



Matters of Principal

*"Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labour is not in vain."
1 Corinthians 15:58 (ESV)*

A Weekend of Sport, Community and Kindness

This weekend, Stanford Lake College proudly hosts the much-anticipated De La Salle Holy Cross College Derby and Sports and Cultural Exchange — a highlight on our school calendar and a wonderful opportunity to strengthen the bonds between our schools and communities.

There is no better way to build relationships amongst our youth than by coming together in the spirit of healthy competition, shared values, and mutual respect. While the excitement of the rugby and hockey fields, the netball and squash courts, and the atmosphere from the sidelines will undoubtedly create memorable moments, this exchange is about far more than results on the scoreboard.

It is about connection, character development, camaraderie, and the joy of participation. Occasions like this remind us that sport has the power to unite people, build resilience, and create friendships and memories that extend well beyond the final whistle.

As we prepare for this exciting weekend, I have also reflected on the importance of kindness within our school community. Theodore Roosevelt once said, "People don't care how much you know until they know how much you care." Those words remain deeply relevant in both our classrooms and on our sports fields. I encourage our community to be people who notice when someone is not okay and who care enough to ask again, even when they say they are fine. Be people who offer encouragement, respect, compassion, and support, even when it is not returned. Whether educator, coach, parent, student, or supporter, never underestimate the impact that kindness, integrity, and empathy can have on the lives of others.

As John Wesley wrote:
"Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as you can."

We look forward to welcoming players, coaches, parents, alumni, and supporters to Stanford Lake College for what promises to be a memorable and rewarding derby weekend together.

Warm Regards,

Mr Pierre Jacobs

Coaches Corner

Sihlalo Benge

Sihlalo Benge is a dynamic and versatile South African rugby player whose leadership, vision, and technical skill have earned him recognition across multiple levels of the sport — from schoolboy excellence at Queens College to professional success with elite teams like the Lions and Sharks. A natural Fly-half and Inside Center, Sihlalo combines sharp game management with creativity and composure under pressure. Beyond his on-field achievements, he is a passionate mentor and coach, dedicated to developing young athletes and inspiring them to realize their potential both in sport and in life. Over the years, he has guided teams to compete at the SASN National Championships in both 2018 and 2022, with both squads achieving an impressive 2nd place finish in Limpopo.

Qualifications

- Extensive professional experience across South Africa, Wales, and France.
- Proven leadership and mentoring background in both rugby and cricket.
- Deep understanding of game strategy, conditioning, and team culture.
- Passionate advocate for youth development through sport.
- Noted for mental resilience, guided by his motto: “It’s a mind battle.
- Where the focus goes the energy flows.”
- National SASN B Umpire Grading
- Completing Level 2 Coaching Qualification



Coaching Experience

- Jeppe High School (2021–2022) — Coached 3rd team and guided 1st team kicking development.
- Glenwood High School (2022–2023) — Led all-age skills programs, specializing in tactical kicking and backline structure.
- Trinity House High School — Head coach for U14A Rugby and Cricket teams, emphasizing discipline, game awareness, and sportsmanship.
- Recognized as a mentor and role model, known for inspiring young players through discipline, strategy, and positive mindset coaching.



Career Highlights

- Represented South Africa Schools “A” and Border Rugby Craven Week selections in 2019.
- Co-captain of Queens College 1st XV in 2020, recognized for exceptional leadership despite the COVID-19 season disruption.
- Lions U20 League Champion (2021) and U21 Semi-finalist (2022) — key playmaker contributing to the team’s attacking strategy and consistency.
- Professional player for the Sharks Currie Cup Team (2022–2023) — known for tactical kicking, defense coordination, and adaptability.
- RGC Welsh Premiership Division 1 (2023–2024) — powerful European campaign showcasing his international caliber.
- French Federal 3 – Gueret (RCGC) player for 2024–2025 season, continuing his growth across global rugby environments.
- Achieved multiple school leadership positions, including Deputy Prefect, Hostel Head Boy, and recipient of the prestigious Honours Blazer.



Sihlalo Benge is more than a skilled rugby player — he is a leader, teacher, and ambassador for the sport. His journey reflects dedication, discipline, and a determination to make a lasting impact both on and off the field. With international experience, proven coaching ability, and an unshakeable commitment to excellence, he stands out as a complete athlete ready to contribute to any team or sporting institution at the highest level.

RMB ULTRA TRAIL DRAKENSBURG

Trail Badgers in the Berg

From 24–26 April, the Trail Badgers — made up of learners, staff, and parents — made the journey to Underberg for the RMB Ultra-Trail Drakensberg, set in the rugged beauty of the Southern Drakensberg. A 03:00 start on Friday morning set the tone: early, focused, and ready to take on the mountains.



