



# RHENISH NEWS

Excellence ● Compassion ● Accountability ● Integrity ● Diversity ● Respect

Photos: Mr Piron and members of Rhenish Media Services



1860

# Happy 163<sup>rd</sup> Birthday



2012



2014



2023



1999



2023

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### Rhenish Celebrates 163

A wonderful Birthday Assembly

### All Girls' Festival

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2nd Blood Drive of 2023 a huge success

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Rhenishers turn up in support

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### Rhenish Stars





# HAPPY 163 BIRTHDAY

While Rhenish Girls' High School officially turned 163 on 1 May, her birthday is traditionally celebrated on the first Friday following this.

At our Birthday Assembly on Friday we were graced with the presence of ex-Principal, Mrs Commaille; ex-Deputy, Ms Hyland; the Principal of Paul Roos Gymnasium, Mr van Staden, and his head leaders; the head leader of Stellenbosch Hoërskool; Mr Koegelenberg, head of PJ Olivier Art Centre; Mr Smit (Chairman of our SGB), and a number of Rhenish Old Girls.

In her birthday address to the school, Ms Sarga suggested that the school's birthday is a time to recommit to the common purpose of Rhenish Girls' High, a time to give thanks to all who went

before us and to celebrate the values that were first established as central to the school in 1860 and which are still held true today.

Our birthday, unlike many other 'Founders' Day' traditions, is not a solemn or serious occasion.

While the emotions experienced and the traditions observed are sincere and proffered with respect and love, the occasion is a celebration. A proper birthday party!

And it is in this vein that we were truly blessed in our guest speaker, old girl of the class of 2012, Brittany Smith.

Brittany, rewarded the Fleur du Cap Award for Best Performance in an Opera - Female, on 26

March this year, has performed as a lead for Cape Town Opera for some years as well as in Europe.

Brit's address to her Rhenish sisters was an inspiration. Her performance of two songs a revelation that had the audience up on its feet as they applauded her.

Brit always acknowledges her roots and is quick to give credit to Mrs van Amstel who first spotted her talent when she was a shy member of the choir and urged her to pursue a career in opera. Mrs van Amstel was also instrumental in ensuring Brit's application to and successful audition with UCT Music School and UCT Opera where she graduated with a BMus (despite not having music as a subject in matric).

## Discipline Works

This was the message that Brit wanted to ensure her Rhenish sisters took away with them. "You may feel that your teachers are *always* going on about it, but it has been the most important tool in my career toolbox," said Brit.

Discipline together with diligence and resilience are what, she believes, have resulted in her success.

Diagnosed with TB 4cm below her vocal chords in 2015, the threat of never being able to sing again was very real and very scary. Her commitment to her art and her talent, her discipline in her approach to her treatment and to her recovery are how Brittany clawed her way back to health and back to performing.

In closing, she urged her fellow Rhenishers to seize every opportunity, to venture boldly out of their comfort zones as that is, she believes, where one learns and to be **HYPER VIGILANT**.

"You have to have a thick skin and a strong backbone if you want to make it. You have to constantly remind yourself that if you believe you can, you **WILL**."



2023 Head Girl, Emma Green, sees the birthday as an opportunity to "... celebrate our core values that help shape us into productive citizens who are ready to make the world a better place when they leave Rhenish." Emma reminded her Rhenish sisters "... to practise accountability, to show our love with an abundance of compassion, to use integrity to do the right thing, celebrate our differences through diversity, to try to achieve our own excellence in all that we do and always to remember to treat our school, teachers, community and each other with the respect that we all deserve."

"For many of us," Ishekudzwai Matope, Deputy Head Girl said, "Rhenish has become our second home and a place where we feel loved and heard; a school in which we have pride. Now I ask you, what makes Rhenish stand out to you? What do you love most about our school? Your answer to this question is what we celebrate today."





**HAPPY  
BIRTHDAY**







# All girls BLOOM 2023

## Blooming in Bloem

"Bloom", they said. And Bloom we did ... in Bloem.

At this year's festival, Rhenish Girls' High had the biggest contingent of participants from the widest range of activities that we have sent to All Girls' Festival since we hosted the event ourselves in 2010.

Hockey, Netball, Tennis, Debating, Public Speaking and Marimbas were represented at the 2023 All Girls' Festival. The 12 staff and 39 learners flew up on three different flights to Bloemfontein on Thursday 27 April.

