



The Old Stanfordian

The Official Newsletter of the Stanford Lake College Alumni Association

Orvis off to a solid 2024

Orvis are strutting their stuff among the Interhouse events for 2024, having taken 5 wins from seven events AND having secured the Spirit Trophy at both the Athletics and Swimming clashes! The first event of the year was Cross Country where the yellows secured a second position behind Fenwick. Next up was the Athletics where Orvis dominated the events and took the Stanford Lake College Spirit Trophy as well as The Zamparini Family Trophy for the Winning House. Next up was the Interhouse Mountain Biking event. Five bikes from each sports house were allowed on the track at any one time and the aim was to complete as many laps as possible within one hour. With Gordon Noel riding hard for the yellows and being well-supported by other talented cyclists in his house, it is no surprise that Orvis claimed the top spot. Seeing so many pupils putting their hands up and giving it a go was brilliant, even though a few had barely ever been on a bicycle before. It took great badger spirit for them to put themselves forward for the challenge, shouting to Mr Haarhoff, "Sir, is this one the brake?". Fenwick took second place and Loomis took third.

The Interhouse Swimming Gala took place in March. With Dario Wasley, one of SLC's top swimmers and a swimmer for Limpopo competing in Orvis House, it was no wonder that the yellows cleared up once more. The swimmers eagerly participated in a variety of events, with two individual records and one relay team record being broken on the day. Jenny Zhang broke her own record in the 50m butterfly by 0.01 seconds, while Dario Wasley shattered his previous record in the 100m freestyle, setting a new time of 1:14.59. Fenwick also triumphed by breaking the U/15 Freestyle relay mixed team record by over 4 seconds. Orvis continued to impress by having at least one swimmer compete in every event and clinching the final trophy with nearly a 100-point lead over Fenwick and Loomis. Orvis once again captured the Spirit Trophy and swept the awards, winning Overall Winners, Spirit, and Relay Team of the day.

In the Interhouse Wik, Orvis dropped the ball a little and came in third behind Fenwick (1st) and Loomis (2nd). However, they managed to claim the top spot in the Squash.

There will be a number of other Interhouse clashes throughout the remainder of 2024, let's see if Orvis can maintain their momentum!



EVENTS

17 - 18 MAY 2024

Penryn Derby (Home)

18 MAY 2024

Alumni Reunion @ SLC

24 - 25 MAY 2024

Beaulieu Derby (Away)

25 MAY 2024

Alumni Reunion @
Kyalami Country Pub



WHAT'S BEEN HAPPENING?

Stanfordians excel



Congratulations

MATRIC CLASS OF 2023



Rajveer Gohil
7 DISTINCTIONS

English Home Language, Information Technology, Life Orientation, Life Sciences, Mathematics, Physical Sciences, Further Studies Maths



Kian Noné
5 DISTINCTIONS

Information Technology, Life Orientation, Mathematics, Physical Sciences, Further Studies Maths



Connor Christie
4 DISTINCTIONS

Geography, Information Technology, Life Orientation, Mathematics

7 DISTINCTIONS

Rajveer Gohil

5 DISTINCTIONS

Kian Noné

4 DISTINCTIONS

Connor Christie



Magdelie Els
3 DISTINCTIONS

Afrikaans First Additional Language, English Home Language, Visual Arts



Luke Fairhead
3 DISTINCTIONS

Business Studies, English Home Language, Geography



Ashley Mhelembe
3 DISTINCTIONS

Life Sciences, Mathematics, Physical Sciences

3 DISTINCTIONS

Magdelie Els, Luke Fairhead, Ashley Mhelembe

2 DISTINCTIONS

Marc Day, Maki Inama, Kwena Makweya, Joel Mushambavanhu, Trez Ngobeni, Lana Otto, Luke Schoeman, Mitch Williamson

1 DISTINCTION

Layla De Bruyn, Olivia Drewett, Elektra Gelletich, Megan Kelly, Claire Klinkert, Zoë Koster, Mufaro Mazengura, Akshar Patel, Rachel Rix, Serena Rix, Travis Sithole, Diego Vieira, Clara Werhahn

100% PASS RATE

91% UNIVERSITY EXEMPTION

92% AVERAGE IN FURTHER STUDIES MATHEMATICS



WHAT'S BEEN HAPPENING?

