



SNAPSHOT



Matters of Principal

*“Sow a thought, and you reap an act;
Sow an act, and you reap a habit;
Sow a habit and you reap a character;
Sow a character, and you reap a destiny.”*
- Samuel Smiles

Perhaps some of you have read Stephen Covey’s book “The 7 Habits of Highly Effective People”. Years later his son Sean wrote the book “The 7 Habits of Highly Effective Teens”. The book is written in a format that makes the information very accessible to teens and whilst it may be a little dated in terms of some of the social media challenges our pupils face - the advice he shares about developing good positive habits remains relevant to our teenagers.

The 7 Habits he outlines are:

1. Be Proactive

Take responsibility for your life.

2. Begin with the End in Mind

Define your mission and goals.

3. Put First Things First

Prioritise, and do the most important things first.

4. Think Win-Win

Have an everyone-can-win attitude.

5. Seek First to Understand, Then to Be Understood

Listen to people sincerely.

6. Synergize

Work together to achieve more.

7. Sharpen the Saw

Renew yourself regularly.

Covey stresses that these are habits. Habits that can be learned and perfected, changed and modified but habits that dictate how we lead our lives. In the very first chapter of the book, he identifies “The 7 Habits of Highly Defective Teens”. When reading these I am sure you will see some very common trends.

1. React

Blame all of your problems on your parents, your stupid teachers or something or someone else.

2. Begin with No End in Mind

Don’t have a plan, avoid goals at all costs. Why worry about the consequences of your actions?

3. Put First Things Last

Whatever is most important in your life, don’t do it until you have spent sufficient time watching series, checking social media and lounging around.

4. Think Win – Lose

See life as a vicious competition. Your classmate is out to get you so you better get them first. Don’t let anyone else succeed because, remember, if they win you lose.

5. Seek First to Talk, Then Pretend to Listen

You were born with a mouth, so use it. Always express your side of the story first, once everyone understands your views, then pretend to listen to them by nodding your head.

6. Don’t Cooperate

Teamwork is for the dogs. Be your own island.

7. Wear Yourself out

Be so busy with life that you never have time to renew or improve yourself. Never study, don’t learn anything new and avoid exercise like the plague.

While much of this may seem a little trite, we see elements of these habits in our pupils. It is important to remind ourselves that habits are things we do repeatedly and those habits will be what make us or break us. We become what we repeatedly do. Covey reminds us that fortunately we are stronger than our habits. We can all develop good habits and we change the bad ones, enabling us to live the kind of life that we would like to live.

This is what we strive for at Stanford. These are the lessons and teachings beyond the curriculum.

Have a good weekend

God Bless



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GORDON PLACED IN TOP 10 NATIONALLY

by Gordon Noel

The final of the MTB XCO SA Cup Series was held in Pietermaritzburg this past weekend. This has been an exciting cycling season for me achieving my best results in racing thus far. It has also been the season where I have experienced the biggest disappointments but with that, the greatest rewards. Learning to deal with the downs and tough times such as; having to withdraw from the race in Stellenbosch, suffering mechanicals in Bloemfontein, training when tired, juggling boarding school life and schoolwork has been hard. However, the 7th position at SA Champs in Johannesburg and 5th position at the Parys SA Cup made up for it all. Although my 12th position in Pietermaritzburg this last weekend was not exactly what I was hoping for, I can be very happy with my overall series placement of 9th position in the Youth Men category. This sets me up nicely for next year's series.



The third term is the fun term for cycling. Together with other cyclists, I will represent SLC at the Limpopo Schools' Series. Races are more local (with the 4th event being hosted by SLC) and less technical but a huge amount of fun. Come join the mountain biking for Term 3! Go SLC!

