



Matters of Principal

There is no doubting the fact that smartphones, the internet and social media have dramatically changed the way adolescents socialise and are socialised. We, of another generation, had to find a dictionary and look up a word; page through an encyclopedia; wait for photos to be developed and printed; we passed notes in class....

All that has changed. The digital world has meant easy and unrestricted access to everything. And all this with one click. Our pupils are far more adept at living in this world and, on the whole, are way ahead of us adults in terms of using this technology. At Stanford, we do all we can to educate our pupils around the safe and sensible use of this technology. We know that teenagers are impulsive and do not always consider the consequences of their actions. Those compulsions, given free rein on social media platforms, often land them in hot water. They do not stop to consider their digital footprint or the legal consequences of their actions. On campus, we have firewalls in place and we can manage and track usage on our networks. We talk and warn and educate our learners all the time, using courses such as the one by Emma Sadlier on the dangers of this digital world. But we cannot control what is done outside of our network and we cannot keep them safe from themselves and from others without you, the parents, working with us. Ian Houston, the Headmaster of Unicorn Prep, wrote an excellent piece in

"With the rapid pace of tech development, some of the guardrails that are necessary to keep an industry accountable have been set aside in the spirit of innovation."

- **Social Media Dangers Documentary - Childhood 2.0**

his weekly newsletter commenting on the fact that the education and control of our children's use of social media is a shared responsibility. I could not agree with him more. It has become all too easy for parents to defer this responsibility to the school and say that we must deal with it when social media platforms are used irresponsibly. Educating our children is a shared responsibility and one that requires input and cooperation from all of the adults in the room, so to speak. It is essential that parents have those tough conversations around rules and discipline and behavior on these platforms...about socialisation and what will be accepted and what will not. I have included a link to a YouTube documentary on Social media dangers. It is long but most certainly worth watching.

<https://www.youtube.com/watch?v=He3IJhFy-I>

We are at the end of an incredibly busy term. I wish you all a restful holiday and look forward to what promises to be an action-packed second term.

God Bless,

NEWS IN BRIEF

RUGBY

As expected, the rugby was extremely physical as our lads knew that after last year's losses, Eric Louw would be out for revenge. It was also the first time that the College has fielded four full rugby teams, which is a great indicator of depth and strength for the future. The U/15 boys played what was possibly the best match of the day, winning convincingly against a big Eric Louw side and showing some real talent. The U/14s, however, really battled as almost each boy was playing in their first ever rugby match. Having said that, most left the field with smiles on their faces despite a heavy loss. The 2nd Team showed real character in what was an expectantly scrappy game, coming out on top of a very determined Eric Louw 2nd Team. The 1st XV were excited to get stuck into their first game of the season, despite very little quality training together as a squad. They started the match well, scoring a very good try in the first few minutes. However, their fitness simply was not good enough and the lads unfortunately faded in the second half and too many handling mistakes started to cost them. Despite the score line running away from them somewhat, they never gave up and showed real 'Badger spirit' right to the final whistle. There is clearly much work to be done but, all in all, it was a very successful day out for the four rugby teams.

NETBALL

It was a tough and hot day out in Musina on Saturday, but the SLC ladies gave it their all, it is with pleasure to announce that four out of our six netball teams won their games. Our U/14A team had to play an extra game against Eric Louw's U/16B and they played really well and also won that game by five points. In the same tone, our U/15A team also played an extra game against Eric Louw's U/16A side and they also did really well against them and won the game.

INTER-HOUSE WIK

On Wednesday of last week, the Adventure Committee organised and ran an inter-house Wik triathlon. Despite the low turnout this year, it was a great event for those who took part. Kian Noné won the individual event, whilst Christian Krüger, Travis Hudson and Finn Straughn won the team event. Well done to all the triathletes who took part.

- 1) Fenwick (87 points)
- 2) Loomis (71 points)
- 3) Orvis (69 points)

GRADE 9 EXPEDITION - PART ONE

On the morning of Friday 4th March, 46 excited Grade 9 pupils boarded the bus to start their first expedition of the year. A chorus of songs made the journey pass by in a flash and the reality of the day's climb that laid ahead of the pupils hit them like a lightning bolt as they stared at the winding gravel road in front of them. Day one was tough! The 7km hike with an elevation gain of 700m was gruelling with heavy packs and legs that seemed to have forgotten what they were supposed to be doing. Thankfully the day was broken up with a nice plunge into a deep pothole during lunch and the view from the campsite, "Christmas Plateau" was worth the climb. The campsite so called as this is where Louis Trichardt spent the Christmas of 1883.

