slc.co.za



ALUMNI NEWS

Tom Mayes - Stanford Lake College Alumni (Grade 12 2019)

It gives Stanford Lake College great pleasure to inform the community that Thomas Mayes has been included in the Ireland one day international squad to face the West Indies from 21 May to 25 May 2025. The series will be held in Ireland. While Tom was at school he opened the bowling for the 1st team and was a hard hitting middle order batsmen. He has made the Ireland team as a bowling all rounder and we wish him all the best for the series against the West Indies.

The Ireland national selector had this to say, 'Tom Mayes has been recognised for his consistency and demonstrated the ability to step up his game each time we asked this of him. - Mayes with his height and accuracy will challenge the batters.'

Equestrian News from the SANESA Show in Polokwane

Congratulations to Paityn Landsman for taking first place in the 1m class at the SANESA show in Polokwane this past Saturday!



Congratulations to Alessia Dowle for the following outstanding results:

Showjumping – 80cm • 2nd place

Working Hunter – 70cm • 1st place

Equitation (High Schl) – 70cm • 1st place

Accumulator – 80cm • 1st place



STANFORD VS BEAULIEU DERBY PROGRAMME



Stanford Lake College



STANFORD VS BEAULIEU SPORTS



FRIDAY 23 MAY

SQUASH	8:30AM	HPC SQUASH COURTS
CHESS	8:30AM	HPC CLASSROOM 2
MEET & GREET	12PM	HOSTING
LUNCH	1PM	HPC STAFF & SCHOLARS
DEBATING	2PM	MRS AMY TAYLOR-BENNETT'S CLASSROOM
TENNIS	2PM	TENNIS COURTS

BOYS HOCKEY

U/15	2PM	12 MIN QUARTERS
2nd TEAM	3PM	12 MIN QUARTERS
1ST TEAM	5:15PM	15 MIN QUARTERS

NETBALL COURT A

U/15A	2PM
U/14A	2:35PM
U/16A	3:10PM
1ST TEAM	3:45PM

NETBALL COURT B

U/14B	2PM
U/15B	2:35PM
U/17A	3:10PM



STANFORD VS BEAULIEU SPORTS



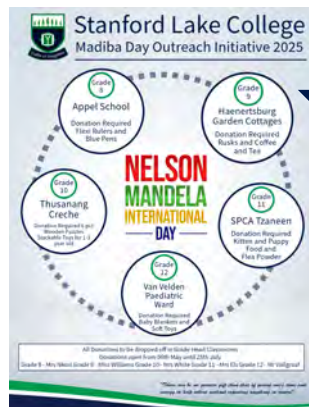
SATURDAY 24 MAY

RUGBY

U14	9AM
U/16	10AM
1ST TEAM	11:30AM

GIRLS HOCKEY

U/14	8AM	12 MINUTE QUARTERS
1ST TEAM	9AM	15 MINUTE QUARTERS
2ND TEAM	10:10AM	12 MINUTE QUARTERS



REMINDER

HOCKEY

STANFORD VS MERENSKY



Golf News

Round 2 and the boys team getting into the swing of things.

The competition was played at Polokwane Golf Club with an all round improvement of scores

Round 3

Monday 19 May

Potties Golf Club



LIBRARY NEWS

Sasha Boyum has already read an impressive 12 books this year!

Her dedication to reading is a wonderful example of curiosity, focus, and a love for learning. Keep turning those pages, Sasha!



"Reading is to the mind what exercise is to the body. It expands our thinking, deepens empathy, and opens doors to worlds we've never imagined."

Amon Negogogo Recognised for Outstanding Sportsmanship and Performance

Stanford Lake College is proud to announce Amon Negogogo as the recipient of this week's Badger of the Week award, following his exceptional performances during the recent Penryn College Derby weekend.

Amon distinguished himself on both the hockey and rugby fields, demonstrating not only athletic excellence but also the values we uphold as a school—true grit, teamwork, and sportsmanship. His dedication, determination, and unwavering spirit made a significant impact, both in play and in the way he supported his teammates.

The Badger of the Week is a pupil-led and driven initiative that celebrates individuals who exemplify the core values of Stanford Lake College through their conduct and performance in sport. It is more than just a recognition of skill; it honours character, integrity, and the ability to uplift others through sport.

Congratulations to Amon for setting a shining example of what it means to wear the Stanford colours with pride.

BADGER OF THE WEEK