The Festival kicked off with a magnificent Opening Ceremony with gifts for all the participants, food to warm a Rhenish tummy and entertainment to thrill and delight.

Our hosts, Eunice Girls' High School, went out of their way to welcome all the schools, to ensure that the facilities were excellently prepared and that all reasonable efforts were made for optimal playing conditions.

This was the first post Covid All Girls' and few of our representatives had attended this festival as they were either not yet in high school (it was in 2019) or they were juniors. It is not an experience they will forget quickly and those who will still be at Rhenish in 2024 are already eagerly planning for it.

To all of the parents who made the trip to Bloemfontein to support our girls, to all the parents who generously afforded their daughters this opportunity to represent their school and to all the teachers who accompanied the teams, our sincere thanks.







# TENNIS

All Girls'

## GRACE PETTY

It was a successful All Girls' Festival for our tennis team, with a second place finish! We beat Parktown Girls' High, Paarl Girls' High, and Collegiate Girls' High to finish first in our pool. We went on to win against Pietermaritzburg Girls' High and Bloemhof in the quarter and semi-finals. We lost our tough final against Oranje Meiseskool, but spirits were high as we won the silver!

It was an honour to play in a National festival like this one, and we once again learned the importance of teamwork, commitment and resilience. It was great to support each other next to the court, and also to get some meaningful support from the teachers and Rhenishers at the festival.

A big thank you to our coach Sunel, the tournament organisers, our wonderful parents, and of course to Ms Davids, for giving us this opportunity and making it a very memorable tour!



Sisterhood



Competition



Thrill of the WIN





# HOCKEY

All Girls'

## Baylee Engelke

For the first time since 2019, the Rhenish 1st Hockey Team was able to participate in the All Girls' Festival, hosted this year by Eunice Girls' High School in Bloemfontein. The Festival took place over the long weekend and it included some of the toughest teams in the country.

The Opening Ceremony, with live performances, games and dance battles, kick started the weekend after which we headed to the St Michaels hostel to rest up for the next few days of hockey.

We started our Festival off at 07h30 on Friday morning against Queenstown, walking away with a 5-0 win. At the end of the first day we had won all 4 games with a total of 16 goals for and none against, finishing at the top of the pool.

After a good night's sleep we faced a tough day of competition, starting with a quarter-final match against Affies.

We got the win with a score of 1-0 after a really tough game. We rested and regrouped for the semi-final against the hosts, Eunice, on their home turf.

We knew it was going to be a big challenge and possibly the toughest opposition we've faced as a team, but we worked hard, stood strong together and played our own game! We pulled off a 2-0 win and advanced to the final of the All Girls' Festival of 2023 against the tournament favourites, Oranje Meisieskool.

We gave it everything out there one last time, never for a moment giving up but lost the match 3-1. As a team



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we were disappointed but we are so incredibly proud of how far we had got - to play in the Final of such a prestigious Festival against the Top team in the country is no mean feat.

Off the field the karaoke at the hostel was a highlight and the team ice-baths were extremely entertaining. But the most powerful feeling we shared as a team came after winning the semi-final against Eunice. There were many tears, hugs and congratulations with enormous pride and a sense of unity that I will never forget.

Our success at this Festival has taught us to stand up to the challenges, to take every game as it comes and enjoy every moment out there together. Anything is possible if you put your mind to it.

Although we didn't end as winners of the Festival, we finished 2nd in a field of 21 participating teams. We did it with the support of our parents, and our Bloemhof and La Rochelle sisters..

A special thank you to our coach, Mr Gerber, our conditioning coach, Mr de Kock, our manageress, Mrs de Kock, and, in his absence on this tour, Coach Ross. We truly appreciate each of you as a huge part of our success as a team.

This Hockey Festival is most definitely one to remember!







# NETBALL

All Girls'

9TH



What a way to spend the long weekend. Our first Netball team spent the weekend of 27-30 April in Bloemfontein, competing in the "All-Girls' Festival".

We played a total of 8 tough matches and managed to win 6 of them. We lost 2 of our

games against Afrikaanse Hoër Meisieskool Pretoria (Affies) and the invitational team, Hoërskool Jim Fouchè.