The following morning started with a 400m climb from the campsite to the top of the mountain and the highest point of the expedition, "Magokolo". The steepness of the ascent was something new to most – quite a daunting experience and there were definite sighs of relief once it was over. At the top, the pupils took a visit to the Louis Trichardt Memorial Plate and some diggings that legend has

it could have been a site of Paul Kruger's buried millions.

From there, the group dipped over the other side of the ledge and made their way to Louifontein, their campsite for the night. Louifontein is a natural spring that provides a strip of lush and bright green grass down the mountain slope, a stark contrast to the other vegetation around it. The wind howled that afternoon and the staff entertained themselves with a running commentary of the "runaway" tents – watching brightly coloured canvas balls of air picking up high speed and rolling away from the campsite.

The next morning was a long and hot hike down to a village called Mankele, where the pupils were thankful to take a dip in the Olifants River to cool off before spending their last night under canvas. The next morning was a sweltering walk into the village of Penge, where the pupils were grateful to be able to buy an ice-cold Coke and kick their hiking boots off one final time. Sweaty socks were traded for a barefoot breeze and the next part of their adventure commenced – the river!



SNAP SHOT

Stanford Lake College

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GRADE 9 EXPEDITION - PART TWO

The Grade 9s readied themselves for an eventful rafting experience on the Olifants River. The fun started on Monday afternoon once the hefty task of inflating and carrying 25 boats had been done. Thankfully for all the weary souls who were tired and needed a break the first day was only 10km filled with a few small rapids that gave a taste of the larger ones to come. Camp that night was situated on the banks of the river, now named: Loerie Camp.

The second day was a much longer day on the water with about 25km covered till camp. Even though none of the rafts flipped on the second day, the rapids were strong enough to keep the adrenaline up and eyes wide open.

We arrived at Samango Camp and the kayakers played in the rapid next to camp and gained some valuable river skills. The rest of the group filled up water bottles from a fresh stream on the opposite bank. That night the whole camp seemed to be full of a long-lost energy and were excited for the days to come.

The next morning, we hit the river late. Day three was a lot shorter than the previous day, yet just as exciting due to the ever-increasing number of rapids. It was on this day that we encountered our first named rapid, Zuma's Tea Party. This was the students' first chance to show us, the guides, what they were capable of. To our surprise, the rapid proved to be a walk in the park for all the students because none of them flipped or even fell out of their boats!

That afternoon we arrived at Baobab Beach! Without wasting any time and in fear of what was coming tomorrow Mr. Haarhoff, made all the students do raft and swimming drills down the rapid above camp. At first the complaining didn't stop but soon enough they were willingly swimming down the rapid with whoops and shouts of excitement, adrenaline and fun! After some time, we managed to get the students out of the river to start setting up camp. Baobab beach gets its name from the three enormous baobabs (now only 2!) situated on the slope behind the beach. That night the students were allowed a fire in camp and so the soft sound of laughter and chatter could be heard from the guides' camp all night long.

An early start the next morning indicated a long day ahead. The whole camp was packed and ready to go just before 07:00. After

Mr. Haarhoff's briefing the bunch of anxious students hit the water. The first rapids of the day started only 50m from camp in the Olifants River Gorge. The first major one being Rent-O-Kill. This name has struck fear into the hearts of many nervous paddlers over the years and so it was no surprise that when given the option some students walked around the rapid instead of running it. However, those who decided to run the rapid seemed to have a blast judging by the smiles on their faces. Rent-O-Kill lived up to its expectations and claimed a few tipped rafts and empty kayaks.

From here on down the river didn't ease up because rapids such as Double Trouble, Long Drop, Simple Simon and Roller Coaster were still to come. Fortunately, no major issues occurred on the rapids to follow and everyone made it out the other side in good spirits and with silly stories to tell back at school. After roughly 20km of paddling and multiple large rapids we made it to the take-out point at the base of the Strydom tunnels. At this point almost everyone was happy to be going home after a long expedition but there were a few, who were sad that it had finished so soon. Thank you to all the staff members that came along and made this a memorable experience for all.

