

SNAP SHOT

Stanford Lake College

ISSUE 34 of 2022 - 28 October



Matters of Principal

“Technology can be our best friend, and technology can also be the biggest party pooper of our lives. It interrupts our own story, interrupts our ability to have a thought or a daydream, to imagine something wonderful, because we’re too busy bridging the walk from the cafeteria back to the office on the cell phone”

- Steven Spielberg

A common topic of discussion in schools is around the impact cell phones have on society and, more specifically, on teenagers. There is an enormous amount of literature addressing the positive and negative effects that cell phones have had. There is little doubt that these devices have changed our lives forever: they have improved communication, provide instant access to information, assist in times of emergency and help improve security, help with organisation, give us access to entertainment in the palm of our hands and can be of assistance to us in our studies. Of course, all of these positives come with the caveat that they are used appropriately in these activities.

There are, however, some very real negatives that go with the constant use of cell phones. Recent studies have concluded that the use of cell phones by teenagers has led to a number of deeply worrying side effects. One of the leading consequences is an addiction to these devices as a result of increased levels of dopamine being secreted as a result of the use of various social media platforms. Studies have also revealed that our phones affect our ability to concentrate for long periods of time and our ability to focus on a task is also affected. Further to this, there are documented increased levels of anxiety and stress amongst teenagers, less time spent sleeping, cyberbullying and cases of increased levels of teen obesity and anorexia. A false sense of identity is attained through living in a cyber-world. As educators, we see evidence of this on a daily basis and despite efforts to control cell phone use amongst our Grade 8 and 9 boarder pupils, we still find pupils coming to school with second devices and using them dishonestly. This is a space where I firmly believe action is required. It is interesting to note that a boarding school in KZN is banning cell phones for the last half term of the year. Pupils will have access to WhatsApp and Google meets to communicate with family and friends and will be allowed to use phones when they go on sleep-out leaves. The Headmaster has couched this as a challenge to the boys and will then do an extensive evaluation of the “trial” at the end of the process. I will

be very interested to see how this plays out. While this may be seen as an extreme approach to managing cell phone use, there are currently options available that allow parents and guardians to manage their child’s cell phone usage and screen time. Bark, eyeZy and Mspy are all parental control apps that can be installed to assist parents to control teenage cell phone usage. The cyber and cellphone world is a world in which we all operate and one from which we can gain enormous value but it is a world that cannot go unchecked and a space in which we, as adults, need to take greater control.

This is not something educators can address alone. We are not the ones buying or paying for these devices, although we do use them for educational purposes. My appeal is that parents investigate one of those apps and take the hard decision to curb access for the sake of your child... because they are children and we need to step up in a world of digital addiction.

God Bless

CONSTRUCTION UPDATE PICS



DER CONSTRUCTION – UNDER CONSTRUCTION – UNDER CONSTRUCTION UNDER CONSTRUCTION

Stanford Lake College

TOYOTA T20 Bash Join us!

