



SNAPSHOT

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10 February



We have only seen a 39% uptake of pupils and parents who have downloaded the D6 Connect app. Please note that this is our PRIMARY COMMUNICATION CHANNEL AT THE SCHOOL and is used to keep parents, guardians, pupils and staff updated of any important information regarding the school such as important notices, events, updated calendar etc. Click [HERE](#) to read the user guide and be sure to read last week's Snapshot if you are having issues with the app.



Matters of Principal

"Change begins at the end of your comfort zone"
- Roy Bennet

As I sit in a rather hot and humid Gaborone writing this Snapshot I reflect on what I have written over the past few weeks, I have made reference to our school's value system and our expectation as to how we would like our children to live these values out. I have spoken of areas within the school in which I see these values being clearly displayed and I have spoken of the positive impact our Matric class has had in setting the tone in the school as well as the work that the staff has done in mentoring and supporting them. As with anything in a school, nothing works in isolation and very often there is a knock-on effect as a result of certain behaviours or actions. In achieving all of this, it is essential to mention that this is an incredibly busy place. Pressure is often placed on our pupils which puts them under stress to not only succeed but - in many cases - to simply get things done. There is plenty of research around that tells us that pupils who are able to set goals and prioritise are more likely to succeed than others who perhaps have more inherent talent.

Friedrichs has laid out a programme that allows our pupils to use the SMART goals approach. Goals are Specific, Measurable, Achievable, Relevant and Time-bound. This framework is about eliminating generalities and guesswork, setting clear time frames, prioritising and planning. For many of our pupils, setting goals is easy to say and not so easy to do. It takes hard work to break deeply engrained habits. Real change is subtle and shows incremental improvement. Real change takes time to master.

We need to embrace this learning process as our children travel this road.

Have an excellent weekend,

God Bless

During our tutor lessons, we have been focusing on goal setting. Mr

SWIMMERS RACK UP MEDALS



Huge congratulations to Jenny Zhang and Dario Wasley for participating in the Limpopo Schools' Swimming Championships this past weekend in Tzaneen. Both swimmers participated in eight events each and made the school extremely proud. Jenny received six gold medals and two silver medals for her events. Dario got three gold medals in all of his breaststroke events (50m, 100m and 200m). A special mention to Jenny for being awarded the Senior Victrix Ludorum, an incredible achievement for her.

We await confirmation of their selection to represent Limpopo at the SA School Championships between the 20 - 24 April 2023.



Mr Haarhoff and Mr Fullard took to the Olifants River this week to conduct their annual scouting trip ahead of the upcoming river expedition. With the water sitting at 160 cumecs on Thursday morning, they paddled the rapids in a record time of eight hours over two days. The Grade 9s will paddle the same section over four days! Water levels will be monitored closely over the coming weeks to ensure conditions are safe for the pupils. Pictured is Mr Fullard standing at the previous night's water level mark.



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NEWS IN BRIEF

SPEAKERS SOCIETY

Congratulations to the new Chair for 2023, Tukisho Ramohla-le, and to the Vice Chair, Travis Sithole. The first meeting was held last Friday, detailing the structure and intention of this society. Twenty-three matrics have signed up for the year.

ENVIRONMENTAL

The school's Environmental Club has committed themselves to the Bread Tags for Wheelchairs initiative. Our goal is to collect as many bread tags and bottle tops as possible throughout the year. To raise one wheelchair, we need to collect 200 kg of bread tags or 450 kg of bottle tops. If we are successful, we can give back to our community by supplying vulnerable members with much needed wheelchairs. The success of this project cannot be achieved without the help of our learners and parents. We ask that you join our efforts and start collecting. To make things more exciting, there will be an inter-house competition to see which house can collect the most 'tags and tops'.

MATRICS



After a long wait, the Matric class received their jackets on Wednesday. They seem pretty pleased with them.