Stanfordians excel



HONOURS AWARDED



Tristan Brett



Nanaki Kgopong



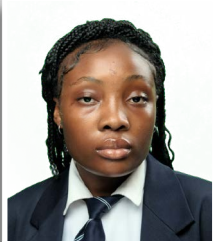
Jenny Zhang



Amber McHugh



Mokgale Mamabolo



Thapelo Nare

A number of pupils have been awarded Honours for their commitment to sports, academics and culture so far in 2024. Tristan Brett was awarded Honours for Athletics / Cross Country, Nanaki Kgopong and Jenny Zhang were reawarded with Honours for Academics and Amber McHugh received her white blazer for Academics. Mokgale Mamabolo (see report on page 4) received Honours for Athletics and Thapelo Nare has exemplified immense talent in the cultural space.

DIGGING THE DUGOUT



Players and coaches alike are delighted with the newly completed dugout at the astro! Many of our alumni will remember afternoons enduring the mountain's elements whilst playing fixtures or training. At least now, the SLC pupils have respite from the wind, rain and sun when on the bench. The school's marketing department is also glad that no more gazebos will need to take flight over the astro during matches.

A DECADE OF VICTORIES

On Tuesday 30th January, Stanford Lake College set off to Polokwane to defend their Independent Schools' Athletics title. It was an exceptionally successful day for all of the athletes, as they dominated almost every event from start to finish. It was fantastic to see that many of them had worked hard during the December holidays and were fit, fast and strong. The Spirit Committee did a great job of ensuring that the athletes were well supported from the stands as well. At the end of the day, Stanford Lake College defended the trophy for the 10th year in a row, and won the 2024 Independent Schools' Athletics by 100 points. Congratulations to Mokgale Mamabolo who won Senior Victor Ludorum, winning the 200m, 100m and coming second in the long jump, despite breaking the U/19 boys' record. Well done to all athletes and coaches.



WHAT'S BEEN HAPPENING?

Stanfordians excel



JUNIOR CHAMPIONS



Both our Junior and Senior Debating Teams competed in the final of the 2023 Mayor's Cup last month. Both teams were competing in the 1st Division. The Senior Team debated against Eagle's Nest Christian School. The debate was awarded on a 3 - 2 split in favour of Eagle's Nest. Nanaki Kgopong, Jenny Zhang and Vukosi Mbowane were our speakers and we would like to thank them and the floor for their commitment to debating throughout their high school career.

The Junior Team debated against Millennium Combined School. The debate was awarded unanimously to Stanford Lake College. The Stanfordians were victorious, with Alessio Calokechi as the best speaker of the day. Retsepile Nare and Alisha Calokechi were also speakers in the junior team. Congratulations to the Junior Champions of 2023. A special mention to Ms Hlungwane for all the support and guidance she has offered to the Debating Club.



TOP 100M SPINTER IN LIMPOPO

Mokgale Mamabolo has had an outstanding athletics season and emerged as the fastest U/19 boy in the 100m sprint in Limpopo. It started with SLC's Interhouse event at the end of January when Mokgale broke the school's U/19 long jump and 100m records. He was awarded the Senior Victor Ludorum on the day. The following week, at the Independent Schools' Athletics Meet, he won the U/19 200m and 100m events. He also broke the U/19 long jump record for this meet but ended up coming second. He was awarded the Senior Victor Ludorum. At the Frikkie Deysel Athletics meeting hosted by Merensky on the 9th of February, he won the 100m race, in a time of 10.97sec, the 200m, in a time of 22.30sec (new school record), the 400m, in a time of 51.57 sec (new school record), and came third in the long jump. These performances ensured that he once again won the Senior Victor Ludorum trophy. On Friday 16th February, Stanford's athletics team travelled to Louis Trichardt to take part in the High School Louis Trichardt Prestige Athletics meeting where nine local schools participated. Mokgale was once again on top form as he broke two event records; the boys U/19 100m in a time of 10.72sec as well as the 200m (21.85sec). He also won the U/19 boys 400m race. Mokgale won the trophy for the Best Senior Boy Track athlete as well as winning the Senior Victor Ludorum.