BRING YOUR COOLER BOXES & GAZEBOS
LIMITED BRAAI SPACE AVAILABLE
WOOD PROVIDED

28th - 30th October 2022

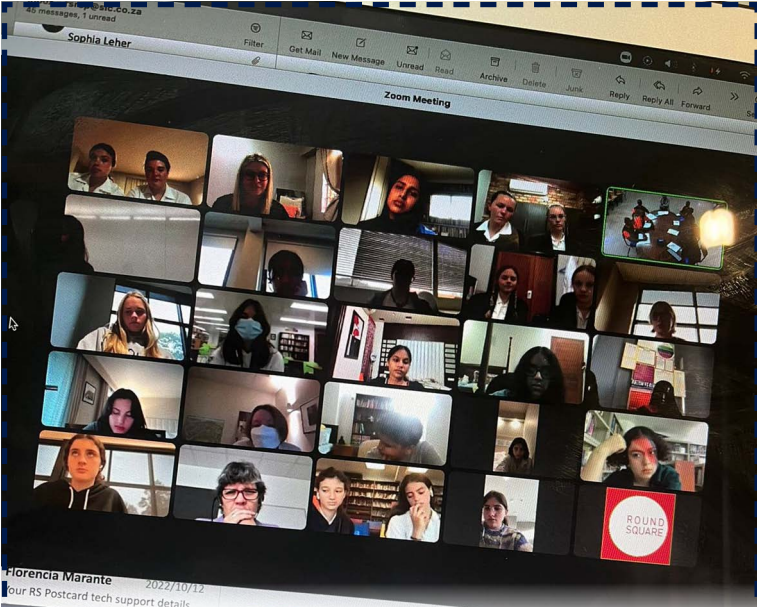
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BACK TO THE GRIND[ER]

by Mrs Schoeman

It was a successful day of Mountain Biking for the Stanford family on Saturday with many of us taking part in the Gravelotte Grinder including; Stanford Lake College students, ex-Stanfordians, parents, and staff. It was a fast race which took grit and a lot of pedaling. In the 60km, Gordon Noel came 1st in his age category and 3rd Overall. Lungile Sithole-Wiltshire came 3rd in the 35km. Alumnus Herman Fourie came 2nd overall in the 130km event and 1st in his age category. There were also 2nd place podium positions for Shirley Scriven in the 130km; and in the 60 km event Gunther Katzke, Shaun Thompson, Sasha Drewett and Alex Schoeman. Rodney Cooper and Chris Harvie rode the 35km with Rod taking first place. There was tough competition in the men's categories with Ian Drewett, Jason Scriven and Bernard Schoeman also competing, however, it was left to their wives to take podium positions! A great day of Mountain Biking for Stanford.



OLYMPIAD NEWS

Stanford Lake College has done extremely well in the 2022 Junior Afrikaans Olympiad. There were 4,325 entries nationally. Jana Prinsloo (Grade 9) came first in Limpopo with 88%. She was also placed 14th nationally. Jana received a cash prize for this achievement from the ATKV. Wihan van Eeden (Grade 9) was second in Limpopo (85%) and placed 17th nationally. Matt Ellis (also Grade 9) came third in Limpopo with an 82% average and was placed in the 20th place nationally. Thirteen of our pupils that took part in the Olympiad were placed in the Top 20 provincially. Well done to all who participated!

MENTAL HEALTH: LET'S TALK ABOUT IT

by Luke Schoeman

On Wednesday of this week, the Round Square Society hosted a Postcard focused on creating awareness around the ever-growing issues of mental health in schools. The conversation brought together 120 participants from 21 schools in 12 countries (Argentina, Armenia, Canada, China, Colombia, India, Kenya, Pakistan, Peru, Switzerland, South Africa and the USA). The topics briefly discussed during this conference were PTSD, Eating Disorders, Depression, Bipolar, ADHD and Anxiety and how students are faced with these issues daily. For many of the junior students, this was an amazing learning experience. This was their first Round Square Postcard. I thoroughly enjoyed the postcard and I got to learn people's different perceptions of mental health issues as well as how different cultures deal with mental health disorders. Learning and understanding how mental health awareness has developed dramatically over the past three years was a very positive factor. I'm confident that I can say on behalf of everyone in the Round Square Committee, that we learnt a lot and enjoyed this experience of hosting this valued Postcard.

Stanford Lake College

Christmas Carol Service 2022

Wednesday 30th November 6:30pm-7:30 pm
 Dream an' Do Centre
 RSVP: gbrown@slc.co.za

No Charge!
 Booking Essential

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EVEN PLAYING FIELD

On Monday this week, the Matric Class of 2022 took on the staff in a hockey game that promised to be full of fireworks and bragging rights. The game started off evenly matched as the staff were still fresh and going at the Matrics pace for pace. The staff were soon rewarded via a Mrs Snyman finish at the far post. The Matrics chased the game and were very close to levelling the points but Mr Rachidi protected the goal box with everything he had. However, they eventually found an equaliser through Christian Krüger.

