



Pastoral Care

“To everything there is a season, and a time for every purpose under heaven.” – Ecclesiastes 3:1

A Busy Stanfordian is a Successful Stanfordian

At the heart of our Pastoral Care programme are our tutor groups, Wellness lessons, and Leadership lessons. These programmes are designed to support our pupils both at school and in their lives beyond Stanford Lake College. We believe that when pupils are busy in meaningful activities, they grow in confidence, responsibility, and resilience. Our pastoral programmes aim to give learners the skills they need to thrive academically, socially, and emotionally. These lessons are proactive in nature. This means we do not wait for problems to arise, instead, we equip pupils with the tools they need to live balanced and healthy lives.

In tutor groups, pupils meet weekly in small groups with their tutors. This creates a safe and supportive space where they can talk openly, reflect, and learn from one another. Topics discussed include goal setting, time management, building positive relationships, handling stress, and developing strong values. These conversations help learners to understand themselves better and to make wise choices.

Our Wellness lessons focus on personal growth and emotional wellbeing. Pupils learn practical strategies to manage their workload, set realistic goals, and develop healthy habits. Leadership lessons, on the other hand, encourage pupils to take responsibility, lead by example, and contribute positively to the school community. We want every Stanfordian to understand that leadership is not about a badge or title, but about daily actions and attitude. Over the next two weeks, all learners will complete the VIA Character Strengths Assessment during their Wellness lessons. This assessment helps pupils identify their top character strengths, such as kindness, perseverance, teamwork, or creativity. Understanding their strengths allows learners to build on what they do well and use these strengths in their academic work, friendships, and future careers.

Our Pastoral Department remains committed to growing your children holistically. While in the care of Stanford Lake College, we strive to nurture balanced, capable, and confident young adults who are ready to make a positive difference in the world

Warm Regards,

Shane Friedrichs



 <p>Happiness Chauke hchauke@slc.co.za School Counsellor</p> <p>Our school counsellor is responsible for wellbeing, mental health, academic performance, emotional support, social and family issues. Learners are seen either once or twice every week depending on the vulnerability of their issues. The counsellor collaborates with the Pastoral team, House masters and mistress, teachers, parents and the school managements team as a whole. Pupils can come into the student guidance center for appointment bookings, alternatively they can use QR method in their boarding houses, and are able to send in an email/google chat message. Pupil are allowed to come for emergencies at any given time during the day.</p> <p>External Counsellor: In certain cases, the school may refer students to an external counsellor for professional support. All arrangements for these counselling sessions must be made through the designated staff member. Referrals can be initiated by staff, students, or parents. These sessions usually take place during academic time. There is a cost involved, and this is a private arrangement between the counsellor and the parents. The counsellor will communicate directly with parents to discuss arrangements and fees. Except in exceptional circumstances, students cannot attend sessions without the prior consent of a parent or guardian.</p> <p>Student guidance center operating hours: Mon-Friday: 07h30-16h00 Sat-sun: on call for emergencies</p>	 <p>Zandie Moagie nurse@slc.co.za School Nurse</p> <p>Our school nurse is responsible for the medical health of pupils and staff at Stanford Lake College. Chronic medication/short term course Medication: Parents must notify the school Nurse of any pupils who are on chronic medication and hand over medication to her. The school nurse will then dispense medication to the pupil as prescribed and liaise with parents and the doctor if necessary. Sick Pupil: If a pupil is sick, they need to go to the Sanatorium (nurse's office) with a permission slip which is issued by the teacher while in class. If pupil is sick after hours or weekend, they need to inform the house master/mistress who will directly communicate with the school nurse and send the pupil to the Sanatorium. The nurse will liaise with parents and make a call if pupil needs to see a doctor. Emergencies and medical aid: Parents must make sure that medical aid details for pupils are up to date at all times. All pupils must have medical aid insurance/cover. Cross boarder pupils must make sure that their medical aid membership is activated annually, eg BOMAID and MAKOTI. Scheduled medical appointments: All scheduled medical appointments e.g Dentist, physiotherapist etc must be made by parents not the nurse. Mrs Blandy must be notified in advance (a week or more) who will book the transport if available. Transport will be charged to pupil's school account, should your child have medical dietary restrictions, this needs to be shared with the school nurse and Mrs Blandy, who can then communicate with the caterers on how best we can accommodate them.</p> <p>Sanatorium operating hours: Monday-Friday: 06:30am-2:30pm and 04:40am-6:30pm Saturday: 08:00am-09:00am, 12:30pm-13:00pm, 5:30pm-6pm Sunday: 10:00am-11:00am and 5:30pm-6pm</p>	<h3>PASTORAL CARE SERVICES</h3>  <p>Mr S Friedrichs sfriedrichs@slc.co.za Head of Pastoral Care</p> <p>The Pastoral Care program at Stanford Lake College is underpinned by the ethos and values of the school and is designed to provide a support system for our students which will ensure their development and growth during their time with us. Relationship building is at the heart of this process. We have several levels of Pastoral Care available to our students. Stanford Lake College follows a Visible Wellbeing program developed by Professor Lea Waters. This 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. The program is overseen by Mr. Shane Friedrichs: Deputy Head and Ms. Happiness Chauke, the School Counsellor, who is responsible for all counselling initiatives. Every student in the school belongs to a tutor group of approximately 10 students. All academic and boarding house staff play an integral role in the tutor system.</p> 
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Matric Farewell Invitation Ceremony 2026

With 27 March just around the corner, we celebrated our 2026 Matric Class with an invitation ceremony for their upcoming Matric Farewell. This special event set the tone for the glamorous night ahead, when students will don elegant gowns, sharp suits, and dancing shoes to mark this milestone in style.