Six Stanford athletes then participated in the Limpopo Athletics Championships held at the University of Limpopo. Mokgale hit the track and what a race it was. After the first heat, the leading time was 10.59 seconds. He had to run 10.70 seconds to qualify. He started well and kept increasing his pace and finished his heat in 1st place. His time of 10.31 seconds makes him the fastest U/19 Boy in the province.

During the Easter holiday, he went on to represent Limpopo at the National Athletics Championship in Paarl. He ran the 100m heat on Thursday and finished in 2nd place which secured him a spot in the final. Mokgale then ran in the final on Friday afternoon but unfortunately injured his hamstring. He still finished the race in 7th place which makes him the 7th fastest U/19 boy in the country. This is an exceptional performance.



WHAT'S BEEN HAPPENING?

Stanfordians excel

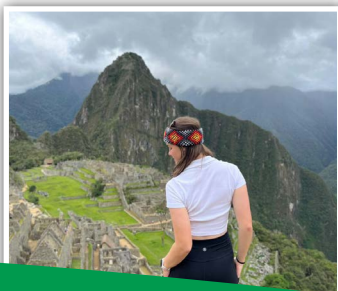


ROUND SQUARE BACK IN FULL SWING

Due to the lingering after-effects of COVID-19, the exchange programme offered by Round Square struggled to gain traction post-pandemic. We are delighted that four of our pupils managed to attend exchanges in Germany, Peru and Australia towards the end of 2023 and that their exchange students are now enjoying some time at SLC. So far in 2024, we have welcomed four pupils to our campus to enjoy a taste of Stanford Lake College and South Africa. The presence of these pupils on our campus adds an international flavour and the entire community benefits by learning from them and understanding more about their cultures and traditions.

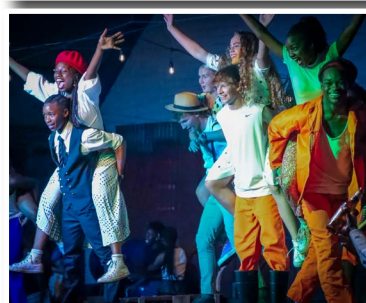
Aside from the exchange programme, the Round Square conferences are also back in full swing. Seven Grade 9 pupils had the enriching opportunity to attend a Round Square conference hosted at St. George's College in Windhoek, Namibia last month. Focused on service and centred around the motto 'Together we are the Solution,' the conference featured diverse activities. These included volunteering at 'Beautiful Kids,' an after-school programme, where our learners assisted students with homework and contributed to the beautification of the facility. Additionally, they had the privilege of attending insightful talks by esteemed speakers such as Gys Joubert, CEO of Gondwana Collection, and Carol Semedo, a board member of the Nampharm foundation. Beyond the activities, our learners formed enduring friendships with peers from around the globe, embodying the Round Square ideal of internationalism, and representing our school proudly.

Later this year, a few SLC pupils will be involved with a Round Square service project in Thailand whilst others are heading off to a conference in Colombia!



STANFORDIANS ON FIRE IN "SOPHIA"

In March, the school put on an electric production called "Sophia". Mrs Dionne Redfern, the Head of Culture at Stanford Lake College, writes: "The script for this show was written with this cast in mind. Having watched them for two years, it was clear that we needed to do another musical to showcase the extraordinary talent in our school. Sophiatown had a profound influence not only on the political landscape but also on the music and dance styles of our country, long after it was gone. In a very busy term, the rehearsal schedule pushed the cast almost to breaking point... but we have made it. Every single person involved has made sacrifices to make this happen and the result was a show that was an emotional roller-coaster ride that told a horrible history whilst also being vibrant and uplifting. We are beyond proud of the cast of over 100 pupils who danced, sang and acted their hearts out. You truly showcased excellence in our school."



