

SNAP SHOT

Stanford Lake College
ISSUE 07 of 2022 - 03 March



Matters of Principal

At assembly on Monday I spoke to the school about the importance of belonging.

We are currently witnessing a war in Eastern Europe and while there are many political reasons for this war, in my view it all comes down to people having a sense of place and a sense of belonging. The Ukrainian people have identified their home, their place of belonging and are willing to lay down their lives to protect that. They have chosen to belong to the group.

I see our role as a school community to make Stanford Lake College a place where all can feel that they belong. This does not mean that in order to belong we all have to be the same. As a school that embraces difference and celebrates diversity, a school that celebrates

"A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we are meant to. We break. We fall apart. We numb. We ache. We hurt. We get sick." - Berné Brown

our artists, dancers and comedians with the same enthusiasm that we celebrate our sportsmen and women and our academics. We need to be a school where all pupils feel comfortable to be themselves and do not wake up every morning and feel that in order to survive they have to pretend to be someone that they are not. That is not belonging – belonging is feeling welcome despite your differences. We want to celebrate our individual authenticity but yet know that as a collective we are stronger together.

God Bless

Sports

STANFORD STARS AWARDED

President's Award



Congratulations to Jenny Zhang and Pearson Mumba, who were both awarded Full Colours for Swimming.



Congratulations to Benno Kotzé who received Full Colours for Adventure Racing.



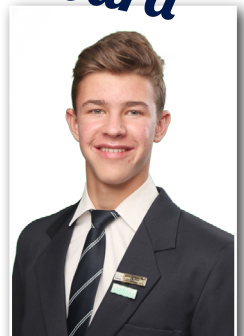
Zoë Burman

SILVER



Cara Prinsloo

BRONZE



Ruben le Roux

BRONZE

Well done, guys!



Pupils are expected to leave the campus on a Friday in FULL uniform and return on a Monday also in FULL uniform. Only pupils returning on a Sunday are permitted to return in Civvies. We ask for the cooperation and vigilance of parents in this regard.



HANDS



FACE



SPACE



VACCINATE

STAY ALERT
CONTROL THE VIRUS
SAVE LIVES

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NEWS IN BRIEF

I took part in the Sabie X-Fest Kayaking Festival in February. The event took place on the upper Sabie River known as the U2 section, consisting of continuous rapids, slides and a few interesting drops. Myself and Josh Fairhead, Class of 2021, were the youngest competitors and really learned a lot whilst having a blast. I managed to win a spot on a White Water Training Course for having the best “tuck” through Jeff’s Hole, a rapid with a very big hole at the bottom. It was a fun experience and I enjoyed it very much.

- Tyler Bartenshtein



On Wednesday 23rd February, twelve Stanford athletes participated in the Mopani Championships hosted by High School Frans du Toit. The blistering heat got to the athletes which saw them struggle at first. In order to qualify for the next round, the athletes had to finish in the Top 3 in their event. Seven athletes managed to qualify for the Limpopo Championship which will take place on Saturday 5th March at Peter Mokaba Stadium. These athletes and their events are as follows:

- Kondwani Buliani – 100m and 200m
- Fia Niemann – 400m
- Devon Coad – 110m Hurdles and 400m Hurdles
- Caitlin le Roux – Javelin
- Kian Noné – High Jump
- Zayd Moosa – Shotput
- Ethen Mwesigwa – High Jump

We wish all these athletes the best and hope that they can bring back some medals and qualify for the South African Schools Athletics Championship. A thank you to the athletes whom unfortunately, didn’t make it to the next round, for your commitment towards the sport over the last few weeks.

MOUNTAIN BIKING

The 26th of February saw the first in the series of SA Cup XCO events. This race took place in Parys in the Free State at Koedoeslaagte Trail Park and boasts a registered UCI Category 2 track. Riders from all provinces in South Africa came together, making it a tough day of racing. Gordon Noel took part and achieved an 11th position in the Youth category. The start was fast and furious and a compulsory 1 km start loop was included before the official first lap, in order to spread the field. Following this, Gordon completed three laps of the 5.2km course with 145m elevation per lap. A long climb and fast technical descent were the two main features of this track. It was great to see two Stanford Alumni racing in the Elite category. Gunther Katzke and Herman Fourie were placed 17th and 21st respectively each completing six laps of this course.



The first round of the Polokwane Mayor’s Cup tournament took place on the 2nd of March at Maseala Progressive Independent School on Wednesday. Stanford Lake College opposed the motion “Considering the ever-changing digital landscape: The Department of Basic Education should not publish the results of matriculants in local media outlets” against Khaiso High School. It was a very good debate between the two teams. Overall, Stanford Lake College won the debate and Dimpho Thobane was awarded best speaker. Well done to the team and to the speakers Tristan Brett as the 1st speaker, Jenny Zhang as the 2nd speaker and Dimpho Thobane as the 3rd speaker!