The invitation ceremony was filled with excitement and anticipation as the Matriculants looked forward to the celebrations, laughter, and memories that await them. It's a wonderful preview of the joy and glamour that will define their final farewell at Stanford Lake College.



January 2025 Waste Report

During January 2026...

344 kg
higher than last
November

1,172 kg

of recyclables successfully
diverted from landfill.

Great amount of
recycling - well done!



BADGER OF

THE WEEK

Badger of the Week!

Congratulations to Dario Wasley on his selection to the Limpopo Swimming Team. He will be competing at SA Champs in the Western Cape in late April.

At this rate, we might need to rename this award "Dario of the Term" — winning it twice in one term is seriously impressive for someone who spends most of his time in a pool.

We're incredibly proud of your hard work and dedication. Keep making waves

BLOOD DRIVE 23 MARCH

PARENTS AND COMMUNITY WELCOME

Pledge to save lives
and bring your goals
to life.

We are the
pulse
#Donate blood.
#Save lives

Stanford Lake College
Dining Hall Monday
23.03.2026 08:30 to 15:30

sanbs.org.za
@sanbs @sanbs @sanbs @sanbs @sanbs



Trackside Update



Congratulations to Tiger Peniston, Hlabi Tswaane, Rendani Murulana, Olivia Turner, and Mika Jones for their outstanding performances and selection to the Mopani West Athletics Team.

These talented athletes will represent their region at the Limpopo Championships on 7 March, showcasing their speed, skill, and dedication on the track. Their hard work and commitment to training have earned them this prestigious opportunity, and we are incredibly proud to see them continue to excel at a higher level of competition.

Farewell and Welcome

Farewell and Welcome in the Art Department

We bid a fond farewell to a remarkable Art teacher and dear friend of Stanford Lake College, Karin Obojkovits. Over the years, Karin has poured her passion, creativity, and dedication into our school, spending countless hours inspiring students and nurturing their artistic talents. Her warmth, guidance, and infectious love for the arts will be deeply missed by staff and students alike.

As she embarks on an exciting new chapter in retirement, exploring life and adventure in Europe, we wish her every happiness, fulfillment, and joy. Her legacy at Stanford Lake College will be remembered fondly, and her influence on generations of students will continue to inspire.

At the same time, we are delighted to welcome Ms Tlangelani Holeni to our Art department. A talented artist in her own right, Ms Holeni brings fresh energy, creativity, and enthusiasm. We are thrilled to have her join our team and look forward to the inspiration and guidance she will provide to our students as they explore their own artistic journeys.

Stanford Lake College celebrates both the contributions of those who have shaped us and the exciting talent that continues to join our community.



Grade 10 - Still Life Drawings



Daniella Esteves



Olive Humphries



Ntoto Mabunda



Juliet Leher



Samara Theba



Orabile Mabote

PROTEA SPORTSMAN

Kabelo Ledwaba Jnr: South Africa's Global Motocross Star

Kabelo Ledwaba Jnr has made a name for himself not just in South Africa, but on the global motocross stage. Splitting his time between South Africa and Austria, he has competed at the highest levels, proudly flying the South African flag.

A dominant force in the South African National Championships and the African Continental Championship, Kabelo has also challenged the best internationally in the European Championship and represented South Africa at the FIM World Championships for four consecutive years.

In 2023, he earned the coveted Green Blazer, receiving his Protea colours for motocross after a season of top-5 finishes in Europe and a 5th place at the World Championships. He followed this with an African Championship win in the Lites class (85cc) in Morocco in 2024.

Recently, Kabelo signed with the official Factory Husqvarna team, a major milestone in any rider's career. Taking a brief pause from competition, he is focused on development and preparation, ready to build on his incredible success and continue his journey as one of South Africa's finest motocross exports.

A fun fact: Kabelo's dad is also an alumnus of Stanford Lake College!