The second quarter was just as eventful as the Matrics scored first to lead the game 2 - 1 at halftime. The staff started the second half with a bang as they found an equaliser through Mr Friedrichs. During the third quarter, both teams tried to find the quickest route to the goalbox but it was the Matrics who took the lead and they were sure they had clinched the win before the staff crumbled their dreams and equalised once more to draw the game 3 - 3 at the final whistle.



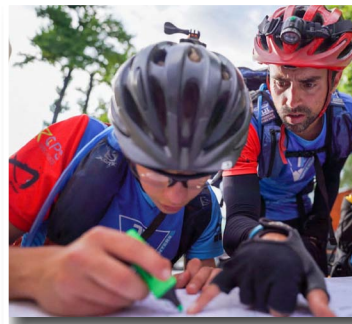
TRUE BADGER SPIRIT

by Tristan Brett

This past weekend, Ruben and I were at it again taking on A1's brutal No Frills No Fuss Adventure race in the Western Cape's Cederberg Wilderness. This race was certainly a step up compared to our previous races, as only the best of the best take on an A1! We were privileged enough to race for Team Truffle Hunters lead by two of the most experienced racers in the country, Franco Olivier and Piers Pirow. The venue (Driehoek) was located in the middle of the Cederberg and it took many hours of flying and driving to get there. The race kicked off on Friday morning at 5am with a 3-hour running and cycling orienteering course around Driehoek. We then headed for the 4-hour bike leg which ended up in us carrying our bikes for an hour at an 18% gradient on a steep rocky mountain pass.

Our next leg was a 2-hour kayak on Clanwilliam Dam which was quite a relief from the extreme heat. Thereafter, we headed for the next bike leg which also included a bike and hike in the afternoon scorching sun. We eventually arrived at transition after enduring 4 hours of extreme heat, arguments on navigation, hidden checkpoints and brutal terrain.

After resetting at the transition stop, we left for the most gruelling leg of the race, the 60km hike along the Cederberg mountain range trail which was almost completely overgrown with thorn bushes. We completed the hike in an exhausting 20 hours with constant weaving around the mountains and a never ending climb along the Hex River. We then finished with the last bike leg back to Driehoek Farm where we were cheered on by local supporters and organisers. We endured a total of 40 hours of non-stop racing with next level navigation through some of the toughest terrain in the country! With only 40 minutes of sleep and covering a distance just over 200 km, it was certainly a gruelling but very memorable experience.



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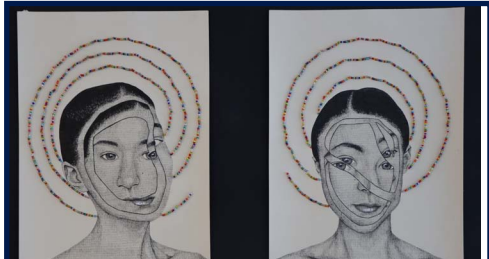
Young Artists Impress

by Mrs Cromie

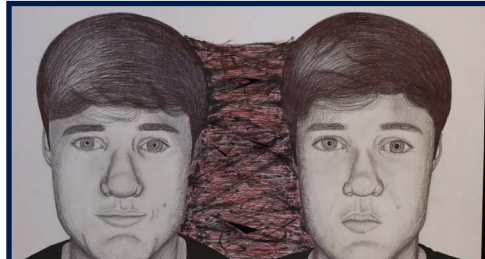
On Monday, the Matric class, self-dubbed the “Young Artists” had their final and most important exhibition. This body of work presented in the show was created around the theme “Intertwined and Interwoven”. This group of students, that started off as a group of 10 fresh faced Grade 10s, grew to a group of 17 self-confident artists. This group had the privilege to have many different exhibitions over the last three years, valuable experience which will greatly help those who wish to be artists in the future. Their most memorable show was their sculpture head exhibition in Grade 10. A body of work where each and every one of them produced a stunning sculpture, which is a rare gift. Not many artists find it easy to work in 3D form. Another was their Protest/ Uplifting show last year. In the

