

SNAP SHOT

Stanford Lake College

ISSUE 09 of 2020 - 13 March



Matters of Principal

As a community we need to be proactive as we prepare for the possible consequences as the Covid – 19 virus continues to spread across the globe. At Stanford Lake College we are closely monitoring developments nationwide. We are in constant communication with Isasa and other schools as well as keeping in contact with the NICD via their website. As this outbreak evolves it is important that we are proactive and prepare for any eventuality.

Currently at school we are emphasising good hygiene and in particular regular hand washing and appropriate covering of mouth and nose when coughing and sneezing. We have made alcohol based hand sanitisers available in strategic spaces around the school, we have replaced all hand towels in the bathrooms with paper towels and are encouraging students to minimise personal contact.

At this stage the sports programme will continue as planned. During the course of next week, I will be in contact with the Headmistress of Beau-lieu College with regards to the Derby weekend. I am very aware that parents have booked accommodation and made travel plans with major cost implications but we will make a decision based on the best interests of our respective communities. We are also monitoring the situation in connection with our upcoming PMB hockey tours and the St Dunstan's Easter Sports festival. The Round Square conferences in Kenya and Cape Town have been cancelled. The cultural extravaganza at Mitchell House will take place on Saturday, our open weekend will go ahead as will the Wik.

At this stage there is no indication that the Education Department will force the closure of schools but we need to be ready for every eventuality. The staff have been requested to set up Google Classrooms and all

pupils have been invited onto the platform. We will ensure that all pupils are familiar with the platform. The Google Classroom platform will enable us to ensure that teaching and learning continues to take place in the event of the school closing. A challenge that does exist is pupil access to devices and decent connectivity during this period of time. Can I please request that you ensure that your child will have access to data and connectivity should they require it. In this eventuality pupils will have to be disciplined, self-motivated and accountable for their learning.

As parents you can assist us in the following ways:

- Remain calm and rational in the messages that you share with your children, we cannot afford to spread panic. We are taking advice and direction from the trained professionals and national authorities.
- If you feel that your child is exhibiting any of the symptoms of Covid 19 please do not send him or her back to school. Please follow the guidelines published by the authorities in dealing with your child and making contact with the necessary medical personnel.
- Should we become concerned about a pupil on campus we will isolate the pupil and request that they be collected by their parents. We have a plan in place for pupils whose parents cannot collect them.

As most of you are aware the venue for our Matric dance is being used as a quarantine facility for South Africans returning from China. As has been reported in the press, all returning nationals are disease free at this stage and the quarantine is a precautionary measure. I have been in contact with the General Manager of the Resort and I have an assurance that this process will not impact on our dance. I have also been given an assurance that we can postpone the bookings to a later date if required.

This is a rapidly developing scenario with regular updates coming in from the various stakeholders and we will continue to monitor all developments and communicate with our parent body. Your support and cooperation during this challenging time will be greatly appreciated.

Kind Regards,

Alan Redfern
head@slc.co.za

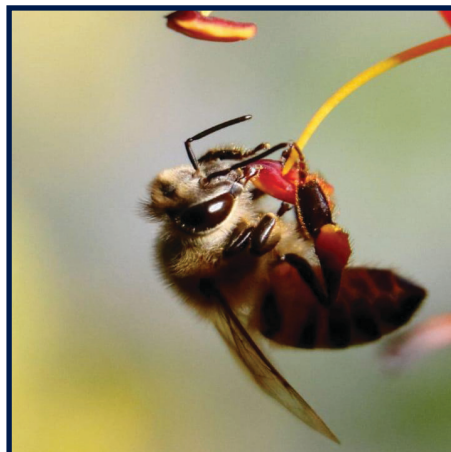
Our student Social Media & Marketing Committee came up with the fantastic idea of starting a monthly photography competition. There will be a constant category every month titled "My Stanford Life" and one elective category.

February's elective category was "Colour" and the winners were Cameron Truesdale and Stefan Otto. The Grade 9s as a group won the "My Stanford Life" category. Well done!

For March, the student Social Media & Marketing Committee have linked up with the student Environmental Committee and the elective category is "My contribution to the environment". Students are encouraged to take a photo / selfie of themselves contributing to our environment. Creativity, humour and impact are encouraged!

The winners will have their photos published on the school's social media pages, in the weekly Snapshot and win a small prize! Entries need to be sent to Courtney Penrose and the winners will be chosen at the end of every month by the student Social Media & Marketing Committee.