We played our final play-off for 1st and 2nd position in the Plate championship against La Rochelle. We fought until the very end and managed to

pull through a well deserved win. This result placed us 9th overall in the festival for netball out of 24 participating teams. It also ranked us 7th amongst the competing girls' schools. We kept working hard, believing and preserving until the very end – injuries and all – and came home with excellent results.

## Jenna Senekal



We could not have achieved this without our coach, Cornè Lottering. She had our backs through thick and thin, supported and motivated us until the very end and we are truly grateful to have such an amazing coach at our side every step of the way.

The constant motivation and support of Mrs Forsyth, our manager, must also be mentioned. Her presence at the side of the court is constant, her faith in us unchallenged and she is greatly appreciated by the team. We do not know what we would have done without her on this tour.

Our netball team achieved incredible results and I am so proud of each and every one of the players. We showed them what Rhenish is capable of.

Overall, the All Girls' Festival 2023 was one for the books and we are very grateful to have represented the Rhenish name at such a prestigious event and made history for Rhenish netball.





# DEBATING

All Girls'

Ms Sarah Shaw

Rhenish sent a novice Debating team to All Girls to test their mettle. And, as Rhenishers are wont to do, they held their own against more senior, more experienced teams.

Arabella Fernandes, Nina Kielblock and Sara Rawoot in Grade 10 along with Aryanna Rooke and Tessa van Olst in Grade 8 travelled to Bloemfontein with the aim of rapid team-building and learning through trial by fire - which it certainly was.

The team came away with the following results:

- Round 1: Lost v. Eunice
- Round 2: Lost v. Durban Girls
- Round 3: Closed round v. Calendon
- Round 4: Won v. Potchefstroom
- Round 5: Won v. Queenstown

Congratulations Debaters!





# PUBLIC All Girls' SPEAKING

Siena Williams in Grade 11 represented Rhenish as our Senior Public Speaker.

On Friday she delivered an impassioned and moving speech on the topic of the healthcare system in South Africa, and how important it is that each and every South African has equal access to quality healthcare.

On Saturday she participated in a panel discussion as part of the unprepared speaking component of the competition. The topic was "My biggest concern about the future".

Siena spoke strongly about the pressure of choosing subjects that affect your future at such a young age, the worry of choosing correctly, and the fear that this could have a negative impact on one's future prospects.

While Siena did not make it to the top five (out of eighteen, mostly Grade 12s), she spoke beautifully and was a wonderful ambassador for Rhenish.

***Ms Tarryn Harbour***



The All Girls' Festival was an amazing and unique experience that I will never forget.

The feeling of community and sisterhood was a common thread between Rhenishers as well as between all the girls from every school that participated in the festival.

The excitement started at the airport and continued throughout the weekend. While sharing every part of the day from waking up to going to sleep got a bit tiring, it definitely brought us all closer together.

Making new friends and sharing stories was a definite highlight of All Girls. I learned so much from the other girls about more than just public speaking. While we were all tired by the time we boarded the plane to go home, we were filled with happy stories and experiences to share with our families.

***Siena Williams***





# MARIMBA

## Qhama Tyhoda

It was with nervous excitement that I boarded the plane to Bloemfontein, not quite sure what to expect from marimba at the All Girls' Festival. In spite of my lack of expectation, I was still surprised!

We were grouped together with the singing groups and our first day consisted of different sessions, namely Rhythm, Dramatisation, Improvisation, Movement and Music 101. We didn't get to touch a marimba on Day 1 which felt odd.

However, all of the sessions were aimed at helping us prepare for the following day (well, with the possible exception of the interpretative dancing?).

Day 2 was great - we got to playing marimbas! Linking up with other schools' musicians was a highlight for me because we got to form a mass band, and we formed friendships with girls from other schools (especially the friendly girls from La Rochelle!).

After many hours of rehearsal, we got together with the singers to put everything together before the guest artist was due to arrive. In walked Jennifer Jones, a legend in the South African music industry. Grammy nominated, she was the first South African to be contracted to an international label, she opened for

Michael Jackson, etc. etc....she is the real thing! We rehearsed with her and after just the first run through we knew it was going to be something special.

Apart from the music, another highlight was being able to support our fellow Rhenishers playing hockey, netball and tennis.

We performed at the closing ceremony to a packed tent with all the schools present.