Saturday belonged to the 62km ultra. Mr Bouwer and Mr Chris Nel lined up at Silverstreams at sunrise, taking on the full Giant's Cup Trail — a route usually completed over six days, now tackled in a single push. With around 2000m of climbing, the day stretched across ridges, valleys, and long climbs before finishing at the Sani Pass Premier Resort. It was a proper test from start to finish — tough, demanding, and deeply rewarding.

62km Results:

- PJ Bouwer – 11:58:56 (102nd male, 146th overall)
- Mr Chris Nel – 12:10:54 (110th male, 157th overall)

Sunday shifted the spotlight to the Drakensberg Rock Jumper 25km — and this is where the Trail Badgers' spirit really came through. Starting and finishing at the Sani Pass Premier Resort, the race climbed straight into Gxalingwenya Gorge, setting a tough tone from the start. With 900m of climbing packed into 25km, it was a race that demanded grit, and the team delivered.

25km Results (in finishing order):

- Robert Noel – 03:04:53 (11th male, 12th overall)
- Jess Hall – 03:32:28 (7th female, 32nd overall)
- Tatenda Mabayah – 03:36:06 (28th male, 37th overall)
- Steve Wilson – 03:36:30 (29th male, 38th overall)
- Mika Jones – 04:37:40 (39th female, 94th overall)
- Olivia Turner – 04:40:39 (42nd female, 99th overall)
- Kyla Hamer – 04:56:55 (49th female, 116th overall)
- Elia Jones – 04:56:55 (48th female, 115th overall)



A special mention goes to Robbie Noel for an outstanding run, finishing 12th overall — a brilliant achievement. Ms Hall also stood out with a strong performance, finishing 7th among the women and 32nd overall. What made the weekend even more special was the way the learners, Elia Jones, Olivia Turner, Mika Jones, and Robbie Noel, stepped up to the challenge. Taking on a race like this in the mountains is no small task, and they showed real determination throughout.

Staff members Mr Willson, Ms Hamer, Mr Mabayah, and Ms Hall led from the front, while parents Debbie Turner and Bill Noel not only supported but also took part in the event themselves, adding to the strong team spirit. A big thank you to the Jones, Noel, Turner, and Hamer families for their support throughout the weekend. That backing makes a real difference out on a course like this.

The Trail Badgers didn't just run races; they took on the mountains together. It was a weekend of big climbs, tired legs, and unforgettable moments. Tough, rewarding, and one that will definitely be remembered.



A Grand Performance - Miano Tshivhula

This past weekend, I attended the semi-finals of the National Eisteddfod Academy Young Performer Awards at the Roodepoort Theatre. From the moment I arrived, I knew this wouldn't be anything as simple as before. It was quite nerve-racking seeing so many talented performers from schools all over the country, such as Michaelhouse and St Stithians College. Standing backstage with the technical crew and the other performers, all of us trembling while waiting for our turn on stage, certainly didn't do much to calm my nerves.

Even so, being surrounded by such amazing musicians and having the opportunity to perform in front of an audience was a priceless experience. Although I wasn't able to make it through to the finals, I am incredibly grateful for the opportunity and for everything I learnt from the experience.

The competition is part of the prestigious National Eisteddfod Academy Young Performer Awards, held annually at the Roodepoort Theatre, where talented young performers from across South Africa compete in music, dance, drama, and the performing arts.



SQUASH LEAGUE

On Tuesday, 5 May, our squash teams played against Ben Vorster

Results vs Ben Vorster:

- Boys won 3-1
- Girls drew 2-2

On Thursday, 7 May, the teams were back in action against Merensky

Results vs Merensky:

- Boys drew 3-3
- Girls lost 1-3

Well done to all our players for their effort, determination, and sportsmanship throughout the week.



BADGER OF THE WEEK

Badgers of the Week goes to our U15 Netball team for dominating their game against Merensky with an awesome victory. Their grit, teamwork, and relentless energy on court showed exactly what true Badger determination looks like. Well done, girls!



Discipline, Focus, Strength

We are proud to share the outstanding achievement of one of our students, Zamaan Theba, who recently participated in the South African National Karate Competition held on Friday.

Zamaan delivered an exceptional performance, securing 3rd place in Kata, officially ranking him among the top three competitors in his division nationally. This remarkable accomplishment reflects his discipline, focus, and dedication to his craft.

In recognition of his excellence, Zamaan has been awarded South African colours in karate. This prestigious honour confirms his selection to represent South Africa at both national and international level as part of the South African National Karate Team.

He has also qualified to compete on the international stage, with upcoming participation in the Indo Pacific Cup in Mauritius later this year, as well as in Japan next year.

We congratulate Zamaan on this incredible milestone and celebrate his hard work, commitment, and sporting excellence.



Netball Action Recap

On Tuesday, 12 May, our netball girls travelled to Frans du Toit. The teams performed very well and showed great determination on court.