MONTHLY PHOTOGRAPHY COMPETITION



CATEGORY: Colour
WINNERS: Cameron Truesdale & Stefan Otto



CATEGORY: My Stanford Life
WINNERS: Grade 9

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NEWS IN BRIEF

MOUNTAIN BIKING

What a race it was on the 7th of March! The Munnik Meerkat took place on a cloudy Saturday last week and our students cycled their way to the top. Herman Fourie came first overall and first among the Junior Boys. Gunther Katzke came third overall and second in the Junior Boys category. Rachel Thompson was second in the Youth



Girls, with Heidi Katzke in third. Ruben Venter was fourth among the Sub-Junior Boys, whilst Danica Altenroxel came fourth in the Junior Women group. Aiden McKenzie also participated in the 10km event. Mr Redfern, Mr Ceronio and Mr Fredrichs took part in the 35km and definitely helped to encourage our cycling spirit. At the end of the day we all had a great time!

TENNIS

On Tuesday of this week, Stanford Lake College Tennis 2nd Team, played a friendly game against the Merensky 2nd Team. The students were excited to travel down the mountain to go play some doubles matches against their rivals. Playing for the boys were Ryno Schultz, Llewellyn Rogers, Diego Vieira and Luke Schoeman whilst Rachel Rix, Serena Rix, Lia Posthumus-Meyjes and Ellain Chidavaenzi played for the girls. After a blistering hot afternoon of entertaining tennis, we are proud to announce that both the boys and girls teams were victorious. The boys won 23 / 16 and the girls won 21 / 16.

MEET OUR STUDENT LEADERSHIP TEAM

Rofhiwa Nevhutalu - Head of Founders South

My goal for this year is to unite the boys and create a brotherhood so that Founders South feels like home. I'd also like to build a sense of pride within the boys so that they are proud to be Stanfordians and lead the school by example. This is due to my belief that if the boys are a good example, then the rest of the school will follow. I want to encourage the boys in Founders South to show respect, commitment and tenacity, I believe these three values are very important as they are in connection with everything we do as Stanfordians. If we have respect for ourselves, for each other and for the school, we will always put the school in the best light possible. When we are committed and we have tenacity, we are able to always give our best effort with everything we do in Stanford colours. From the sports fields to the classrooms, we must wave the flag up high. This year, we were given the responsibility of helping the Grade 8's of 2020 find their place in our family. I'm very proud of the boys in Founders South, as they welcomed the Grade 8's warmly and now the young ones are part of the family as well. One thing I would love to see in the school is confidence in ourselves, in each other, and in our badge.

We should believe that our school is capable of achieving great things this year.

Hebrews 10 Verse 35 states: "Do not throw away your confidence as it brings great reward."

I look forward to seeing the bonds within this family strengthen throughout the year.



RUGBY

We had a very successful training camp with the U/16s and 1st Team. The aim of the camp was to do preparation for our season ahead and to get the teams together as one unit.

On the Friday afternoon we started with a Fitness Test and then some team building with Mr Haarhoff and on Friday evening, the 1st Team Captain, Marthinus Maritz, gave a motivational talk. On Saturday morning, the boys woke up early and went for a morning run and after breakfast they were back to the classroom, where they were tested on their knowledge of the game with a rugby law exam. That afternoon, they had two long training sessions on the field, followed by and a braai in the evening.

On Sunday morning the boys started at 07H00 for the last training session of the camp. It was a fruitful camp which really served its purpose of bringing all the boys and coaches together and preparing effectively for the upcoming season. Thank you to all the players for their hard work and focus throughout the weekend, and a big thank you to the parents who provided the meat, rolls and cool drinks for the braai on Saturday.



TRAINING CAMPS

For the session on Friday, the players were divided into groups of nine, made up of players from different teams. The players focused on speed and agility amongst other things, getting their bodies prepared for the weekend ahead. The teams then participated in a team building activity where they had to come up with a war cry for their team. It was a fun session to kick off the weekend, but most importantly, a fun way to bond as netball players. The players then had a question and answer session to gain more insight into the rules of netball.

On Saturday, Ms Motsepe started off with an intense attacking session that kept the girls going for three hours. After lunch, Ms Mogoale took the players for another three hours. As intense as the sessions were, no one gave up and the players motivated each other to keep going. The day ended off with matches, and there were immediate improvements in how the players performed compared to their practice sessions in previous weeks.

On Saturday night, the players and coaches met in the HPC to socialise and play board games. The HPC came to life with all the laughter. Sunday came and with it, glorious weather. The players headed to the courts, finishing off on a high note. They played matches and the girls applied everything they had learned over the weekend to the best of their ability.

The girls made the coaches proud! A huge thank you to our staff that took time to plan and run the clinic (Ms Motsepe, Ms Mogoale, Mrs Venter) and our outside coaches (Mologadi and Palesa) who are students and players at the University of Limpopo. We wish all our netball teams the best for all their league matches and derbies, we believe they will fly the Stanford flag high and represent us with honour.

A GREAT 2020 SEASON LIES AHEAD!

NETBALL