

SNAP SHOT

Stanford Lake College

ISSUE 13 of 2021- 30 April



Matters of Principal

"The majority of us lead quiet, unheralded lives as we pass through this world. There will most likely be no ticker-tape parades for us, no monuments created in our honour. But that does not lessen our possible impact, for there are scores of people waiting for someone just like us to come along; people who will appreciate our compassion, our unique talents. Someone who will live a happier life merely because we took the time to share what we had to give.

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have a potential to turn a life around. It's overwhelming to consider the continuous opportunities there are to make our love felt."

- Leo Buscaglia

Seven Staff and I have just completed a nine week course on Well-being and Flourishing. It has been an amazing journey of discovery and growth. We have been exposed to the latest research and thinking on Well-being and Happiness. The last topic covered was that of building positive relationships. Too easily we forget that we are social beings who naturally need people around us. However, we must ask the question: "Do we take the time to build and nurture positive relationships?" I say that we have been "exposed" to

the latest thinking but, in reality, it is nothing new. It has simply been a re-sensitisation to a topic that we are all very familiar with. Building positive relationships takes effort. As a community we have to remain conscious of how we interact with each other. During the course we discussed a few key behaviours that better enable us to interact positively with those around us. A few of these include displaying gratitude; creating positive emotions by making people feel good about themselves; focusing on our strengths and the strengths of those around us in order to bring out the best in those that we interact with; allowing ourselves to be happy, in doing so to be aware of the happiness of others and how we can influence this happiness; finally, having an optimistic view of life.

Listed like this, it appears to be a relatively easy concept, but as with anything in life it requires conscious effort and it takes time. Building positive relationships is not limited to the above but rather simply incorporates a few of these concepts. At Stanford we are focusing on building positive relationships between our pupils, between our staff and pupils, and between our staff themselves. In so doing, this equips our pupils with the emotional skills to grow into this important space. As with anything in education this takes time and we will certainly not get it right with all pupils and staff all the time; but if we apply some of the principles outlined above, I am confident that as a community we will become a beacon of light to all those around us.

God Bless

FLYING HIGH



This past weekend, 21 of Limpopo's schools (High School and Primary) were represented at the SANESA qualifier by riders of all ages. Ruben le Roux, Stanford's only competitive equestrian athlete, and his two horses, put in a great effort to put SLC in FOURTH place in the province. Ahead on the log are Ben Viljoen, PHS and Waterberg Academy.

Ruben and his horse, TI Quinta, received first place in Equitation level 7 and in Dressage level 1. It was their first time as a combination to try dressage!

On Thembinkosi, Ruben was placed 2nd in the show jumping 90cm normal class and also in the 90cm A2 Speed Class. In the Working Hunter 80cm class, they finished 1st and in the Handy Hunter 80cm class, they also finished 1st. In the Handy Hunter class, Ruben was paired with his teammate, Clara de Beer, from Ben Viljoen.

Ruben was named Equitation Rider of the Show, with a mark of 91.25%.

Further to this, Ruben assisted the course designer with building all the courses. He has really taken an interest in this skill and might do an official training course in this field. Well done, Ruben!

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Submissions by: **DANCE**
7th June
Going live: 16th June



Interschools
VIRTUAL
Arts
festival



MUSIC



Interschools
VIRTUAL
Arts
festival

Get involved with the Interschools Virtual Arts Festival that we are hosting in June! If you would like to enter a piece for music, drama, art, debating, public speaking, photography or filmmaking, please speak to Mr Swann for further details.

All pieces will be uploaded to a website where they can be viewed by the public. There will not be a commenting option on the site, but instead, there will be an email address where viewers can leave comments and votes for their favourite entries.

The other schools contributing include PEPPS, Mitchell House and Ridgeway College.

DEBATING & PUBLIC SPEAKING




PHOTOGRAPHY & FILMMAKING

DRAMA

ART




STANFORDIANS CYCLE TO THE TOP!



This past weekend, the second instalment of the Limpopo MTB XCO series was held at Makhado High School. Stanford was again well-represented by riders who love the sport and showed that we are a school to be reckoned with on the bicycle!

In the Sub-Junior Division, Gordon Noel took the honours receiving first place with a great race. Watch this young man as he is fast becoming one of the top riders in his age category! Tristan Brett also made his first appearance on the XCO race course this year, pushing hard and finishing well.

It was the big guns though that got the adrenaline flowing, ending off the day with the Junior Class race with a tightly contested bunch up front. At the finish line after five laps of mixed single track and climbs, Jarryd Gosling came in sixth, Herman Fourie in third, and Gunther Katzke raced to a sprint finish in first place. Well done to all our riders.

We would like to encourage more pupils to join this exciting sport and enlarge our footprint on the MTB scene.

