



Issue 24 of 2023

RHENISH NEWS

Excellence ● Compassion ● Accountability
Integrity ● Diversity ● Respect



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MACKENZIE CUP 2023



Mackenzie Cup u19 Water Polo Tournament 15th -17th September Cape Town 2023



From the 15th-17th of September 2023, Rhenish Girls' High School's First Team Water Polo participated in the Mackenzie Cup hosted at Reddam House Constantia.

The Mackenzie Cup is a highly competitive tournament consisting of fourteen U19 girls teams. It offers some first-class girls water polo, and Rhenish Girls' High School has been a part of this for many years.

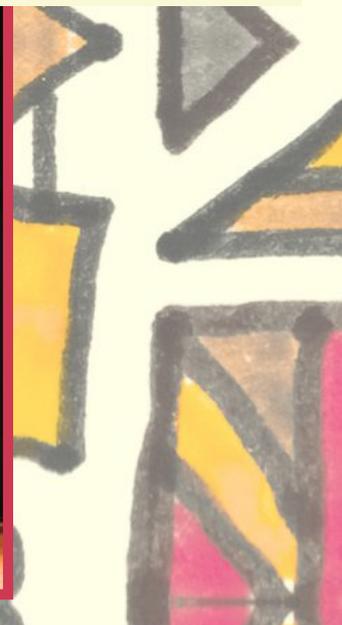
In our pool matches, we lost marginally to Wynberg Girls' High School and Collegiate Girls' High School. However, this did not discourage us. We had two stand-out wins against Reddam Invitational and Springfield. Our games against DSG and Herschel Girls' High School were challenging and resulted in losing both games, but we held our heads high and worked well together, demonstrating unity and perseverance. This helped us secure a win against Pearson with a score of 5-4 in a playoff match. On the last day, we played for 9th/10th position against Rustenberg Girls' High School, which ended in a nail-biting penalty shootout and a victory for Rhenish Girls' High School.

Every person played with heart and soul and sometimes endured through pain and injuries to see their team succeed. These are exciting times for Rhenish Girls' High School water polo, and I look forward to seeing the potential unlocked within this team.

Thank you to the parents for their relentless support poolside and to coach Keegan Clarke for his continuous motivation and encouragement to do our best.

By Amy Pettipher

Siyapambili visit Rondebosch Boys' High School



On Friday the 15th of September 2023, the Siyaphambili Society attended the Rondebosch Boys' High School cultural evening hosted by their Ubuntu Society. The Siyaphambili choir performance included poetry and the audience was left excited by the excellent demonstration.

We were accompanied by our liaison teacher Mrs Jikela and we are grateful to her for her ongoing support. The Rhenishers had the opportunity to socialise with other schools who also performed on the evening - we thoroughly enjoyed getting to know learners from Rustenburg Girls' High, St Cyprian's School and Camps Bay High. The event created a united feeling amongst the attendees. We also noticed the girls supporting the other schools during their performances in typical Rhenish fashion!

We look forward to attending more cultural evenings hosted by various schools next year.

By Asemahle Mayekiso

“Reading at Usiko is rewarding...”



Reading at Usiko is rewarding in so many ways. From getting on the bus with all the books and sharing our tips with the newcomers to seeing faces you recognise and don't, each face is bright by the end of the day. Saying your goodbyes is never easy, but knowing you will come back changes it to a “see you later!”



Sharing your experiences with the rest of the crew on the bus back is always fun and funny. The best thing is helping the flower of love for books and reading bloom inside each one. It teaches you patience and shows you can learn something from the youngest of minds, but most importantly, it shows you how far an hour, every two weeks, can go.

By Isabella Turner





PER

1



DANCE

CASINO



Although it was a short-lived night, the memories will last a lifetime! Excitement and spirit filled the atmosphere on Saturday evening as the vision of Casino-themed Grade 10 Dance was transformed into a reality. Every Rhenisher went above and beyond with their attire and appearance, and I hope everyone's night exceeded the expectations. The Grade 10 Dance of 2023 was a huge success! A big thank you to Mrs Armitage for supplying us with the most magnificent flower arrangements, Mrs Du Lapin Dumont for her contributions, Mrs and Mr Gouws for their funding and grants, the Rhenish Hostel for the food, Williemien Botha and the Grade 10 Learners' Dance Committee. We immensely appreciate all those involved behind the scenes, and their hard work and effort have not gone unnoticed. Through the laughter, excitement, dancing hand-in-hand and hearts connected through the happiness of unbreakable sisterhood, this dance has left a memorable mark in every heart of the Grade 10 group of 2023!