Results:

- 14A lost 5–29
- 14B lost 1–20
- 15A won 20–7
- 15B lost 6–7
- 16A won 12–8
- 16B lost 4–19
- 17A won 23–5
- 1st Team won 37–29

Well done to all the players and coaches on their effort and sportsmanship throughout the afternoon.

The netball girls will play their next match against Hoërskool Ben Vorster on 27 May at Hoërskool Ben Vorster.



*Images taken at previous league match at SLC

HONOURS AWARDS

Being awarded Honours at Stanford Lake College is a truly exceptional achievement. It reflects years of dedication, discipline, passion, and commitment to excellence in sport. One of the highest recognitions a student can receive, Honours is symbolised by the prestigious White Blazer, worn with pride as a mark of outstanding contribution and performance.

We are proud to congratulate our latest Honours recipients:

- Mika Jones – Athletics
- Olivia Turner – Athletics
- Dario Wasley – Swimming

Each of these students has shown remarkable commitment to their sport, consistently striving for excellence and representing the school with pride and determination. Their achievement is not only a reflection of talent, but of hard work, perseverance, and true Badger spirit.

We celebrate Mika, Olivia, and Dario on this outstanding milestone and look forward to seeing their continued success in their sporting journeys.



PARENTS ASSOCIATION



*Raffle Details
Coming Soon*

Stanford Lake College
2026 Golf Day Raffle

Stanford Lake College

Grand Prize
2 Nights at Kambaku Safari Lodge in the
Timbavati Private Nature Reserve for 2
people valued at R40 000.

TICKETS 1@R100 / 5@R400 / 10@R700

Runner up Prize
4 Nights midweek (Mon-Thurs) stay
at Stanford Lake Lodge for up to 8
people in a double story cabin OR
4 bedroom cabin. Valued at R18 175.

STANFORD LAKE LODGE
www.stanfordlake.co.za

The Parents Association has been hard at work with fundraising initiatives aimed at transforming the Tuck Shop into a welcoming space where students can relax and unwind.

A special word of thanks goes to Premium Trucking for assisting with the transportation of the benches. Their support has helped move the project forward and is greatly appreciated.

Spirit Week



Twin Tuesday 🏠



Twin Tuesday 🏠



Twin Tuesday 🏠



Stanford Lake College



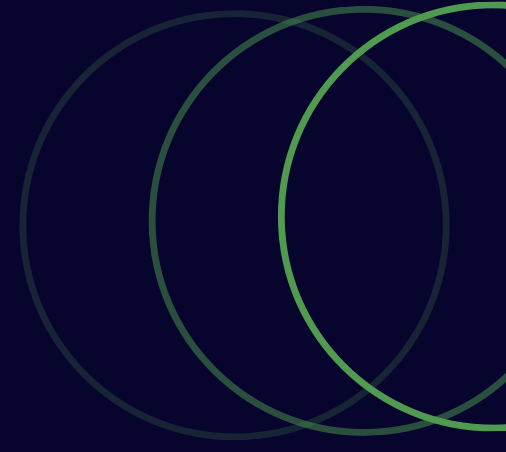
Twin Tuesday 🏠





Stanford Lake College Weekly Notice

18 – 23 May



Date	Activity	Time	Venue	Staff
Monday 18 May	Day 5			
	Choir	14:15 - 15:30	IJV	Renee
	Modern 2	14:15 - 15:00	Studio	RMJ
	Ballet	15:00 - 15:30	Studio	RMJ
	Junior Boys Rugby (U16)	15:00 - 16:00	Top Field	JJN, NFH
	Junior Boys Rugby (U16)	16:00 - 16:55	Top Field	JJN,NFH
	Junior Girls Netball (U14 - U16)	15:00- 16:55	Netball Courts	TP,SS, MCM,LBM,
	Senior Girls Hockey	14:30 - 16:55	Astro	KH
	Adventure	14:30 - 16:55	Adventure Centre	BA
	Swimming	15:30 - 16:50	HPC	KO
	Badger Women Hockey	17:00 - 18:00	Astro	
	PS Lesson	By Appointment	PS Lab	LBM,GVS
	Grade 12 Math's	14:30 - 15:30	MCE Class	MCE
	Grade 8 Math's	14:30 - 15:30	JG Class	JG
Tuesday 19 May	Day 6			
	Music Lessons	15:00 - 17:15	IJV	CAL
	Modern 2	14:40 - 15:30	Studio	RMJ
	Girls Hockey Vs Ben Viljoen @ SLC		SLC Astro	CN,AG,TM,JG,KH
	U14	13:00		
	U16	14:05		
	1st Team	15:30		
	Senior Boys Rugby (U17 - U19)	14:35 - 16:55	Top Fields	SJW,PJB
	Junior Boys Hockey (U14 - U16)	15:00 - 16:55	Astro	XJH,SF,IC
	Senior MTB/ Adventure	14:35 - 16:55	Adventure Centre	BA,NFH
	Swimming	15:30 - 16:50	HPC	KO
	Badger Men	18:00 - 19:00	Astro	
	PS Lesson	By appointment	PS Lab	LBM,GVS
	Grade 11 Math's	14:30 - 15:15	NNM Class	NNM
Senior Accounting Extra Lessons	14:30 - 15:30	CR Class	CR	