Trek can be one of the most painful and physically demanding activities of your junior years at Stanford. There is no sugar-coating trek, it is hard from the get-go. Your heavy bag, the steep mountains combined with uncomfortable hiking boots may lead to countless blisters. The rain soaks everything including your morale and to be honest, the food isn't that great either. However, it is what you make of it that counts. It can also be the most fun filled Adventure that you share with your peers and are guaranteed to remember and talk about for years to come. The hardships that you are put through on trek, bring the whole grade much closer as a unit, it brings a sense of unity and comradery that lasts through high school. You experience places that are way off the beaten track and get to share the beauty with your friends. Whether it's swimming in mountain streams or floating down the Olifants, watching the glowing sunrise from Christmas Plateau or sitting around the fire and talking the night away at Baobab Beach. You are guaranteed to enjoy some parts of Trek and in the end, you will definitely remember it all.

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HOCKEY NEWS

As a way of trying to adequately prepare our teams, this year's hockey season kicked off with friendly matches against Merensky. The matches started off on Monday with the 1st Team girls' game kicking off at 3 pm. Merensky asserted their dominance early on, with two successive goals. It was very evident Merensky already had two friendly games under their belts. The game ended 5 - 0 in favour of Merensky. This was the story for the rest of the day as the U/16 boys lost 1 - 3 and the girls lost 0 - 3.

On Tuesday the U/14 girls kicked off the day with a great performance on the Merensky turf, winning 3 - 1. The U/14 boys lost 0 - 3 and due to bad weather, the 2nd Team Girls' game was called off after they had dominated Merensky for a good seven minutes. The 1st Boys' Team were fortunate enough to push back after the storm had died down. Just like all the other Stanford teams, they had a slow start and by the time they picked up momentum, Merensky had already put three goals into the net and the game ended 3 - 0 to Merensky.

Overall, it was an amazing two days of hockey which were highly beneficial for all our teams, especially our senior teams, who will be heading to Pietermaritzburg over the holidays. We are certainly looking forward to a great year of hockey.



Stanfordians in training

We welcomed 74 future Stanfordians to our campus last weekend for our annual Open Weekend. The group of Grade 6s and 7s joined us for an action packed 24-hours, taking part in academic activities, sports drills, a night hike in the forest and a mini adventure race. With all of their energy and enthusiasm, we look set for a bubbly Grade 8 class in 2023!

Sunita Glanvill offers a course, Thinking Kids, to the pupils. Some of the teachers have put forward the names of those students who they believe could benefit from doing the course and some of the pupils have requested to participate. I have sent Sunita your contact details and she will contact you during the course of the holiday. If you are interested, please complete the forms and return them to Sunita. The course will take place over 6 weeks next term and every term thereafter.



Penryn College

DERBY
26-28 MAY

We are very excited to be hosting Penryn College on our campus for what we hope will be the first of many derbies. The derby will take place from 26th to 28th May. If you have space in your home, please allow your son/daughter to bring home a few friends or teammates that weekend in order for us to accommodate the Penryn staff and pupils in our boarding houses. Thank you for your support and assistance.

THE WIK



MEMORIAL TRIATHLON

On Sunday 13th March we hosted the annual Wik Memorial Triathlon. This year was the 10th year since Wik's passing and we celebrated his life in style! We had a couple of parents, staff and students taking part in the event,

with very good results. In true style, we had the perfect weather for the event – a cool morning and then clear skies for the rest of the day.

We had an outstanding performance in the Stanfordian event by Walt Katzke. Finishing in 1st place in a fast time of 2 hours 11 minutes! Eating his dust further down the field were alumni Matthew Wilkinson and Kyle Burelli, Mr Sean Fairhead, SLC's own Mr Swanepoel and Mrs Shirley Scriven.

In the Wik Junior event, five of the eight junior individuals came from Stanford. Kian Noné finished in second place, Michael Scriven in third, Benno Kotze in fourth and Lungile Sithole-Wiltshire in fifth by 1 second! Heidi Katzke won the junior girls event in fine style.

In the Wik Open event, we had great performances from Mr. Roelof Niemann, Rouan and Jessica Snyman (from the finance office!), as well as alumnus Pieter de Witt.

In the Wik teams event we had the Highlanders (Straughn family) flying the flag high as well as some of our alumni.

Our junior teams made sure that they didn't get outperformed by the others and the team of Ilne Kotze, Llewellyn Wight and Matthew Scriven finished in 1st place in the Junior mixed team category.

Well done to every competitor and all the marshals / staff that helped to make this event such a success. A true 'family' event.

