



## Matters of Principal

We are now well into what has been an extremely busy term. I made it clear from the beginning of the term that I wanted us to work at ensuring that our term is as 'normal' as possible and that we run a programme that ensures that our pupils are exposed to the full spectrum of our holistic education. I can confidently say seven weeks into the term that we have achieved this thus far. We have been flat out! This approach, however, does not come without consequence. There is a noticeable fatigue amongst the staff and pupils. We can put this down to a number of different causes, one of the key contributors to this, I believe, is a lack of sleep.

Laura Sterni, M.D., a sleep expert from Johns Hopkins Medical University says teens love to label themselves "night owls", trading stories of all-nighters and sleeping away an entire Saturday. Though teenagers and their sleep habits may be maddening to parents, they're partly in response to physical changes that occur during puberty. "Teens experience a natural shift in circadian rhythm." This makes it more difficult for them to fall asleep before 11 p.m. Add in early school start times and an increase in homework, extra-curricular activities and sometimes a part-time job, and sleep deprivation in teens becomes common. "However," says Sterni, "it's important that parents help teens do the best they can,

because this age group needs more sleep than we might realise".

So how much sleep is enough? According to Johns Hopkins paediatrician Michael Crocetti, M.D., teens need 9 to 9½ hours of sleep per night - that's an hour or so *more* than they needed at age 10. Why? "Teenagers are going through a second developmental stage of cognitive maturation," explains Crocetti. Additional sleep supports their developing brain, as well as physical growth spurts. It also helps protect them from serious consequences like depression or drug use.

In this highly competitive world in which we live, it is essential that we create an environment where our teenagers are able to get enough sleep in order to support their physical, cognitive and emotional development.

I had the privilege of joining the Grade 8 class on the Trek on Wednesday evening and summited the Iron Crown with them on Thursday before walking down to Bergplaas where they camped last night. Out in the wilderness, with no technology and very few of the world's day-to-day stresses, the campsite was filled with the joyful noise of teenagers at play, telling stories, teasing each other and discussing the day's adventures. Lights out was called at 8pm, the campsite was in total darkness and a deathly hush descended by 8h15! I must be honest, I was in my sleeping bag and fast asleep by 8h16. I had the most amazing eight and three quarter hours of solid sleep waking at 5am, refreshed and ready to face the day's activities.

God Bless

Acknowledgement to Johns Hopkins Medicine

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/teenagers-and-sleep-how-much-sleep-is-enough>

## GRADE 8 TREK IN PICTURES

Enjoy a few snaps of the Grade 8s expedition of the Iron Crown. Full Trek report and more images in next week's edition.





## MEET THE CLASS OF 2021

NALEDI LEBATI  
- HEAD OF SERALA HOUSE

**1** What are your hopes for Stanford Lake College as you lead the school in the year ahead?

I hope to improve the overall morale among the Stanford pupils. I would like to see us all embrace mental health more and understand the importance of being in a healthy mental state. I also hope that the Stanfordinians learn that no matter what obstacles may come their way; they will overcome them.

**2** What is your proudest accomplishment?

My proudest accomplishment in my life so far would be coming in fourth place in a tennis competition out of the whole of Botswana at the age of 11. My proudest accomplishment at Stanford would probably be surviving every day, juggling all my responsibilities and commitments.

**3** Share a memorable moment during your time at Stanford Lake College...

I would honestly have to say making friends, specifically girl-friends. I am a socially awkward person, so it is quite an experience for me to try and make friends but also, throughout my primary school years, the majority of my friends were guys and I had probably 3 female friends. It is refreshing having more than 3 girl-friends now!  
A specific memorable moment during my time at Stanford would be when I watched my Matric Mentor's Valediction. Seeing them close to leaving and already missing them made me realise how much someone / a group of people can have such a positive impact on my life in just the span of one year.

**4** What are your hobbies?

Swimming, playing tennis, dancing and playing the piano.

