

# SNAP SHOT

Stanford Lake College

ISSUE 7 OF 2024



## Matters of Principal

We have reached that stage of the term where we have been going for 6 weeks but still have 3 to go. The school is at its busiest and the end of term is not really in sight. Pupils are beginning to tire and with this, some of their decision-making becomes poor. At Stanford, our approach to discipline is to be as proactive as possible: we educate and guide our pupils towards good decision making and make them aware of the consequences should they get it wrong. We reinforce the rules that we have and try to eliminate any grey areas. Discipline in a school is certainly not a pleasant job but it is one that we have to do if we are to maintain standards. This is a space in which the school needs the support of our parents. Conversations must be taking place at home about discipline, rules and - more importantly - the consequences of sanction. Other important conversations should be around impulse control. In education, we often speak about pupils being a mere 5 seconds away from a poor decision. I cannot stress enough the need to teach our pupils about taking time to think about one's actions and the impact they may have.

**"The time is always right to do what is right."**

~ Martin Luther King Jr

I hope that the next few weeks will be incident-free and we will not find ourselves having to deal with poor and inappropriate behaviour. There is no formal sport on the campus this week and the focus has shifted to preparing for the school production, "Sophia". As with many of our other activities, putting this production on will take time and sacrifice from all involved. I thank the staff and pupils who are giving up their weekend to work on this play.

I wish the Grade 9s a wonderful expedition and look forward to welcoming them back on campus on Thursday.

Have an excellent weekend.



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**SLC10**

## BADGER OF THE WEEK

Matthew Allison was named as badger of the week, because he has shown incredible bravery and commitment despite the struggles he has faced over the past two months. He has made a massive comeback and continues to do his absolute best in everything. During last week's cricket match, he took four wickets for only nine runs in 3.1 overs and the visitors were bowled out for 82.



## SEARCH

### 6 Positive Pathways to Wellbeing:

Dr Rueben Rusk and Professor Lea Waters at the University of Melbourne analysed over 18,400 psychology experiments and found out that there are 6 positive pathways that build our wellbeing.

Goals are the formal objects, achievements and endpoints that people desire and into which they are willing to invest effort (Snyder, 2002). Setting goals is a key component of a well-functioning life, and provides children with a sense of purpose, mastery and direction (Madden, Green & Grant, 2011). This domain also concerns the **H**abits that people develop that allow them to reach their goals as well as to create behavioural change. Habits are patterns of thought and behaviour that are acquired through frequent repetition. People who develop healthy habits of mind and behaviour have higher levels of wellbeing. Healthy habits free up our cognitive resources, thus providing more conscious attention for students to focus on learning.

**S**trengths can be broadly defined as personal characteristics—including personality traits, physical and psychological abilities, and moral qualities—that feels natural and enjoyable to an individual, and allows them to perform at their best. They are capacities, characteristics, and processes that are energising and authentic to use.

**E**motions are instinctive feelings that are accompanied by physiological changes. They are influenced by our circumstances, thoughts and physiology. Rusk and Waters (2015) showed that being present with one's emotions and being able to identify, understand and manage one's emotions (i.e., reduce their negative emotions and increase their positive emotions), is a key aspect of positive functioning.



**C**omprehension and **C**oping involves individuals being able to grasp the elements of a given situation and understand the attributions they make of their environments (e.g., their own thought processes, explanatory style and mindsets). This domain recognises the interplay between the demands placed upon an individual and the resources he/she has to manage those demands. The domain also includes the ways in which people cope with and grow from adversity and stressful life experiences; processes that can aid recovery and thus improve mental health.

A student's social skills play an important role in allowing him/her to develop nourishing **R**elationships with others. This domain involves helping students to understand, express and manage the social aspects of their learning.

Broadly speaking, **A**ttention has been defined as the ability to focus, either on inner aspects of self, such as emotions and physical sensations, or on external stimuli (e.g., the teacher's lesson in a classroom). According to Steiner et al. (2013), awareness refers to the ability to pay attention to a stimulus as it occurs. Wellbeing is improved when individuals can consciously control their attention and direct it towards particular aspects of sensory or cognitive information.

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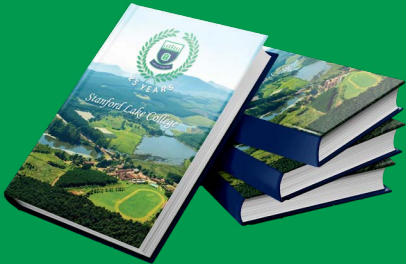


## THE WIK MEMORIAL TRIATHLON

17 / 03 / 24

[CLICK HERE TO ENTER](#)

The hardcover coffee table book detailing 25 years of Stanford Lake College is available to purchase. The publication is a beautiful history of Stanford photos, memories and traditions. It is an absolute must for any previous or current Stanfordian! You can order your copy via the ALLXS system at the cost of R460.00 or by emailing [marketing@slc.co.za](mailto:marketing@slc.co.za)



Stanford Lake College presents

# SOPHIA!

Thursday 14 th March ★ Time: 18h30 ★ Tickets R 60.00

Friday 15 th March ★ Supper Theatre ★ Time: 18h30 ★ Tickets R 120.00

Bookings: [kblandy@slc.co.za](mailto:kblandy@slc.co.za)

We are excited to announce another school musical being staged by our school, called "Sophia". The play will tell the story of this iconic place with a focus on the vibrancy of the life and times of the singers, poets, gangsters, miners and dancers of Sophiatown. The first night is ordinary seating while the second night will be a bring your own supper theatre. Please contact Kerry ([kblandy@slc.co.za](mailto:kblandy@slc.co.za)) for further details and for all booking. We have a huge cast, so book soon! For parents, tickets are available on ALLXS. For outside guests, you can get bank details from Kerry and do an EFT. We look forward to seeing you at our show!

**OPEN WEEKEND** 15 - 16  
**MARCH**  
**2024**



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As the Open Weekend falls on the same weekend as The Wik Triathlon and the Ebenezer Mile, we suggest parents make accommodation bookings as soon as possible via [Bookings.com](http://Bookings.com) and [www.limpopobookings.com](http://www.limpopobookings.com). It's going to be a busy weekend on "the mountain"

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