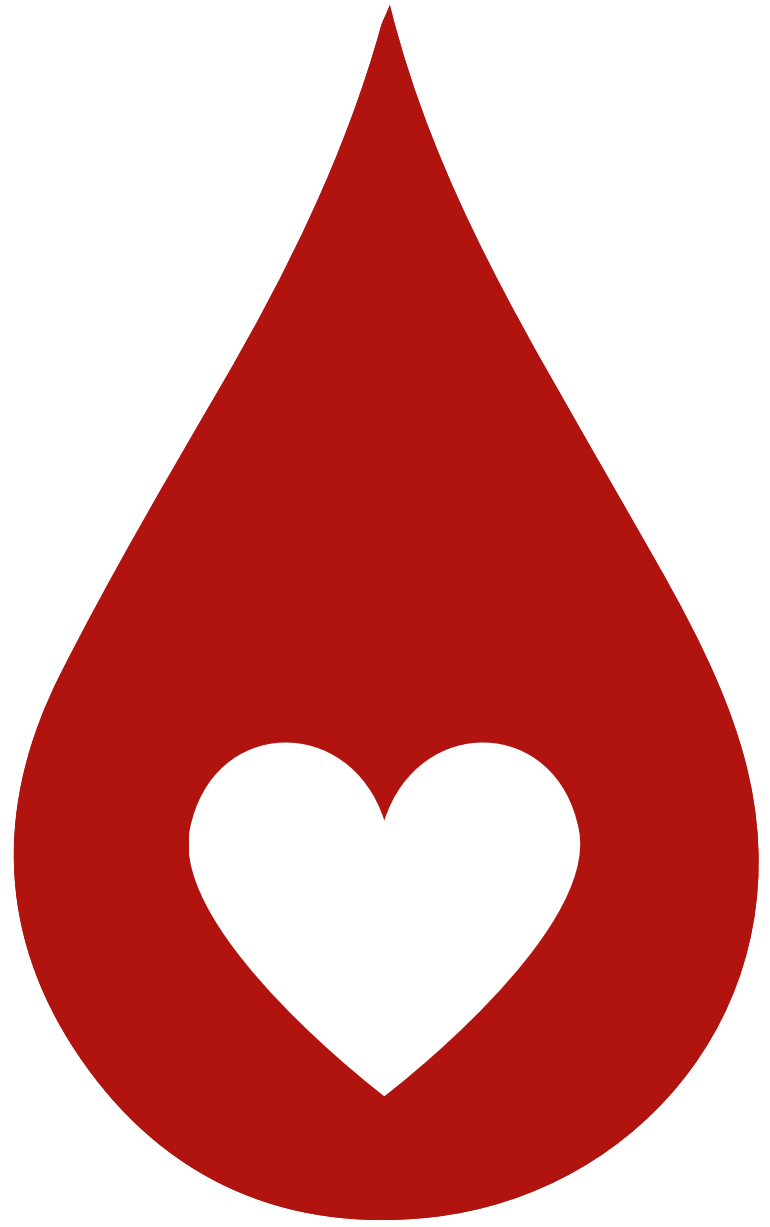
Overall it was a great experience and I look forward to All Girls 2024.





# COMSERVE BLOOD DRIVE 2 OF 2023

02  
05  
23



## IT TAKES ALL TYPES

The LC Community Service Portfolio hosted our second successful blood drive in collaboration with the Western Cape Blood Services on Tuesday 2 May 2023. The blood drive is an initiative that provides Rhenishers with the opportunity to help save a life.

They say that 'a little goes a long way' - this is especially true with the donation of blood as one person's donated blood saves the lives of three people. The blood drive allows Rhenishers to get involved in community service and help someone in need with this selfless act.

The LC is thankful for all the support we received for the Blood Drive as both previous donors and new donors turned up on the day, rolled up their sleeves and gave freely. The Western Cape Blood Services team was extremely helpful and caring towards our Rhenish donors as they carefully explained the blood donation process and ensured that our donors were comfortable at all times. 16 valid units of blood were collected, which translates to saving 48 lives.

A very special thank you to everyone who supported this initiative. You inspire us to continue our work in making a positive contribution to society and impacting lives with our selfless acts and generosity

**LISE-ANNE RUTHFORD**







20 - 21 APRIL 2023



# Rugby 7s

MR PAUL VAN DER HOVEN



On Thursday, 20 April and Friday, 21 April, a group of Grade 10 and 11 learners went on an outing to the Markotter sports fields to support the South African Women's rugby sevens team, who was playing in the World Rugby Sevens Challenger Series.