WHAT'S BEEN HAPPENING?

Our Visible Wellbeing Journey



Over the last seven months, we have made a huge drive to improve both pupils' and staff wellbeing. The statistics very clearly indicate that we are living in a world that is extremely difficult to navigate. Levels of depression and general unhappiness are at an alarming all-time high. The stresses and strains that people are under in their day-to-day lives are manifesting in their mental wellbeing. At Stanford, we are very aware of this and have instituted a programme aimed at better helping our pupils cope. We have adopted a Visible Wellbeing programme developed by Professor Lea Waters. The programme is extensive and practical and enables us to train our pupils (and staff) to manage wellbeing proactively. The Visible Wellbeing approach aims to provide both students and staff with a psychological toolkit that allows them to lead flourishing lives where they are able to feel and function at their best.

At the beginning of the journey, we discussed the current state of mental health and stress for young people, and learned about using the ill-being-wellbeing spectrum to self-inquire about our current state of mental health. We have learnt about the practice of making wellbeing visible to ourselves and those around us – through the “SEE HEAR FEEL” practice.



“See Hear Feel” is a process of thinking and language use that clues us into the physical, visual and auditory signals that allow us insight into how we or other people may be feeling in the present moment. These insights allow us to make choices and act in ways that are more effective in increasing and maintaining higher levels of wellbeing. We continue to roll out the Visible Wellbeing programme in both lesson time and during tutor group slots. Students are reminded to check in with themselves and with those around them about where they are on the spectrum of wellbeing and illbeing. They are reminded to SEE how they and others are feeling through expressions, body language and behaviour. How they HEAR wellbeing through volume and para-language. And how they FEEL wellbeing through body temperature, pressure and weight, and physical sensations. Pupils are encouraged to constantly reflect on their own wellbeing as well as to read and understand how those around them are feeling.

Professor Waters' Visible Wellbeing (VWB) programme is based on the SEARCH framework which she developed. It is not a curriculum but instead a toolkit of practices that needs to be embedded in our everyday activities. The SEARCH framework has been developed and published in academic journals and has been adopted in schools across the world. The framework covers six over-arching pathways to wellbeing.



S trengths

E motional Management

A ttention & Awareness

R elationships

C oping

H abits & Goals



ALUMNI ACHIEVERS

SPORT



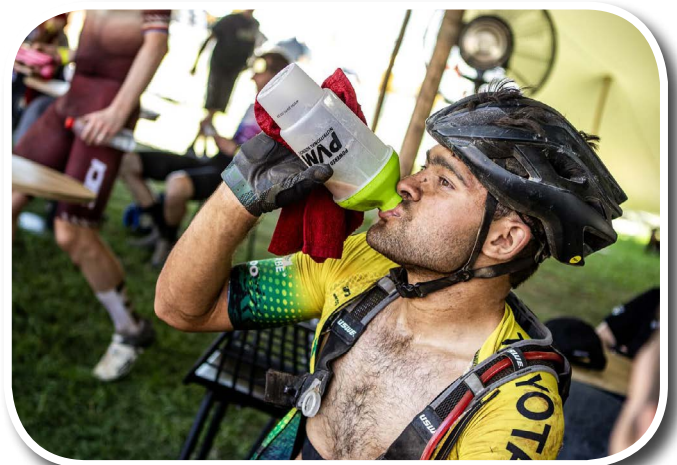
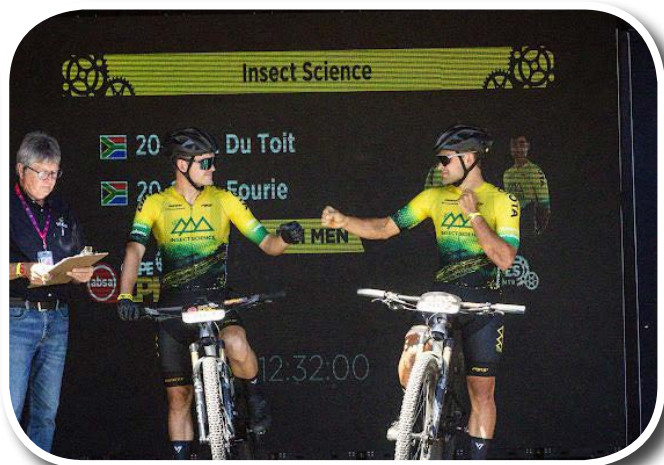
KYLE BURELLI - 3RD IN THE STANFORDIAN