EXCHANGE



We are excited to welcome Sophia Leher (Grade 11) back to Stanford after a few months away on a private exchange at Gut Warnberg School in Germany. Full report of her adventure once she has settled back in.

LATEST FROM THE TRACK

On Saturday 28th January, the Athletics Team travelled down to Ben Vorster to participate in the Prestige Athletics meeting in the scorching heat. The athletes performed exceptionally well, taking into consideration that some of them were participating for the third day in a row. Stanford racked up a total of 46 medals, of which 13 were gold.

On Thursday, 2nd February, 11 athletes travelled down to Ben Vorster to participate in the Cluster Trials, after it making it through the first round. The athletes performed well under difficult conditions. Six athletes (Kian Noné, Nanaki Kgopong, Zayd Moosa, Thabang Shabangu, David Ramalepe and Isabella Brett) qualified to participate in the Mopani Championship on 18 February.

On Friday, 3rd February, the Athletics Team participated in the FOM Athletics Meeting hosted by Hoërskool Louis Trichardt. After a storm had hit the town earlier that morning, there was much debate as to whether the meeting would go ahead. Unfortunately, the short hurdles had to be cancelled due to wet conditions. Stanford produced great results all day racking up a total of 73 medals. There were a couple of remarkable results starting with the 800m and 1500m for girls U/15 where all three podium positions were taken up by Stanford athletes. The U/17 Girls and U/19 Boys 4x100m Relay teams put up outstanding performances and managed to clinch gold medals in their respective races. Nanaki Kgopong was once again Stanford's top performer, accumulating 2699 points on the ABSA table. At the end of the evening, Stanford managed to claim second place behind Hoërskool Louis Trichardt.

A total of 16 school records were broken during the athletics season and one was equalled. Thanks to all the athletes who gave up their afternoons for training and to participate in all these events. Well done to every single athlete who represented Stanford on the track and field this year, it was a great year and one to remember.



Photos: Bulletin



SNAPSHOT

MEET THE CLASS OF 2023

HEAD OF DAY SCHOLARS - ZAARA TURK

1 What are your hopes for Stanford Lake College as you help to lead the school this year?

I hope that we as a school will be able to come out of the "COVID bubble" as well as stay encouraged and work hard the whole year through in academics, sport and culture.

2 What is your proudest accomplishment at Stanford Lake College?

Becoming Head of Day Scholars and taking part in the Variety Show of 2022!

3 Share a memorable moment during your time at Stanford Lake College...

The night walk of Hatchery 2023, the stars in the purple sky were an incredible sight to witness.

4 If you could share a meal with any 4 individuals, living or dead, who would they be?

Jeon Jungkook, Yusra Mardini, Barack Obama and Rosalind Franklin.

5 If you had to describe yourself as an animal, which one would it be?

I'm a bear. Social and playful the majority of the time but I also need to hibernate sometimes.

6 Where do you see yourself in five years?

Finishing off my degree, and preparing to start "adulting".

HEAD OF FOUNDERS NORTH - DAVID MULDER

1 What are your hopes for Stanford Lake College as you help to lead the school this year?

That our back to basics approach will reinstall some organisation, particularly in hostel. I hope that being well organised will reignite a sense of pride amongst the pupils, as they will have something more to be proud of at school.

2 What is your proudest accomplishment at Stanford Lake College?

Making the SASSAC Fly Fishing Team within a year of starting the sport and becoming head of Founders North.

3 Share a memorable moment during your time at Stanford Lake College...

When I was in Grade 8 on Maritzburg Tour. We were facing a school from Namibia and at half time we were down 3-0. In the second half, we played our hearts out and came back to win 4-3.

4 If you could share a meal with any 4 individuals, living or dead, who would they be?

Bob Marley, Stan Lee, Joe Rogan and Piers Morgan.

5 If you had to describe yourself as an animal, which one would it be?

A wolf because they make lifelong bonds.

6 Where do you see yourself in five years?

I see myself farming in Australia, for work experience.

