



## Matters of Principal

**“There is no power for change greater than a community discovering what it cares about.”**

- Margaret J. Wheatley

I am currently on a week-long whistle stop marketing tour of Zimbabwe, Zambia and Botswana. We live in a beautiful part of the world! Granted our region has many issues, but I firmly believe that there are so many more positives to living in Southern Africa than negatives. Yesterday afternoon I was lucky enough to walk with giants... literally! We were treated to an “Elephant Experience” by one of our parents up in Vic Falls, the sheer size and strength of these creatures is impossible to describe. I then returned to our accommodation and sat on the veranda through a typically majestic African thunderstorm, the intensity and power of which was incredible.

I have been struck by the friendliness of the people, their resourcefulness and their determination to get on with life. Not once have I heard anyone bemoan their circumstances, but rather the now familiar words of “this is how it is, so we will make a plan!” (That on its own a topic for another Snapshot). People just get on with life, the epitome of resilience. More than anything, I am so filled with admiration for the amazing sense of community that exists up here amongst our families. The positive energy that they generate around our school and their willingness to spread the word about what it is that we stand for and what we look to achieve is astonishing. I am strengthened in my resolve that values-based education must be the golden thread in all that we do and that the development of positive character is essential, as we educate our children to become successful members of our broader community.

I am grateful to our over border parents for their love and support.

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## MEET OUR STUDENT LEADERSHIP TEAM

### - Danica Altenroxel, Head Girl

We’re already one month into 2020 and what a month it has been. I couldn’t be more proud of the way in which we won the Independent Schools athletics. Students were giving their all to events, even if it was a new event for them. The build-up of school spirit also left my heart racing. As the Head Girl of 2020, I would like to continue to see this dedication and school spirit throughout the year. My goal is that every single Stanfordinian grows and develops this year.

This is only possible if you are willing to try new things. Take a step outside your comfort zone and discover all that you can do. It won’t always be easy. You are going to face challenges. But driven by your values, you can persevere through the difficult times.

To stay motivated in these difficult times I would also recommend setting goals. Goals can help us stay focussed on growing in the right direction. Decide what your goals are and then put in the effort to get there.

Finally, have fun! Stanford is an extremely busy school and it’s easy to get sucked into the mad rush and forget to appreciate what we’re doing. Stop...breathe...and enjoy the moment. Take a moment to enjoy the time spent with friends, or the beautiful view of the lake.

The first month of 2020 was a great one, let’s make the next eleven even better.



## INTERHOUSE COMPETITIONS

### Squash

Interhouse squash took place on the 5th of February and the houses were determined to get an early advantage with a lead.

Loomis made a come-back and proved that they are a force to be reckoned with this year. Loomis won the squash with Orvis in second place and Fenwick finished third. Well done to all the athletes who participated and made it a successful evening.

### Debating



Round 1 of the Interhouse debating was won by Loomis. Loomis was strongly represented by Malaika Mohlaba as the first speaker, Llewellyn Rogers as the second speaker and Muaz Bhyat as third speaker. They opposed the motion, “Are the safety measures enough to keep students safe during extramural activities?”, against Fenwick which was represented by Megan Joynt as 1st speaker, Dimpho Mohuba as 2nd speaker, Nompumelelo Maake as 3rd speaker.

In Round 2, Orvis was represented by Zoe Burman as 1st speaker, Oratile Choeu as 2nd speaker and Husnaa Dada as 3rd speaker. They proposed the motion, “Eskom’s core problem arose from broken generators and this can be solved”, against Loomis and Loomis won the debate.

Llewellyn Rogers spoke exceptionally well and gave some solid rebuttals and was deservedly named best speaker for both debates. All 3 houses can be proud of their efforts as they participated very well.





## Interhouse Singing



On 6 February, the third annual Interhouse Singing competition took place. All the boarding houses including the day scholar house took part in this wonderful event. The 2020 culture committee made sure that it would be an entertaining evening by choosing the set song "Count on me" by Bruno Mars. Each house had to do their own interpretation of the set song as an Acapella version, followed by an own choice song with accompaniment. Founders North brought some extra excitement with them, by using one of their songs to help Stanford's Head Boy Marthinus Maritz to ask his date out to the Matric Dance and she said YES!!

In the end it was a tough choice for the panel of adjudicators but Serala house took the trophy home. Congratulations to Serala on winning the trophy and well done to all the other houses. It is clear that this event is a keeper for many years to come.

## INDEPENDENT SCHOOL ATHLETICS

On Friday, 31 January, Stanford Lake College competed in the Independent Schools Interhigh Athletics in Polokwane, which was hosted by Mitchell House. Our athletes made some history by breaking numerous records at the event, giving some fierce competition to the other schools that participated. SLC had a brilliant day on the track and field by scoring a total of 83 points and winning it for the 6th year in a row.

### Medal Count: 104 Medals

40 Gold  
37 Silver  
27 Bronze

### 5 Independent Schools' Records were broken

- Boys u/15 100m Relay – 47.01
- T Mashapa B u/15 Shotput – 11.66m
- A Maree G u/17 Shotput – 10.74m
- L Revelas G u/19 100m Hurdles – 16.09
- L Revelas G u/19 400m Hurdles – 1:09.69

### 1 Record equalled

- K None B u/15 High Jump – 1.70m

### 7 Stanford Lake College records were broken

- D Ramalepe B u/15 100m – 11.72
- R Nevhutalu B u/19 110mH – 15.82
- A Tshivhengwa B u/15 300mH – 48.88
- Z Koster G u/15 300mH – 1:01.69
- R Nevhutalu B u/19 400mH – 1:03.69
- D Coad B u/17 400mH – 1:02.98
- I Drewett G u/16 400mH – 1:16.50

**Junior Victrix Ludorum** - Nanaki Kgopong  
**Senior Victrix Ludorum** - Lia Revelas

It was a great day out. We would like to thank all the athletes for the time and effort they have put in to get fit in time for this event and the immense support from all our staff before and on the day of the event.





## NEWS FROM THE POOL SIDE

Well done to Pearson Mumba, who participated in the Limpopo Northern Sprint Gala at HTS Tom Naudé on Saturday, 1 February 2020. He received excellent results as follows for his age group:

- 3rd place – 50m backstroke
- 3rd place – 50m breaststroke
- 3rd place – 50m freestyle



## SAIDS ANTI-DOPING WORKSHOP

On Monday, 3 February 2020, the South African Institute of Drug-Free Sports also known as SAIDS, presented an Anti-Doping Workshop at our school to inform and educate our pupils and staff about the dangers of Doping and the use of supplements, most of which one can buy over the counter. This was a very informative workshop. In recent years, the Anti-Doping Rule Violations have increased significantly and in the 2018/19 SAIDS Annual Report there was 47 cases opened. Some of these involved school going athletes. We as Stanford Lake College, want to educate our pupils and promote the value of ethics and fair play, thereby protecting the true “spirit of the sport” within all sport codes that we offer. The College would like to thank Mr. Lunga Kupiso for finding the time in his busy schedule to come and present the workshop at our school.

## PREPARING FOR TREK 2020

The Grade 8's had their 2nd Sleepout on Tuesday evening this week, while the Grade 9's were practising their river training for their upcoming Treks.