KABELO MOKABA
DATE JOINED 2002

ACHIEVEMENTS

- Making it through Gr 11
- Getting a 4th out of 60 bikes at Sun City
- Swimming for the development team

BEST MEMORIES

- Chasing a chicken with a bone at the Regatta Day 2002
- Going to DC
- Paul's hair
- Rolling off a cliff
- John's relay system
- The Hot Box

FUTURE PLANS

- Get educated - open up a few shops



Stanford Lake College Weekly Notice

02 - 08 March

Date	Activity	Time	Venue	Staff
Monday 02 March	Day 6			
	Choir	14:00 - 15:00	IJV	Rene
	Jazz 2	14:30 - 15:30	RMJ	RMJ
	Senior Boys Hockey	14:45 - 16:55	Astro	IC
	Junior Boys Rugby (U14 -U16)	14:45 - 16:55	Top Field	JJN,PJB,SJW
	Junior Netball (U14 -U16)	14:45 - 16:55	Netball Courts	TP,SS,MCM, LBM,LS
	Senior Girls Hockey	14:45 - 16:55	Astro	KH
	Swimming	15:30 - 16:50	HPC	
	Gr 10 PS Lesson	14:30 - 15:30	PS Lab	GVS,LBM
	Gr 12 Math's	14:30 - 15:30	MCE Class	MCE
	Gr 8 + 9 Math's	14:45 - 15:30	JG Class	JG
Gr 9 Footsteps of Legends Expedition			NFH,BA,AG,TM,KO,XJH,CN	
Tuesday 03 March	Day 7			
	Jazz 2	14:30 - 15:30	RMJ	RMJ
	Senior Boys Rugby (U/17 -U/19)	14:35 - 16:55	Top Field	PJB, SJW
	Senior Girls Netball	14:35 - 16:55	Netball Courts	TP,SS,MCM
	Junior Boys Hockey (U/14 - U/16)	14:35 - 16:55	Astro	XJH,SF,IC
	Junior Girls Hockey (U/14 - U/16)	14:35 - 16:55	Astro	,JG,CN,AG
	Swimming	15:30 - 16:50	HPC	BA,NFH
	Batcher Men	18:00 - 19:00	Astro	KH
	Gr 11 PS Lesson	14:30 - 15:30	PS Lab	LBM, GVS
	Gr 11 Math's	14:30 - 15:15	NNM Class	NNM
	IT Extra Class	14:20 - 15:20	IT Lab	EVA
	Gr 11 & 12 Career Expo	14:30 - 15:30		
	Gr 9 Footsteps of Legends Expedition			NFH,BA,AG,TM,KO,XJH,CN
Wednesday 04 March	Day 1			
	Jazz 1	14:00 - 14:45	RMJ	RMJ
	Jazz 2	14:45 - 15:30	RMJ	RMJ
	Senior Boys Hockey	14:00 - 16:50	Astro	IC
	Junior Boys Rugby (U14 -U16)	14:00 - 16:50	Top Field	JJN,PJB,SJW
	Junior Netball (U14 -U16)	14:00 - 16:50	Netball Courts	TP,SS,MCM,LBM

Stanford Lake College Weekly Notice

02 - 08 March

	Senior Girls Hockey	14:00 - 16:50	Astro	KH
	Swimming	15:30 - 16:50	HPC	JG
	Batcher Women	17:00 - 18:00		
	Gr 12 PS Lesson	14:00 - 15:00	PS Lab	LBM, GVS
	Gr 10 Math's	14:00 - 14:45	NNM Class	NNM
	Gr 9 Math's	14:00 - 14:45	JG Class	JG
	Gr 11 FSE	13:50 - 14:45	JET Class	JET
	ISAM360 Grade 12	17:00 - 19:00	Online	
	Gr 9 Footsteps of Legends Expedition			NFH,BA,AG,TM,KO,XJH,CN
Thursday 05 March	Day 2			
	Jazz 2	15:00 - 16:30	RMJ	RMJ
	Senior Boys Rugby	14:40 - 16:50	Top Field	PJB, SJW
	Junior Boys Hockey	14:40 - 16:50	Astro	XJH,SF,IC
	Senior Girls Netball	14:40 - 16:50	Netball Courts	TP,SS,MCM,LBM
	Junior Girls Hockey	14:40 - 16:50	Astro	TP,JG,CN,AG
	Swimming	15:30 - 16:50	HPC	KH
	PS Lesson	Per Arrangement	PS Lab	GVS
	Detention	15:00 - 17:00	ATB Class	ATB
	PHS Career Expo Gr 12			
	Gr 9 Footsteps of Legends Expedition Return	17:00		NFH,BA,AG,TM,KO,XJH,CN
Friday 06 March	Day 3			
	Pre-season Camp Departure	12:00	Eiland	SJW,PJB,TM,TP,SF,KH
Saturday 07 March	Pre- Season Camp			
	U14 Girls Hockey vs Mitchells House U16	08:00	SLC Astro	CN
	U14 Boys Hockey vs Mitchells House U16	09:00	SLC Astro	XJH
	U16 Girls Hockey vs Mitchells House 1st Girls	10:00	SLC Astro	CN
	U16 Boys Hockey vs Mitchells House 1st Boys	11:15	SLC Astro	IC
Sunday 08 March	Pre- Season Camp Return	12:00		SJW,PJB,TP,TM,KH,SF

