



SNAPSHOT

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Matters of Principal

“Mihaly Csikszentmihalyi had discovered in his research that one of the simplest and most common forms of flow that people experience in their lives is reading a book- and like most other forms of flow, it is being chocked off in our culture of constant distraction.”

- Johann Hari

As we got to the end of the last term, we all breathed a collective sigh of relief. We had made it to the end of the busiest term in one piece. This week, as I looked through the term calendar in preparation for what lies ahead, I am no longer so sure that we have worked our way through the busiest term of the year. The third term calendar is packed with activities and promises to be a challenging one.

The biggest challenge that lies ahead is the matric trial examinations. The focus for our Grade 12's must now be an academic one. Balance remains central to all we do here and I encourage our Matrics to continue to exercise and to recreate whilst also prioritising their studies. The ball is firmly in their court. The staff will continue to support and guide as much as possible but the pupils need to do the hard yards.

The other major focus of the first few weeks of this term will be the school musical. Rehearsals are in full flight and the actors, singers and dancers are going to be extremely busy in the coming weeks. I encourage them to plan well and to really dig deep. The hard work will certainly pay off. Outside of the full academic programme, we are running a very full sporting programme which includes cricket, soccer, mountain biking, tennis and swimming. We are also offering Pilates this term and we have both Grade 8 and 9 expeditions towards the end of the term. Once again we are going to be drawing on the resilience and commitment of our pupils.

This holiday I have found some time to do some reading. One of the books that really stands out is a book by Johann Hari called “Stolen Focus: Why You Can’t Pay Attention.” It is a must-read! There is much I could share with you from the book but one of the topics that really

stood out for me was the chapter called “The Collapse of Sustained Reading.” Much of the research is US based but I am sure holds relevant to us. A startling fact was that by 2014, 57% of Americans did not read a single book in a given year. By 2017, that had escalated to the average American spending 17 minutes a day reading books and 5.4 hours a day on their phones. You ask what is the relevance of this? Johann Hari goes on to speak about the fact that the modern teenager never really engages in reading but rather lives in a world of ‘information bites’ of tweets, TikToks, and Instagram posts. They are no longer required to deeply engage with topics and issues and only infrequently engage empathetically with others. It goes even deeper than this: when reading a fictional novel, the reader is forced into the shoes of various characters. Over a period of time, the reader begins to form opinions of each character and starts to relate to their circumstances and the emotions that they may feel. This is a process that takes constant engagement and time. Numerous studies have, in fact, proved that people who read more fiction are more empathetic and have a greater ability to relate to real-life situations, read the emotions of others and ‘measure the temperature’ in a room than people who do not read fiction. The lesson is very clear to us: we need to continue to make time and space for our pupils to read and to encourage them to do so. It is for this reason that the English Department and our librarian are making an appeal for book donations for our hostels so that there is always something to read and the excuse of “I don’t have a library book” cannot be used. I hope this drive will be well supported.



SCUBA SUCCESS

The last weekend before the school closed saw the aspiring scuba divers doing their pool sessions. They passed this with flying colours and it was only the qualifying dives left to do. Craig Freestone and Matt Ellis made the trip down to Sodwana from 24-28 June to do their dives. They were so overwhelmed by the new underwater world that they were introduced to, that their air never lasted longer than 30min! This will improve as they gain more experience. Well done to the two of them for becoming our newly qualified NAUI Open Water scuba divers! Unfortunately, the rest of the group could not do their dives due to bad sea conditions. They will qualify at a later date.



Western Shoppe
Kyalami Park
South African Youth Championships
26 June - 2 July 2023

BRONZE FOR RUBEN AND TI QUINTA

During the holidays, Ruben le Roux had the opportunity to represent Limpopo at the 2023 Junior Youth Equestrian Championships that were held at Kyalami Equestrian Park. He participated in two equitation classes with his warmblood, TI Quinta. In the individual classes, Ruben and Quinta ended in third place - with a beautiful bronze medal to show for it! In the team event, Ruben joined forces with three riders from Eastern Cape to end in fourth place. Ruben and his other warmblood, Capital Clooney, were selected to represent Limpopo in the 130cm show jumping class, but the team event was cancelled when two other riders had to withdraw due to injuries. All-in-all it was a positive (and very cold!) experience with many laughs, much joy and great victory.

TERM 2 RECYCLING STATS

MATERIAL	KILOGRAMS
MIXED PLASTICS	1857 KGS
CARDBOARD	1478 KGS
PAPER	361 KGS
SUBGRADE STEEL	1765 KGS
ALUMINIUM CANS	15 KGS
GLASS	419 KGS
GENERAL WASTE	4311 KGS
TOTAL WASTE DIVERTED FROM LANDFILL (RECYCLABLES)	5895 KGS
TOTAL WASTE ACCUMULATED	10, 206 KGS

NEWS IN BRIEF

BOOK DRIVE

We are making an appeal to parents to look through bookshelves, cupboards and boxes to see if there are any books you are happy to donate to our hostels. We have bookshelves in each of them and would like to have a stock of books available to the pupils to read at any point. While we do have a well-stocked library and designated reading lessons, it is not enough. Pupils say they can't read when they don't have prep because "my library book is at school" or "I don't have a book". This way, there will always be something on hand. Hostel staff are committed to supporting this reading drive but we need more books or even magazines to make it work. If you are able to assist, any material can be given to our librarian. Your support would be much appreciated.