Officially the 11th Wik Memorial Triathlon took place on Sunday 17th March (unofficially, it was the 12th as the staff competed in their own event during COVID in 2020). We started the day off with stars in the sky and then the weather closed in! Not as bad as in 2023, but much more persistent! TSA wanted to cancel the swim leg due to the heavy mist but we convinced them to continue, just on a shorter course but still safe enough to get everybody a chance in the water. We saw an amazing turnout for this year's event with 320 entries, despite the weather! Alumnus Kyle Burelli finished 3rd in the Stanfordian. Tristan Brett took all the honours in The Wik Individual, not only being the first junior across the line but the first athlete overall. Matthew Scriven was the 2nd Junior male and Ryno Schultz 3rd. Ilne Kotzé finished as the 2nd Junior female and Holly McHugh 3rd! Isabella Dando finished 2nd Individual Female for the Wik and 1st in her age category, after a sprint finish with her dad! We also had a lot of students and parents competing in the team event. Well done to Mr Mabayah for finishing his first ever triathlon. Thank you very much to all the sponsors; Trophy Toyota, PPS, Miami Canners and Dust Suppression Technologies that made this event possible and of course to the staff, that helped out during and before the event with marking routes, admin, marketing etc!



EPIC HERMAN, EPIC!

Herman Fourie (Class of 2021) participated in the ABSA Cape Epic alongside his teammate Arno Du Toit last month. Sponsored by Insect Science, Herman and Arno proudly represented South Africa in this demanding multi-stage mountain bike race located in the Western Cape. The power duo secured 13th place on stage 7 and stood out as the first African team to finish the final stage. Overall, this landed them in 3rd place on the African podium and 18th place overall. Despite facing some notable challenges, such as a couple of significant crashes and a few popped elbows, Herman and Arno demonstrated remarkable resilience and fought their way back into contention, exceeding expectations in the closing stages.



ANNOUNCEMENTS

LOVE IS IN THE AIR



**Nadine van den Heever
(Class of 2013)**

Congratulations to Nadine on her engagement to Calvin Gibson. The couple got engaged at Llandudno beach. Cheers a beautiful life together with many special and happy memories.



**Courtney Hendry
(Class of 2013)**

Nic Thomson proposed to Courtney in a special, quiet spot where the couple share many memories (as well as being somewhere that their beloved dog could be a part of the experience).



**Jason Stroud
(Class of 2013)**

Congratulations to Jason who got engaged to Lauren Dold recently. Jason proposed during a beautiful sunset on the Zambezi River.



**Amber de Villiers
(Class of 2013)**

Amber's partner, Lawrence "Larry" proposed during the December festive period whilst the couple were visiting SA from the UK. The couple were happy to celebrate such a special time surrounded by their family and friends.



**Tarryn Brent
(Class of 2012)**

Congratulations to Tarryn who got engaged to James Wiehe in January. James proposed to Tarryn at a breath-taking spot overlooking the Ngorongoro Crater, in Tanzania. The couple have been living in Tanzania for the last 18 months.