- Dates and Venues are:
- 29th July - HS Merensky - Tzaneen
 - 12th August - HS Tom Naude - Polokwane
 - 19th August - HS Louis Trichardt - Louis Trichardt
 - 2nd September - Stanford Lake College
 - 16th September - Interprovincial - North West - TBC
 - 30th September - Finals - HS Wagpos - Brits, North West



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

NEWS IN BRIEF

TAGS AND TOPS

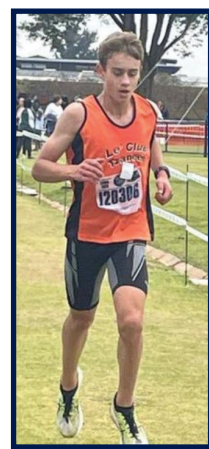
We have been running a competition between the sports houses to collect the most plastic tags and bottle tops. To date, Orvis have collected 10.13 kgs, Loomis have collected 3.82 kgs and Fenwick have collected 60,5 kg. Fenwick are currently well in the lead. On top of the competition between the sports houses, the Environmental Committee have set up a new challenge and offer a tuckshop voucher to the individual who collects the most tags and tops in one week. Nick and Isabella Dando are this week's winners with a total of 0,872 kg for the week.

RUGBY



Thabang Shabangu represented the Doom Gouws team in Heidelberg during the holiday. The team played three matches, winning one game, losing one and drawing the last game against Leopards after being 0-17 down at half-time.

CROSS COUNTRY



On Saturday, Tristan Brett participated in the inter provincial cross country hosted in Groblersdal. The competition saw athletes from Gauteng, Limpopo, Mpumalanga, North West and Limpopo come together. He placed 40th overall and 6th in Limpopo in his age group.

ROUND SQUARE

One spot remains open for a student to participate in this year's Round Square International Conference (RSIC). The event will be hosted at Brookhouse School in Nairobi, Kenya, and will centre around the theme of 'The New Africa'. Scheduled from the 8th to the 14th of October, the conference welcomes delegates who are in grade 10 or higher, approximately 16 years of age. This represents an incredible chance for any learner to broaden their perspectives and explore the wonders of this magnificent continent. If you are interested, kindly send an email to rrep@slc.co.za.



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DEBATING

Debate is one of the academic activities that opens rooms for students to freely express what they feel, showcase their critical thinking, public speaking, and analytical thinking. It is not only about academics; it plays an important role in personal development and also boosts self-confidence.

Our Junior Debating Team went for the second round of the Annual Executive Mayor’s Cup ran by Polokwane Debating Society at Flora Park Comprehensive High School on Wednesday, 26th July. This is a debating competition that draws nearly 25 schools within the Polokwane Municipality. They competed with Nare Secondary School, against the motion that states “NSFAS should exclusively fund scarce skills as opposed to the current system”. Both teams were well prepared and engaged in a heated discussion. All speakers spoke with confidence and undoubtedly convinced the judge of their views and beliefs. Although the competition was tough, the judge was highly impressed with our performance, and we won the debate with our 1st speaker, Alisha Calokechi, being named as the best speaker of the day. The competition was an enthralling experience for the speakers and the whole team, and we are proud to announce that we are through to the next round.

Inspired by some of the hit songs of Irene Cara and by the much loved musical “Fame”, this is a modern take on those who seek fame and fortune as performers. The range of songs, scenes and dance styles gives our talented cast a chance to showcase their skills.

The final night of the show is booked out but we still have tickets for Thursday. Details are below:

A STANFORD LAKE COLLEGE PRODUCTION

REMEMBER
REMEMBER
REMEMBER!

My name

Date: Thurs 3 August
Cost: R50pp
Time: 6.30 pm
Venue: Dream an’ Do Centre

3RD & 4TH AUGUST 2023



WOMEN'S DAY 2023



- We are raising funds to provide feminine hygiene products to the pupils at Appel School.**
- R30 tickets are available on ALLXS. We ask all pupils to buy at least one ticket but you can buy as many as you wish.**
- The female pupils will also receive a talk about feminine hygiene from Makoma Maponya, SLC alumnus, who runs Teach a Girl Foundation**

Who am I?

I am your constant companion. I am Your greatest helper or your heaviest burden. I will push you onwards or drag you down to failure. I am completely at your command. Half the things you do you might just as well turn over to me and I will be able to do them quickly and correctly.

I am easily managed – you must merely be firm with me. Show me exactly how you want something done and after a few lessons I will do it automatically. I am the servant of all great individuals and, alas, of all failures, as well. Those who are great, I have made great. Those who are failures, I have made failures.

I am not a machine, though I work with all the precision of a machine plus the intelligence of a human. You may run me for a profit or run me for ruin – it makes no difference to me.

Take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you.

Who am I?

..... I am a Habit