Absent from photo: Lethabo Moshia and Retsephe Nare.

On Wednesday the U/15A rugby team travelled down the mountain to play against Merensky’s U/15 B side. The young Stanfords started on the back foot, conceding a try early on. However, the Stanford players showed great resilience and only conceded another try 45 minutes later. Max Drewett took a quick penalty and scored to bring Stanford back into the game. Merensky hit back immediately with a try of their own. Unfortunately, Stanford lost the game 5 – 17, but it was a great game of rugby and a good start to the season.

RUGBY

X-FEST

ATHLETICS

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Stanford Lake College's
ROUND SQUARE CONFERENCE

ROUND SQUARE REFLECTIONS REFLECTIONS?



Zoë Koster

During mid-term, Stanford Lake College hosted the Round Square Conference for 14-15 year olds.

Students from Cape Town, Johannesburg, Grahamstown and Germany attended the conference. The first day was Arrival Day, with delegates quickly settling in and admiring the

setting of our beautiful school. That evening we held the Opening Ceremony, which was spectacular. I learnt a few things about the other schools' flags and I sang a song myself. We had a wonderful gymnastic routine and then a drum circle, with a fire display to conclude the evening. On the second day, we did ice breakers and we got to know our groups. I was fortunate in that my group turned out to be very calm and kind. On the third day, we began our rotations. We had three different ones: zip-lining, adventure race and service. Each of these rotations taught us something about ourselves and others. In the evening we had a night walk, then a talent show (I cannot believe how talented the other schools are) and on the last night, a silent disco. To be honest, that was awkward at first but then we all relaxed, lost our inhibitions and started enjoying it. Even Mrs van Staden and Miss Gama started to dance with us! The next morning was extremely sad because we had to say goodbye to the delegates who had become friends. A few tears were shed and a lot of hugs were given out as we waved them off. This experience was something I will never forget and I would do it again in a heartbeat. I learned to get out of my comfort zone, improve my communication skills and got better at problem-solving. I think I can say on behalf of all the Baraza Leaders that we had an amazing time and we miss it already.



Kian Noné

The Round Square Conference hosted by Stanford Lake College during the midterm break was immensely thrilling. It was mind-blowing to meet so many new faces! The majority of the delegates were from South African schools, such as St Cyprian's, Bridge

House, St George's Grammar, St Stithians Boys, St Stithians Girls and St Andrews College in the Western and Eastern Cape provinces. In addition, there were a few delegates from Munich, Germany. We had an extremely busy but entertaining schedule, with fulfilling activities and fascinating educational talks. Throughout the four-day conference, we contributed in service with the local and less fortunate school, Glenshiel. We visited Magoebaskloof Adventures and took part in the Canopy Tours, we also partook in a "mini" adventure race at Stanford. Furthermore, there were two guest speakers, Mr Peter van Kets and Mr Pieter Geldenhuys who made compelling and motivational speeches about adventure. As a Baraza leader, I was a major part of the conference with much responsibility (I'm sure my fellow Baraza Leaders agree). It could get a little overwhelming and stressful at times, but through perseverance and grit, it turned into an incredible opportunity and overall, an amazing experience.



Luke Schoeman

With the theme of this Round Square Conference being "Life! though adventure", Stanford dove right into the adventure world. With our first speaker Peter van Kets, we all learned a lot about what it feels like to get out of your comfort zone, show immense commitment and have some mind-blowing courage. Later that day we went on to do our little adventure, taking a hike through the mountains - and it didn't end there. Going on to do adventure races and zip lining, we all got to see the beauty of nature and what it feels like to get out of our comfort zone. Also joining in with service we went in our rotations and helped out the Glenshiel Primary School, from painting to redoing the vegetable garden. In our Baraza group sessions, we all learned a lot about each other, our different cultures and the Round Square IDEALS. I enjoyed the conference. I learned a lot in a short period about different cultures, adventure and how to handle situations in a short period. But best of all, I made some fantastic new friends.