By Nicolette De Lapelin Dumont



Fairtree

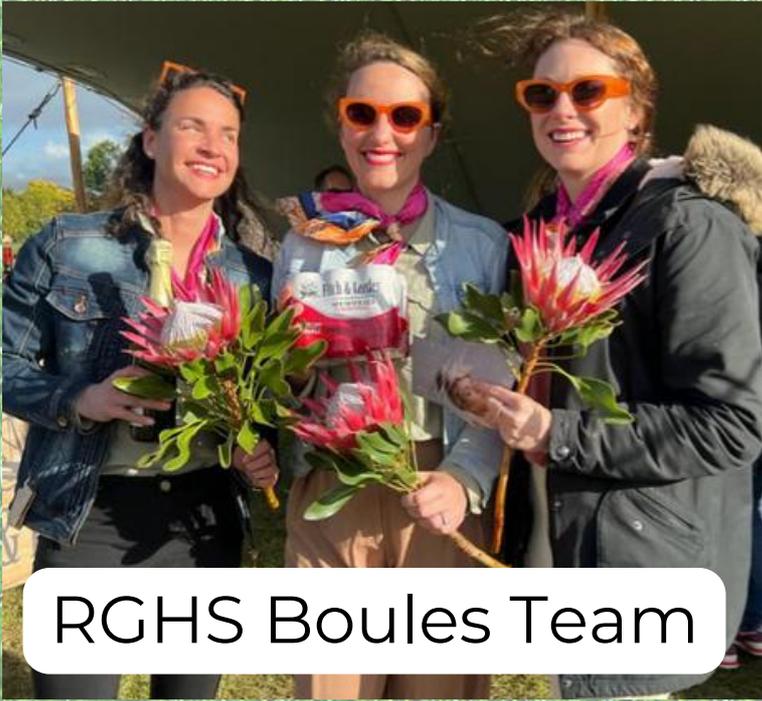
RGHS Golf Day & Boules



Fairtree Team



Old Girl giving back



RGHS Boules Team



Boules 2023





SPORT ROUND-UP

WATER POLO

MACKENZIE CUP -Results-

Wynberg 5-4 (L)

Collegiate 1-0 (L)

Reddam Inv. 2-1 (W)

Springfield 16-0 (W)

Herschel 13-4 (L)

DSG 7-4 (L)

Pearson 5-4 (W)

Rustenberg 5-4 (W)



Finished 9th





Melissa Müller has been awarded a silver award in the South African Physics Olympiad.

Mariam Janelidze was awarded two prizes at the Tygerberg Art Centre portrait competition for 2023. One for Exceptional Technique and another for the Art Centre Choice Award. Here is the portrait that won her these awards.



**NO
BRACES**
ORTHODONTIC
TREATMENT
FOR ADULTS & TEENS

**WITH INVISALIGN
CLEAR ALIGNERS
BY DR FRANS KRUGER**
CONTACT ISMILE TO MAKE
A BOOKING IN STELLENBOSCH





Prize Giving 2023 Donation of Indigenous Flowers

Prize Giving is on 18 October at the Stellenbosch Town Hall and we are looking for parents who are able to:

- donate indigenous flowers for the arrangements for the stage
- assist on the day with the arrangement of these flowers





Rhenish is looking for a new

CHAIRPERSON

for the PTA Committee

The Rhenish PTA needs a new chairperson. We are looking for a volunteer who has the time and energy to lead a phenomenal team. The ideal candidate must:

- provide leadership for the Committee throughout the year
- be available for on-site meetings with the Principal, or contractors when running projects
- set the agenda for once/termly Committee meetings
- manage these meetings in line with the agenda
- ideally not have a full-time job
- possibly be available at short notice when needed
- assist with fundraising initiatives.



The Chairperson works closely with the Executive to ensure that the PTA is run effectively and responsibly. They ensure that the business of the PTA is: conducted in accordance with both the wishes of the school and the representatives of the PTA, and is in line with the constitution of the PTA. They also prepare and submit reports to RGHS SGB as well as attend SGB meetings. The election will be held at the first AGM next term.

**For more information or to submit your nomination,
please email pta@rhenish.co.za**

MATHS SUPPORT 2023



GRADE 8 – 12

(14H30 – 15H30 ON THESE DAYS)

Grade 8 - 12	Mrs Liebenberg (B12)	Monday
Grade 8 - 12	Mrs Adonis-Maarman (B11)	Monday
Grade 8 - 12	Mrs Hodges (C5)	Wednesday
Grade 8 - 12	Ms Robinson (B8)	Thursday
Grade 8 - 11	Ms Skog (B9)	Wednesday

GRADE 8 – 9

- Educators will leave after 10 minutes if no learners arrive so please be prompt!
- 14H30 – 15H30 on these days

Mrs Fanton (D6) Wednesday

Mr Hugo (A4) Thursday

Maths Support here means:

- Assistance from Maths teachers with homework, redoing of tests, catching up on work or completing worksheets (ADEX)
- NO TEACHING takes place, but individual help is given where necessary
- Learners may attend any of these classes when they need additional assistance

Grade 8 and 9 Post Test Maths Intervention

- After completion of a test, learners will be identified by their teachers to attend a COMPULSORY lesson.
- Time will be arranged by teachers.

The responsibility for seeking support in Maths, i.e. attending a session, lies with the learner. Take responsibility for your own success; do what you know you need.

LSU DETAILS

In need of emotional support?



Ms Conchar

Mrs Nel

**QR CODE
(for learners)**

Counselling Psychologist
Office: A block next to A1

Educational Psychologist
Office: B block next to B14

Our two full-time psychologists offer safe and confidential spaces to support the emotional well-being of all learners at Rhenish.

Learners can scan the QR code above to request a session - one of us will respond to you within 48hours.

For urgent assistance during school hours, learners can leave a note in the postboxes on our doors or go down to reception.

Parents can make contact with us via email:

lauren.conchar@rhenish.co.za

almarie.nel@rhenish.co.za

REASONS WHY PEOPLE GO TO THERAPY ✨

PART I

Sana Powell, M.A., LPC x @curly_therapist



to improve their mental health



to cope with life transitions



to increase self-awareness



to process difficult experiences



to speak with a neutral person



to work through relationship issues

REASONS WHY PEOPLE GO TO THERAPY ✨

PART II

Sana Powell, M.A., LPC x @curly_therapist



to increase self-acceptance



to practice vulnerability



to learn healthy coping skills



to unlearn harmful cycles



to express themselves freely



to heal from pain and loss