**Annelle Berry (née Schoeman)
(Class of 2009)**

Congratulations to Anelle and Darryn Berry, who tied the knot on the 9th of March. Their union took place at the serene Cheerio Gardens near Haenertsburg in a small, intimate wedding ceremony. Here's to a lifetime of love and happiness for the newlyweds.



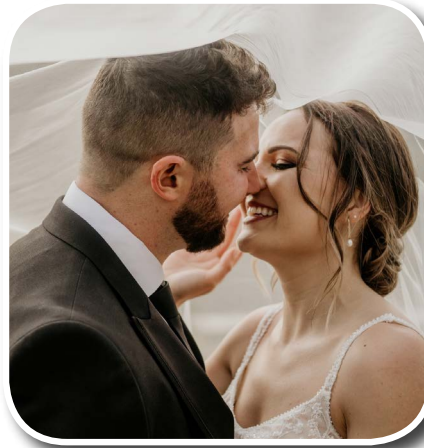
ANNOUNCEMENTS

LOVE IS IN THE AIR



**Michael Pirie
(Class of 2011)**

Congratulations to Michael on his marriage to Chantelle Pirie (née Wilson) on the 9th of March. The couple celebrated their special day surrounded by friends and family on the Pirie's family farm, Monte Christo, in Haenertsburg.



**Susan Crayton (née Schoeman)
(Class of 2009)**

Congratulations to Susan on her marriage to Brandon Craytor last September. The couple exchanged vows at the enchanting Monte Christo wedding venue in Haenertsburg, surrounded by 100 of their nearest and dearest friends and family.



**Megan Bartlett (née Coleshaw)
(Class of 2013)**

Congratulations to Meghan Coleshaw who recently married Ross Bartlett. The wedding took place at Botha House in Pennington on a perfectly cool December day. We wish you both a lifetime of love and happiness together.

ANNOUNCEMENTS

BIRTHS



**Ayden-Skye Ah Quay
(née Wolff)
(Class of 2010)**

Congratulations to Ayden and her partner on the birth of their beautiful baby boy, Rafferty Jae Wolff AhQuay, born on 5 April 2024. Her eldest son, Quinn, is so excited to be a big brother! The family is based in Australia, where Ayden moved to around 9 years ago.



**Matthew Saverton
(Class of 2010)**

Matthew and his wife Candice are delighted to announce the arrival of their second child. Hunter Brian Saverton entered the world on February 6th, weighing 3.96 kg and measuring 51 cm in height. Wishing the proud parents abundant joy during this memorable time.



**Natalie Hartsuyker
(née Reed)
(Class of 2009)**

Congratulations to Natalie and her husband Matt, on the birth of their daughter, Hannah. Hannah Reed Hartsuyker arrived on January 14, 2024, at 10:46 am, weighing 3.3 kgs at Mediclinic Parkview in Dubai. Welcome to the world, Hannah!



CALLING ALL ALUMNI

YOUR CALL TO ACTION



We would love to see you at one of our reunions next month.

Date: Saturday 18th May
Location: Stanford Lake College



Date: Saturday 25th May
Location: Kyalami Country Pub, Cedar Rd



*Stanford Society
&
Alumni Event*



Stanford Lake College

SATURDAY
18th
MAY | 12^{pm}

R130pp

Includes snacks
Cash bar available

please RSVP with proof of payment by 12th May
to alumni@slc.co.za

LIVE
BAND

Banking details:

Name: Stanford College
Bank: FNB
Branch Code: 260349
Account no: 53961097905
Ref: A/R name & surname