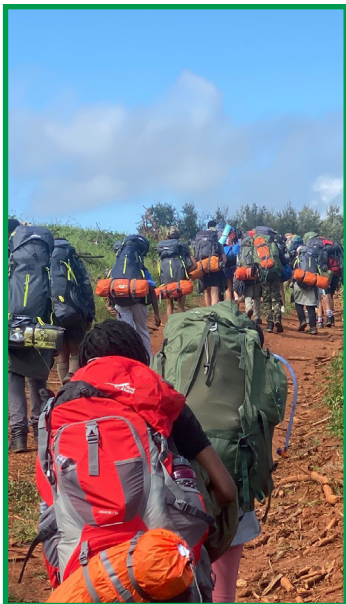
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CROWN CONQUERORS

On Wednesday 23rd February the Grade 8 class set off on their Iron Crown Escapade, a three-day hiking expedition with the main goal of summiting the Iron Crown, the highest point in the Limpopo province, standing at 2126 meters above sea level. Day 1 consisted of 19km of walking, going from SLC, traversing the western edge of the Ebenezer Dam, past Haenertsburg and up to the front of the Iron Crown. Here, the explorers put up camp, 3km away from the summit. It was a very hot day with open roads and some very overgrown single-tracks. The group did well and managed to reach camp 1 by 15:30. Day 2 kicked off with the 3km hike straight up to the top of the Iron Crown, which, with the heat, took the group 3 hours. They then made their way down the eastern slope towards Bergplaas where they set up camp 2. It was a very long and tough day, covering 13km with lots of climbing, and only having the whole group in camp at 17:30. The last day consisted of 17km, traversing the eastern side of the Ebenezer Dam, back to SLC. It was a fast-paced day with very little rest, as the group needed to be back at school by 13:30 to make sure all the students were on time for the buses taking them home for the weekend. They managed to make it, just in the nick of time! Well done the whole Grade 8 group on completing this expedition – it was a tough one!



POSTCARD

We wish you will be here:

Join us for our 60 minute RS Zoom Postcard as we discover and explore what it means to be courageous and tenacious through a sense of adventure. We will also look at how this is reflected in our school's value system and in our daily lives.

We look forward to welcoming you and hearing your points of view.



Title: Courage, Adventure, Tenacity

Date: 9 March 2022

Time: 3pm CAT (GMT +2)

Register: <https://podio.com/webforms/27074841/2076483>

Stanford Lake College

a Zoom Around the World with Round Square event

Join Miss Bredenmann and her team for the upcoming Round Square Postcard that we are hosting on 9th March. It's an opportunity to talk all things adventure and how it teaches us courage and tenacity.

A postcard from:



Stanford Lake College

Growing an adventurous spirit in all that we do



THE WIK MEMORIAL TRIATHLON

13 / 03 / 2022

The Wik will take place on 13 March 2022 at Stanford Lake College. The event is a tribute to former Stanford staff member, Wik van der Walt, and is a coming together of friends, family, athletes and sport lovers of all ages.

As the only Triathlon South Africa sanctioned race in the Limpopo province, the event's popularity has grown each year since its inception in 2013. It gives beginners and young enthusiasts, families and more seasoned athletes an opportunity to experience a multi-disciplinary event in a fun, scenic environment.

[CLICK HERE FOR ENTRIES](#)

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RUGBY AND NETBALL CAMPS

This past weekend Stanford hosted U/15 Netball and Rugby camps.

On Friday afternoon, the Netball girls started with some team building exercises and ended the afternoon with a quick swim in the HPC pool. Later that evening, there was a marshmallow braai where the players got to know each other better. Saturday morning was an early start as the girls were on the court again, working on their footwork skills as well as practising attacking and defending drills. The girls really enjoyed it and learned new skills for the upcoming season.

On the Rugby field, the boys were split into four different teams for the weekend. They started off with some team building exercises, where each group had to fetch a raft frame from the lake and tyres from the astro turf to build a "car". The car had to get from the one try line to the other. Two teams completed the activity in the allotted time frame with two teams just missing out. From there, they went straight into handling drills as well as some defensive tracking drills. The night was ended off by watching a motivational movie in the HPC. The boys were up and about early the next morning as the first session started at 08:00 sharp. The boys did more handling skills and basic tackling drills before going into rucking drills. The Forwards and the Backs were split and the backline players did some shadow defence and handling drills while the Forwards started scrumming against the scrum machine and later some line-outs. The U/15 A-side was selected and they did some basic game play scenarios while the B-side continued with the basics of rugby. The boys enjoyed the weekend tremendously and we look forward to the season ahead.

Thanks to some of the senior rugby and netball players as well as Mr Willson, Mr Ngcelwane, Mr Mwakonya, Mr and Mrs Pretorius for giving up their weekend to help improve our junior sports teams.



The Matric Dance of 2022 was hosted this past weekend down in the Dream 'n Do Centre. All the Matrics and their partners looked dazzling in their dresses and suits whilst they enjoyed an evening filled with good food, nice music and a lekker jol. A big thanks to Mr Swanepoel and his team for putting this wonderful evening together, along with the Estates Department, who upgraded the facilities for the evening, and many other stakeholders for their input. The event was a huge success. Below is a sneak preview to the photos...