IMPI ENDURO



Over the past holiday there were a few of our Badgers that took part in outdoor sports. Matthew Scriven took part in the Impi Hard-Enduro motorcycle challenge with his brother and alumnus, Michael Scriven, and his father. This is one of SA's largest endurance events and Matthew took part in the Bronze Division, finishing top 50 out of over 350 competitors. He covered approximately 190km of tough mountain terrain over the three days. Well done, Matthew!

OWNING THE MOUNTAIN



Tristan Brett ran up a storm over the holiday, competing in the Magoeba Monster hosted at Schultz Trails in Magoebaskloof and the Iron Crown Trail Run in Haenertsburg. He managed to finish 2nd overall at the Monster, running laps on a trail against a specified time. He also managed to finish in good standing in the Iron Crown Run, covering 22km from Haenertsburg up to the top of the Crown and back again. Well done, Tristan!

MTB

The mountain bike wheels also sang and made history as Gordon Noel managed to finish 5th at the SA Cup event, one of our highest male finishes of any Stanfordinian to date. This result secured him the 10th spot on the national ranking for his age category and a spot in the Limpopo Team for the Open Inter-provincial championship. The event is taking place tomorrow, 22 July, in Pietermaritzburg together with the next SA Cup. Well done and good luck, Gordon!



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OLYMPIAD NEWS

GEOGRAPHY OLYMPIAD

Twenty-one Geography students recently participated in the Geography Olympiad. There were 2544 pupils in South Africa who took part and Stanford achieved the highest result in Limpopo with Luke Fairhead achieving 6th place overall, after making it through to the second round. Other achievers were Gordan Noel with a top 5% and a Gold certificate, Ryno Schultz in the top 10% and a Silver certificate and Keegan Neves achieved a Bronze certificate for being in the top 15% of the candidates. Well done to all the pupils who participated.



GOLD
Luke Fairhead



SILVER
Gordon Noel



SILVER
Ryno Schultz



BRONZE
Keegan Neves

SENIOR AFRIKAANS OLYMPIAD

The Senior Afrikaans Olympiad was administered and assessed by the ATKV. More than 50 schools and 3451 pupils took part in the Olympiad nationally. Elziné Kotzé and Ryno Schultz were placed in the Top 100 achievers nationally. Elziné obtained first place in Limpopo with 87,69% and received prize money as well as book prizes for her achievement. Ryno came second in the province with 84,62%. The third spot in Limpopo went to Morné Lindeque (80,00%). Out of the top 20 provincial results, we obtained 19 places. Twenty-four of our students took part in the Olympiad.



FIRST
Elziné Kotzé



SECOND
Ryno Schultz



THIRD
Morné Lindeque



On Tuesday, 20th June, the Stanford Grade 8 class finally set off on their Iron Crown Escapade. This expedition usually takes place in February, but due to severe weather conditions, was postponed to this date. This expedition spans over three days where the main goal is summiting the Iron Crown, the highest point in the Limpopo province, standing at 2126 meters above sea level. The later date brought some new challenges, especially in regards to temperature with it being winter and students having to make sure they had enough warm kit. Day 1 consisted of a 19km hike from SLC, traversing the Western edge of the Ebenezer Dam, past Haenertsburg and up to the front of the Iron Crown, where the group put up camp 1, situated 3km from the summit. It was a long day being the first experience hiking with their hiking bags and on open roads. The group moved slowly with a few people struggling with their bags, but they supported one another, worked together and managed to reach camp 1 by 16:30. They went to bed under a star-filled sky and a crisp cold in the air.

Day 2 kicked off in a misty rain and really cold temperature, with the 3km straight up to the top of the Iron Crown, which took them three hours. After summiting, the group made their way down the Eastern slope towards Bergplaas where they set up Camp 2. It was a very long and tough day, covering 13km with lots of climbing. The tail-enders in the group again got to camp at 16:30. The last day's distance was 17km, traversing the Eastern side of the Ebenezer Dam back to school. It was a fast-paced day with very little rest, as they needed to be back on campus by 13:30 to make sure all the students

were on time for lunch and the buses. They managed to make it just in time and the adventure team were very proud of how they fared. Well done to the whole Grade 8 group.



We are super excited to announce that the 25-year publication will be available towards the end of the year. The hardcover coffee table book details the history of Stanford Lake College. You can pre-order your copy via the ALLXS system at the cost of R460.00

If you are unfamiliar with the ALLXS system and would still like to pre-order, please send an email to marketing@slc.co.za