thick of Covid-19, these artists produced meaningful works which either spoke about something difficult during this strange time, or created a work meant to uplift their community. They showed us that they were conceptual thinkers, they were brave enough to be open and honest in their work, and that they were willing to put in the time to perfect their skills.

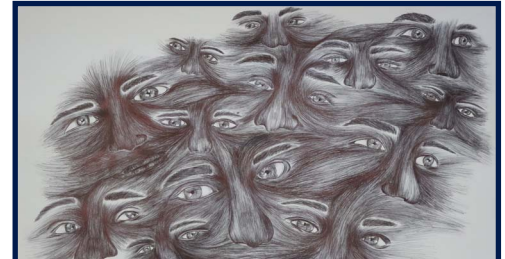
Walking into their show this week, 17 unique bodies of work were presented. Each displaying the character and inner thinking of each student. All who saw their work were blown away. I, as their art teacher, am very proud. I can see this class going on to do great things. I hope they continue to create and that I may see one of their works in a gallery one day. Well done and good luck for your future. One of my quotes, “Dreams through art become reality”, means that through art, your dreams may be realised. This group embodies this quote for me, they create such poignant works. I see all their dreams coming true, if they only keep believing.



Cara Prinsloo



Dylan Nortje



Michaela Gosling



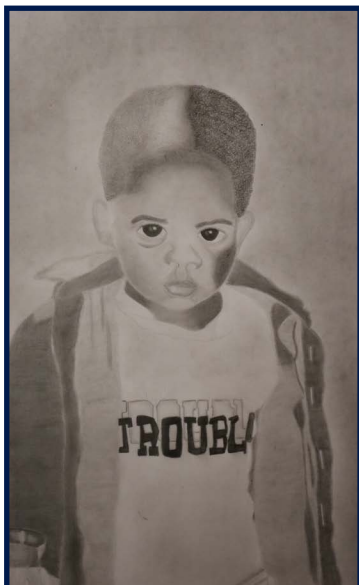
Sagwati Khumalo



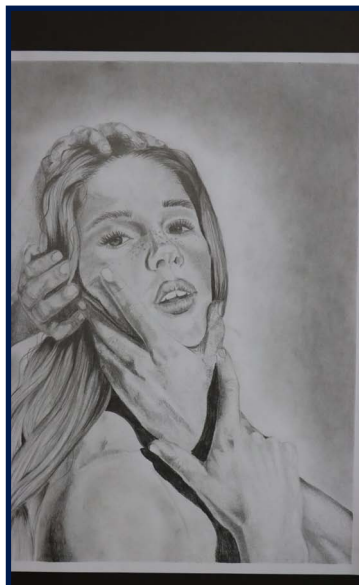
Zayana Moosa



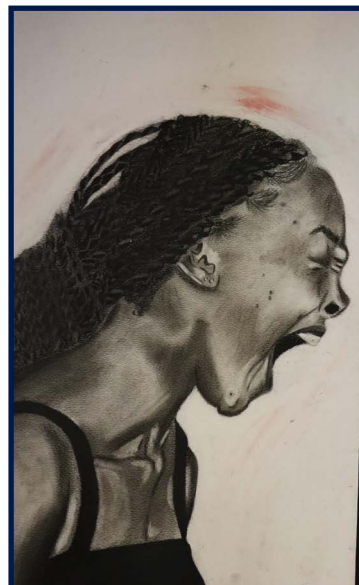
Vhukhudo Makhomu



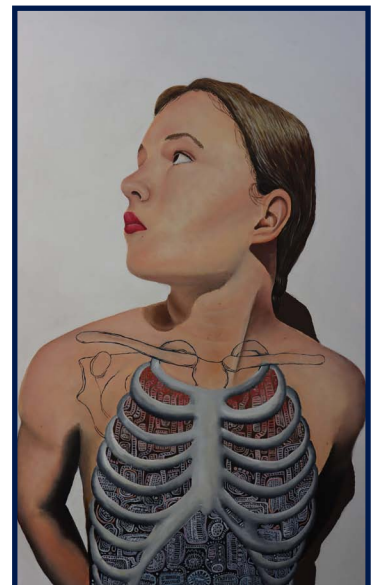
Phumudzo Makumbana



Heidi Katzke



Nothile Madlala



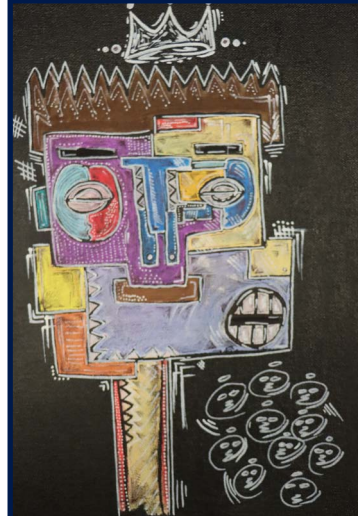
Rachel Thompson

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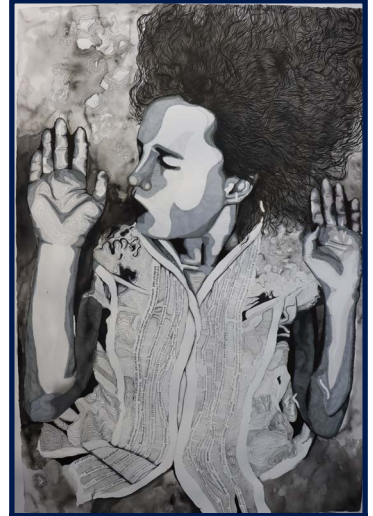
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Krissy Klinkert



Vhukhudo Makhomu



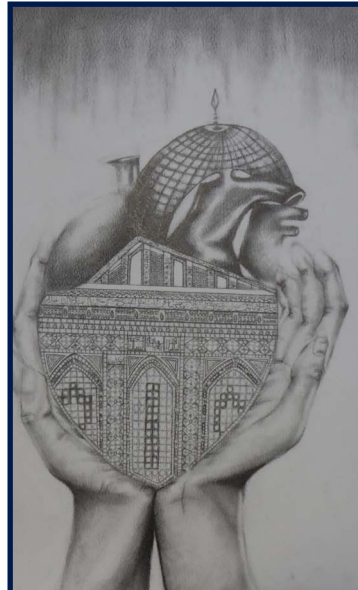
Rachel Thompson



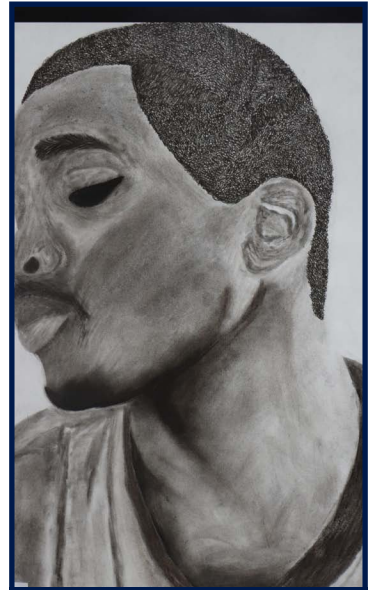
Anika Willemse



Lekita Neves



Nadia Anver Kalla



Sifiso Magagula



Tanatswa Murasiranwa



Xilombe Ndlopfu



Zayana Moosa



Sagwati Khumalo