



Matters of Principal

"The world is a book, and those who do not travel read only one page." – Saint Augustine

We have had an icy week at the College and I am sure you have seen some of the beautiful photographs on social media. We truly do live, learn and work in a stunning environment. We have had a busy academic and sport week and the pupils have shown tremendous commitment to all spheres of school life.

Earlier in the week, we shifted our focus to wellness—an important part of our approach at Stanford. In line with the new device policy, our Wellness Champions led a session on cellphone use and the effects of too much screen time, especially on social media. The lesson encouraged pupils to think honestly about their digital habits and consider ways to build a healthier relationship with their phones.

During the discussion, they explored questions such as:

1. What are we using our phones for?
2. What are the positives of having a phone?
3. What are the negatives?
4. How do we feel when we don't have our phones on us?
5. And importantly—do we consider doom scrolling (mindless, repetitive scrolling) a bad habit?



Pupils were introduced to the habit cycle - trigger, action, reward and how cellphone usage can become an automatic behaviour. We discussed possible triggers such as boredom, anxiety, or simply having the phone within reach. They explored how changing the trigger - turning off notifications, deleting certain apps during study times, or physically placing the phone in another room can help break this cycle.

By raising awareness and encouraging practical changes, we hope to empower pupils to take greater control over their screen habits.

Warm Regards

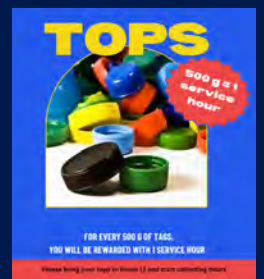
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TOPS Project: Turning Plastic into Purpose

Stanford Lake College continues to support The Sweetheart Foundation through our ongoing Tops Project, and we're proud to share the latest update. During the June holidays, our community collected and submitted an impressive 95.2 kilograms of plastic tops! This pushes our total contribution to 161.7 kilograms, bringing us closer to our goal of donating a wheelchair to someone in need.

This initiative not only supports a meaningful cause, but it also gives every student a chance to make a difference—500 grams of plastic tops earns you one service hour.

Let's keep the momentum going! Every bottle top counts. Bring your contributions to school and help us turn everyday waste into life-changing support.



Tennis

Third Term Tennis Kicks Off in Style

The third term began with a strong showing from our tennis teams as they hosted Louis Trichardt High School on home courts. With a full fixture lineup, the Badgers dominated across the board, winning every match played.

The energy on the courts was electric, and it's clear that our players are hitting their stride early this term. With a mix of seasoned players and rising stars, including standout performances from our juniors playing up in senior teams, the depth of talent is undeniable.

As the season continues, we look forward to more exciting rallies, strong sportsmanship, and continued success. Watch this space — our tennis teams are ones to follow!



Download Order
Form Here

18th August

Please ensure all students are not absent on the day
Formal school uniform must be worn on the day and a reminder
to bring ALL co-curricular uniform on the day

Rugby League Finals U/16

On Saturday 26th July the U16 Badgers travelled to Polokwane to play in the rugby league finals against Curro Heuvelkrui.

It was a stop/start affair and the boys struggled to gain any momentum throughout the game. Although they had prepared well and were dead keen for the match, a few errors at crucial times in the game cost them dearly. However, when they did manage to put phases together, they played some great attacking rugby and scored 3 brilliant tries. Unfortunately they lost the Final 21-36, but as a squad they continue to develop and will be a rugby force to be reckoned with in the next two years.

- Mr S Willson



BLOOD DRIVE



SANBS

Blood Drive Success
Thank You!

On 24 July, Stanford Lake College proudly hosted the South African National Blood Bank. A heartfelt thank you to our local community, staff, and students who rolled up their sleeves to donate. Your generosity makes a real difference — every donation helps save lives!



Competition Time



DESIGN THE FRONT COVER OF OUR SCHOOL DIARY 2026

Do you have a creative spark? Are you ready to showcase your artistic talent? Here's your chance to design the front cover of our school diary for the upcoming year!

HOW TO ENTER:

1. Get inspired and create your design - make it bold, unique, and something that represents our school community.
2. Submit your artwork by **Wednesday, 20 August 2025**.
3. Include your name and grade on your entry.

WHO CAN ENTER?
Everyone is welcome! Whether you're a budding artist or just love being creative, this competition is for YOU!

THEME:
Think about the spirit of our school—what makes it so special? The covers should reflect the essence of our school life, with colours, symbols, or moments that speak to us all.

DON'T MISS OUT ON THIS EXCITING OPPORTUNITY!
Your design could be the face of our school diary and school yearbook for the whole year!

IMPORTANT ARTWORK GUIDELINES:
All artwork submissions must be A3 size and ensure that the colours are vivid to ensure high-quality printing. We recommend using bright, bold colours to make your design stand out in the magazine!

SPECS FOR DIGITAL SUBMISSIONS:

- **Resolution:** 300 DPI (dots per inch) for high-quality print
- **Colour Spectrum:** RGB (for vibrant digital colours)
- **Format:** Submit as a digital file (JPEG, PNG, or PDF)

WIN R300 Takealot Voucher

YEARBOOK

DESIGN THE FRONT COVER OF OUR SCHOOL YEARBOOK 2026

Do you have a creative spark? Are you ready to showcase your artistic talent? Here's your chance to design the front cover of our school yearbook for the upcoming year!

HOW TO ENTER:

1. Get inspired and create your design - make it bold, unique, and something that represents our school community.
2. Submit your artwork by **Wednesday, 20 August 2025**.
3. Include your name and grade on your entry.

WHO CAN ENTER?
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GOOD LUCK 1ST TEAM BOYS HOCKEY



We wish our 1st Team Hockey boys all the best as they travel to Pretoria to compete in the 2025 Noordvaal Hockey Tournament. Play hard, play smart, and make Stanford proud — we're behind you all the way!



NOORDVAAL HOCKEY TOURNAMENT 2025



BADGER OF

THE WEEK

Congratulations to Alastair Wiltshire, this week's Badger of the Week! Alastair delivered an outstanding performance on the tennis court against Louis Trichardt High School, winning all his matches 7-0. Playing in a senior team as a Grade 8 is an exceptional achievement and speaks volumes about his talent and determination. Well done, Alastair!



STANFORD STAFF VS STUDENTS PLAYOFFS

Our annual Staff vs Students netball and hockey games brought plenty of excitement. In the hockey, the staff team came out on top, using teamwork and experience to take the win. The netball match was a close contest, with the students narrowly taking the victory. Although the results were split, it's safe to say the staff stole the spotlight in the photos. A great afternoon of sport, fun, and friendly competition.