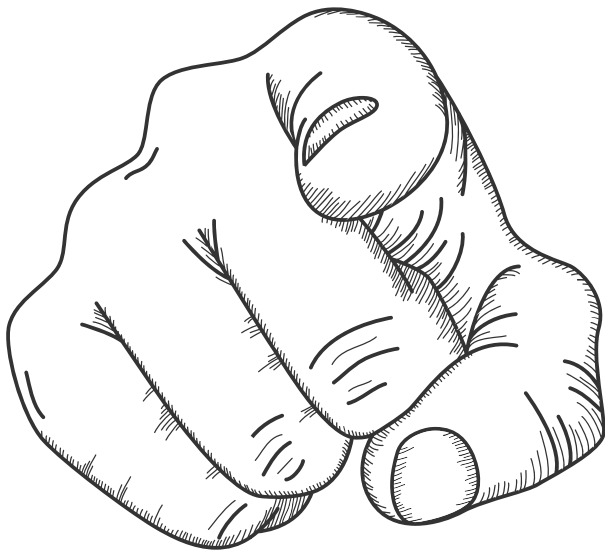
Alumni Reunion

SATURDAY
25th
MAY @ 1^{pm}

Kyalami Country Pub,
Cedar Rd

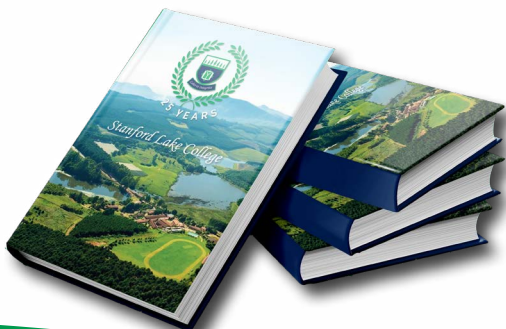
Snacks provided
Cash bar for own account

please RSVP by 19th May to alumni@slc.co.za
for catering purposes



WE NEED YOU!

We are striving to increase engagement with our Alumni community and we LOVE to hear from you. Please keep us up-to-date with what is happening in your lives. Whether it be weddings, engagements, births, graduations, sporting achievements or business news, please keep us in the loop. Share your news with us at alumni@slc.co.za and remember to follow our social media pages.



OUR HISTORY

The 25-year publication is available to purchase! The hardcover coffee table book details the history of Stanford Lake College and is a must have for any old Stan-fordian. To purchase your copy (R460.00), please email:

marketing@slc.co.za



EVERY SWIPE COUNTS



School-Days provides an additional way to easily support Stanford Lake College. School-Days does not replace MySchool, nor do the initiatives compete with one another as they have completely different retail partners. The School-Days programme enables you to raise funds for school projects by shopping at several retailers including Dis-Chem, NetFlorist, SnapnSave, Shell garages and others at absolutely no cost to you.

We believe that a number of additional retail partners will come on board soon, and we will keep you updated.

<https://www schooldays.co.za/register/>

I'm Already a School-Days® Member

- ▶ Login and select **our** school as your beneficiary.
- ▶ Shop at Dis-Chem and support our school.
- ▶ **Download the School-Days mobile app**, activate your Shell T-card and support our school every time you fill up at Shell.
- ▶ Check out the growing list of School-Days Rewards Partners.

Thank You!

I'm NEW to School-Days®

Getting started:

- ▶ **Join School-Days®**
- ▶ Select our school
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www.schooldays.co.za

MEET OUR PARTNERS!



We look forward to having you on board!



MySchool MyVillage MyPlanet
MAKE EVERY SWIPE COUNT

With a MySchool MyVillage MyPlanet card, you can raise funds for Stanford Lake College without costing you a cent. Register for your free MySchool MyVillage MyPlanet card, name Stanford Lake College as your beneficiary and you'll raise funds every time you swipe at one of the national partners (Woolworths, Engen Convenience Centres, Loot.co.za and Bidvest Waltons).

You can apply for a card through the following site:

<https://www.myschool.co.za/supporter/apply/>

SLC BUSINESS DIRECTORY



We continue to compile an Alumni Business Directory that is currently LIVE on the Stanford website. Click **HERE** to view.

Should you have a business or service that you offer and would like to be listed on the directory, please email us at: alumni@slc.co.za with further details of your business.