On Thursday South Africa's pool match against Mexico was attended, and on Friday our pool match against Madagascar was attended. South Africa won both these matches, and on Saturday managed to beat Belgium in the Final to secure the gold medal for this tournament. This tournament is an important stepping stone for the team.



A similar tournament was held in Stellenbosch from Friday, 28 April until Sunday, 30 April at Markotter. The team who earned the most points over the two tournaments was given a place on the HSBC World Rugby Sevens Series, where they will regularly compete against countries like New Zealand, Australia, England and France.

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*The Rhenish girls made sure the team was aware of their presence, and afterwards got the team to pose for a few photos with them.*

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# SPORTS ROUNDUP

## SOCCKER

25 APRIL 2023

VS CLOETESVILLE

Grade 8s - drew 3 - 3

2nd Team - lost 4 - 2

5 MAY 2023

VS CLOETESVILLE

U16B - lost 5 - 3

1st Team - drew 3 - 3



# HOCKEY

## VS DF MALAN

25 APRIL 2023

U14A	won	4 - 0
U14B	won	4 - 1
U16A	won	6 - 1
U16B	won	2 - 0
U16C	won	4 - 0
U18A	won	7 - 0
U18B	drew	0 - 0
U18C	won	3 - 0





# VS DF MALAN

25 APRIL 2023

**NETBALL**

U14A	lost	15 - 25
U14B	lost	14 - 16
U14C	lost	6 - 8
U14D	lost	3 - 16
U15A	lost	13 - 29
U15B	won	18 - 12
U15C	lost	11 - 13
U15D	lost	10 - 17
U16A	won	15 - 13
U16B	lost	3 - 11
U16C	lost	5 - 22
U18A	lost	26 - 20
U18B	won	13 - 11



# VS DF MALAN - NETBALL

## CAPTAIN'S COMMENT

U15A

We were missing our main shooter for the game against DF and this made the game slightly more stressful. With that being said we all worked our hardest to try our best to make each other proud. Unfortunately we lost, but I am proud of us as a team. The more we play as a team the better we will become as a unit, instead of having talent as individuals.

Issataya Bredell

1st Team

Despite the loss, we learned a lot from the game and identified areas we need to work on for matches that lie ahead.

In the first quarter of the game, we struggled to keep up with the pace of our opponents, we made several errors that cost us points. It was a very tight game, and at half time the score was in favour of our opponents.

However, we did not give up and came back stronger in the second half. Our defence improved significantly, and we were able to intercept more passes and make more turnovers. Our shooting accuracy also improved after the shooters had settled a little, and we scored more points in the third and fourth quarters. Even though we were not able to overcome the deficit, we finished the game on a high note.

We knew this was not going to be an easy game and we learned a lot from the experience. We identified areas we need to improve and developed a plan to work on them. We also showed great sportsmanship and determination, which are essential values in any team sport. We will use this experience to motivate us to work harder and perform better in future matches. I am exceptionally proud my team despite the score, and look forward to the season that lies ahead!

Jenna Senekal

U16A

Playing DF Malan was such a great experience. It was tough competition but we stayed strong till the end. We kept our heads up and played our best. I am so proud of the under 16A for winning 15-13. The gees was amazing and it really showed the sisterhood of Rhenish. Thanks you to DF Malan for the matches.

Melissa Senekal

U14A

We are upset to have lost our match but we will use this experience to improve in the future. We started off quite strongly, but we tired too easily and we failed to maintain a strong defence. I am confident that as we become used to playing as a team and as we build on our fitness, we will improve and show more positively in the games to come.

Karli van Blerk

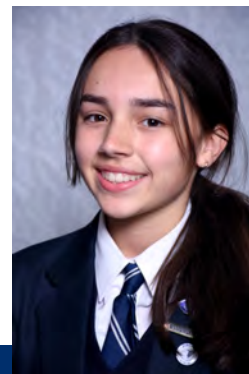


# Rhenish STARS

## DANCING

### ARABELLA FERNANDES

Arabella has been selected as part of an SA Dance team that will compete in the International Dance Star World Dance Masters event in Croatia in May.



## NETBALL

**Congratulations to these players who are going through to the next round of trials that will be held on 13 May 2023 at Drostdy High**

### U15

Issataya Bredell

### U17

Nalani Nalumango



