

SNAP SHOT

Stanford Lake College
ISSUE 23 of 2022 - 29 July



Matters of Principal

At the beginning of the week, I attended a SAHISA council meeting. One of the standing items on the agenda is diversity and inclusion. Towards the end of the discussion, one of the long-serving members of the committee said that far too often we over complicate the issues we face. He said it is simply about being kind. This really resonated with me, as in so many areas of our lives a little bit of kindness goes a long way. Being kind should never feel like a chore, it costs nothing to be kind. We all have the capacity to be kind, it simply remains an active choice. There is enough misery in the world, we are feeling the effects of crisis on every level; people are struggling in so many different ways. Under pressure, it is human nature to fight, to lash out, to argue, accuse, bully, complain and blame. It really doesn't have to be this way – we can choose to be kind; it is a conscious choice that we can make. Small acts of kindness add up, if we focus on building positive relationships and

“Raise kids who are so aware of others, so confident in their own skin and so thankful for their blessings they can't help but be kind.”

stop to think about how others are doing, I have no doubt that we can make our school and our world a better place.

In the words of Og Mandino *“Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness, and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again.”*

Have a wonderful weekend

God Bless

TOUR DE MAROELA NEWS

On the 23rd of July, six Stanford riders travelled to Lephalale to compete in the Schools Mountain Biking event. This somewhat flat track was a great training race for our junior riders, as well as a strategic race for our more experienced riders. Iline Kotzé was the youngest rider and managed a third place to put her on the podium. Rachel Göbel and Isabella Dando also raced, overcoming technical issues, and finished off the race strongly. Our two senior riders, Lungile Sithole-Wiltshire and Kian Noné, also did well in their race, finishing with smiles after five gruelling laps. Lastly, Gordon Noel finished in first place to earn himself and Stanford a gold. Well done to these riders and their achievements on the track.



Limpopo Schools XCO MTB series Get on the start line and you could win!

It's fast, it's fun and it's for everyone!

Enter an XCO race and go into the draw for a R1500 Sportsman's Warehouse gift voucher



How it works:

- Every student who takes part in a race will get 1 ticket into the draw per race (compete in 4 races to get 4 entries).
- Bring a friend to participate and your friend will also get an entry (per race) and you get a single extra entry into the draw (regardless how many races your friend then enters).
- Bring as many friends as you like – 1 extra entry per friend.
- You have to be on the start line to qualify for an entry.
- All 4 Schools XCO races count.



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SOCCER SEASON KICKS OFF

Six Stanford soccer teams took on Northern Academy on Wednesday for their first games of the season. Northern Academy outplayed the Stanford teams throughout and the results tell the tale. Regardless of the points on the board, the Stanford players didn't lose spirit and had a lot of fun on the pitch. It was so lovely to see a lot of support from the school from the sidelines. Results were as follows:

- 1st Team Girls 2 - 7
- 1st Team Boys 0 - 8
- 2nd Team Boys 1 - 4
- U/15A Boys 0 - 5
- U/15B Boys 0 - 9