Wednesday 20 May	<p>Day 7</p> <p>Modern 1</p> <p>Ballet</p> <p>Music Lessons</p> <p>Junior Boys Rugby (U16)</p> <p>Junior Boys Rugby (U16)</p> <p>Junior Girls Netball (U14 - U16)</p> <p>Senior Girls Hockey</p> <p>Adventure</p> <p>Swimming</p> <p>Badger Women Hockey</p> <p>PS Lesson</p> <p>Gr 10 Math's</p> <p>Gr 9 Math's</p> <p>Gr 11 FSE</p> <p>Academic Assist for DS</p> <p>Junior Accounting Extra Lessons</p>	<p>14:00 - 14:45</p> <p>14:45 - 15:30</p> <p>14:45 - 17:30</p> <p>15:00 - 16:00</p> <p>15:00 - 16:55</p> <p>15:00 - 16:55</p> <p>14:30 - 16:55</p> <p>14:30 - 16:55</p> <p>15:30 - 16:50</p> <p>17:00 - 18:00</p> <p>By Appointment</p> <p>14:00 - 14:45</p> <p>14:00 - 14:45</p> <p>13:50 - 14:45</p> <p>14:00 - 14:45</p> <p>14:00 - 15:00</p>	<p>RMJ</p> <p>RMJ</p> <p>IJV</p> <p>Top Field</p> <p>Top Field</p> <p>Netball Courts</p> <p>DAD Centre</p> <p>Adventure Centre</p> <p>HPC</p> <p>Astro</p> <p>PS Lab</p> <p>NNM Class</p> <p>JG Class</p> <p>JET Class</p> <p>TN Class</p> <p>CR Class</p>	<p>RMJ</p> <p>RMJ</p> <p>Cal</p> <p>JJN, NFH</p> <p>JJN,NFH</p> <p>TP,SS, MCM,LBM,</p> <p>KH</p> <p>BA</p> <p>KO</p> <p>LBM, GVS</p> <p>NNM</p> <p>JG</p> <p>JET</p> <p>Academic Com</p> <p>CR</p>
Thursday 21 May	<p>Day 1</p> <p>Music Lesson</p> <p>Debating workshop</p> <p>Senior Boys Hockey (U17 - U19)</p> <p>Junior Boys Hockey (U14 - U16)</p> <p>Senior Girls Netball (U17 - U19)</p> <p>Junior Girls Hockey (U14 - U16)</p> <p>Junior MTB/Adventure</p> <p>Swimming</p> <p>PS Lesson</p> <p>Math's Olympiad R2</p> <p>Beaulieu Derby</p> <p>Squash, Padel & Golf</p> <p>Departure SLC :</p>	<p>14:45 - 16:15</p> <p>14:45 - 15:45</p> <p>15:00 - 16:55</p> <p>15:00 - 16:55</p> <p>15:00 - 16:55</p> <p>15:00 - 16:55</p> <p>15:00- 16:55</p> <p>15:00- 16:55</p> <p>By Arrangement</p> <p>14:00 - 16:00</p> <p>TBC</p> <p>12:00</p>	<p>IJV</p> <p>KNN</p> <p>Top Field</p> <p>Astro</p> <p>Netball Courts</p> <p>Astro</p> <p>Adventure Centre</p> <p>HPC</p> <p>PS Lab</p> <p>MCE Class</p>	<p>Cal</p> <p>KNN</p> <p>PJB,SJW</p> <p>XJH,SF,IC</p> <p>TP,SS</p> <p>TM,JG,CN,AG</p> <p>BA,NFH</p> <p>KO</p> <p>LBM, GVS</p> <p>MCE</p> <p>SJW,SF,TM,KH,NFH,PJB</p>
Friday 22 May	<p>Day 2</p> <p>Beaulieu Derby</p> <p>Bus Times:</p> <p>SLC Bus Depart</p> <p>Beaulieu Derby Program</p>	<p>08:00</p> <p>TBC</p>		

Saturday 23 May	Beaulieu Derby Bus Time: SLC Busses Depart Beaulieu Return to SLC SLC Alumni Function	TBC 12:20 13:30 19:00 14:00	Kyalami Country Pub	PJ,CR,TN,SF,SJW,NFH,BA
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