**5** If you could share a meal with any 4 individuals, living or dead, who would they be?

Chadwick Boseman, Emma Watson, Serena Williams and my late grandfather (my dad's father) as he passed before I was born.

**6** What's your favourite movie?

Either If I Stay, Wanted or Carrie.

**7** What's the most daring thing you've ever done?

I am quite boring so I have not done many daring things. I think the most daring thing I have done would either be deciding to start swimming because if I hadn't made that decision, I wouldn't have found my love and passion for it or deciding to ride on a quadbike without my parents' permission then flipping over the driver and rolling down a hill.

**8** If you had to describe yourself as an animal, which one would it be?

A wolf or dolphin.

**9** Where do you see yourself in five years?

I'm not exactly sure where I see myself. All I know right now is that I do not want to be in Botswana or South Africa or in Africa. I hope to have a stable job to keep me on my feet and I hope in 5 years I am happy with wherever I am and whatever I am doing.



## NOTICES



12 | MAR

'The Wik' Triathlon will be an Inter-House competition this year and takes place next Friday. It is **COMPULSORY** for all pupils to attend, even if you're not participating. You may enter as teams or individuals. Programme will end at 16:00 so please make transport arrangements. See Jarryd Gosling or Herman Fourie for entry details.



Every parent who enters the Stanford Lake College campus needs to have a windscreen sticker visible on their vehicle. Please contact Mrs Coetzee should you need a sticker(s).

[marketing@slc.co.za](mailto:marketing@slc.co.za)



MAY

The Open Weekend will be held this year in May. Further details will be shared in due time. Should you have a younger child in Grade 6 or 7 and be interested in them joining the Open Weekend, please email:

[admissions@slc.co.za](mailto:admissions@slc.co.za)

We also suggest that parents begin the application process for Grade 8 2022 as soon as possible. Please send an email to the above address for the application form and further details about the application process.



# SNAP SHOT

Stanford Lake College  
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## INTER-HOUSE ATHLETICS RESULTS

After four weeks of competition, the Inter-House Athletics came to an end this Wednesday, with the U/17 age group completing their events. It has been a real challenge to get all events complete with the various restrictions we have had to negotiate, as well as some welcome (but unwelcome) rain. While the majority of pupils have struggled to find their form of previous years, there were a few who have clearly worked hard during the 'off period' and a number of new records were set;

**Anja Maree:** Girls U/19 shot put

**Mada Buliani:** Boys U/19 long jump

**Thabang Shabangu:** Boys U/14 300m hurdles

**David Ramalepe:** Boys U/16 100m

**Nanaki Kgotong:** Girls U/14 300m hurdles

**Olivia Drewett:** Girls U/16 javelin

As this was the first year in which we have had the U/17s competing in their own age group, all of them who achieved a 1st place have set a new school record.

The following have been awarded the following athletics trophies in 2021:

McGaffin Trust Trophy for the Top Sprinter: **Mada Buliani**  
McGaffin Trust Relay Trophy: **Orvis**  
Cheerio Trust Trophy - Best Senior Middle Distance Runner: **Heidi Katzke**  
Kenney Trophy - Best Senior Boys Discus: **Lloyd Lombard**  
Kenney Trophy - Best Senior Girls Discus: **Anja Maree**  
Revelas Trophy - Best Boys Hurdler: **Lwazi Motumi**  
Revelas Trophy - Best Girls Hurdler: **Nanaki Kgotong**  
Loubser Trophy - Junior Victor Ludorum: **Yoyo Muditambi**  
Loubser Trophy - Junior Victrix Ludorum: **Nanaki Kgotong**  
Senior Victor Ludorum: **Mada Buliani**  
Senior Victrix Ludorum: **Isabella Drewett**

The Zamparini Family Trophy for the Winning House this year goes to Fenwick (919.5 points) followed by Orvis (849 points) and Loomis (804.5 points)

Massive congratulations to all trophy winners and record breakers, as well as all our Inter-House Athletics participants.

- Mr S Willson

