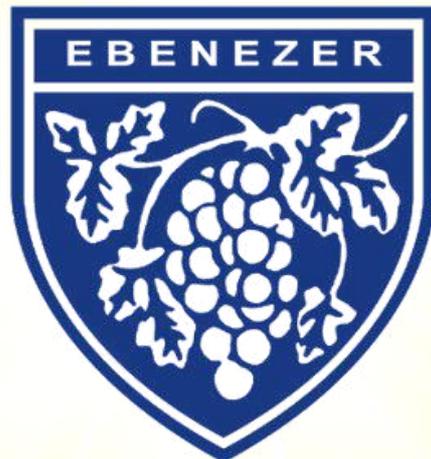


Issue 25 of 2023

RHENISH NEWS

Excellence ● Compassion ● Accountability
Integrity ● Diversity ● Respect

RHENISH
GIRLS' HIGH SCHOOL



1860

THE START OF A NEW ERA

In this Issue:

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Announcement Of The LC Head Leaders | Announcement Day
| Stronger Story | Book Drive 2023 | Equestrian Society
Maties Visit | A Stronger Story | Rhenish Stars

Welcome

TRACEY MEGOM

Rhenish Girls' High
Principal



Mrs Tracey Megom, currently Principal of Parktown High School for Girls in Randburg, has been appointed as the Principal of Rhenish Girls' High School.

It is with great excitement and enthusiasm that we announce the appointment of our new Principal, Mrs Tracey Ann Megom, who will be joining us at Rhenish Girls' High School in January 2024. We believe that Mrs Megom is the ideal candidate to lead our school to even greater heights, and we are thrilled to welcome her to our Rhenish Family.

Mrs Megom comes to us with an impressive background in education, extensive leadership experience – she is currently the Principal at Parktown High School for Girls' and served as President of the South African Girls Schools Association (SAGSA) from 2019 – 2021 - and a deep commitment to fostering a positive and inclusive learning environment. We are confident that her passion for education and dedication to our school's mission will be invaluable in shaping the future of Rhenish Girls' High School.

We thought to spend a little time in her company, introducing her to you, the Rhenish community.

FAMILY

Mrs Megom is married to David, also a teacher. While they do not have their own children, Mr and Mrs Megom are very close to their nieces, Madison (17) and Megan (13), her sister's daughters. The family is a very tight knit one, with Mrs Megom's mother, a strong maternal figure, still keeping a watchful eye over daughters, Tracey and Michelle, and their families.

PERSONAL TIME

A keen sportswoman, Mrs Megom participated in tennis, athletics and hockey at school. Hockey was her real passion and she played provincial hockey and club hockey. Mrs Megom's passion for hockey remains strong and she is still a member of the West Rand Masters Hockey Team and has attended many Masters Inter-Provincial Hockey Tournaments.

While being the principal of a school is all-consuming in terms of time, when she does get time to herself, she still enjoys playing sport, reading and spending quality time with her family and friends.

SPORT



"Sport gave me so many opportunities to hone my skills and to grow and develop as an individual and a teammate."

WHY TEACHING

Education is in Mrs Megom's blood. Her mother was a teacher, her husband, David, is also a teacher (currently the Head of History at Trinity House High School in Randpark Ridge) and Mrs Megom has taught at Parktown High School for Girls since 1996.

While teaching had not been her first choice - Mrs Megom had planned on a degree in Engineering but the lack of bursary opportunities for women in Engineering made this unattainable - when she was appointed at Parktown High School for Girls she quickly discovered, to her surprise, that she loved teaching.

"I have spent the past 28 years, my whole working career, at Parktown High School for Girls and I am so grateful to the school and the people, past and present, for the opportunities and support I have received," says Mrs Megom.

"Now, it is time for a change and I am looking forward to this next chapter in my life, to what being the Principal of Rhenish Girls' High School will hold for me."

EDUCATIONAL PHILOSOPHY

Mrs Megom's philosophy around education is founded on three principles:

Public Education

- good quality public schools are essential for the future success of South Africa.

"Furthermore, it is my belief that girls' schools are important spaces for developing the strong and confident women our country so desperately needs."

Values Driven Education

- is the basis of a functional society.

"Rhenish's values of excellence, compassion, accountability, integrity, diversity and respect should be the cornerstone of everything taught at the school. These values form the foundation for responsible, active citizens of the future."

Holistic Education

- school is more than just a place for academic achievement. Excellent academics is mandatory, but it should go and in hand with an excellent extracurricular programme that focuses on culture, sport, leadership and service. The skills learnt in these activities are invaluable and supplement the academic education.

"All-round education helps to develop an individual who can go out and realistically conquer their dreams, with the skill and ability to overcome any obstacles they may encounter."



Mrs Megom is inspired by the youth whom she believes to be brave, resilient and courageous in their efforts to make this complicated world a better place.

"To work in education is such a privilege," says Mrs Megom. "We witness these young people developing from vulnerable children into confident adults who can go out and change the world. We have a front row seat to the possibilities of the future, and I see hope in our country's future every day in the eyes of the youth."

Welcome, Tracey Megom, to Rhenish Girls' High School. Together, we will continue to inspire, educate, and empower our learners.

Getting To Know Mrs Megom

Favourite Quote "Do one thing every day that scares you" - Eleanor Roosevelt

1 Why did you apply for the job at Rhenish Girls' High School? What about the school excites or interests or appeals to you?

To be honest, I wasn't really looking for a job. I was very happy and comfortable at my current school and a move had not been something I had considered. However, having applied my mind and thinking more about the opportunity, I started to realise it was the opportunity of a lifetime. It would take me out of my comfort zone, allow me to grow as a person and to experience something completely new. A personal and professional growth opportunity second to none; one that I could not let pass me by.

Rhenish Girls' is one of the top schools in the country (holistically), and the opportunity to lead and be part of an institution like that excites me.

Different school, different province, new experience and new opportunities.

2 What is your hope for 2024?

My hope for 2024 is that I can settle into a new place and start to get to know the community (the learners, the staff and the parents). Relationships are important to me and so my hope would be to spend time getting to know the different people in the school community and allowing them to get to know me. I think these relationships are the basis for a good working environment and very important if I am to successfully lead the school over the next number of years.

It is also important for me to understand the culture of the school, and that knowledge will come from immersing myself into everything Rhenish (this is also a goal for 2024).

3 Favourite way to unwind after a long week?

I enjoy spending some time socialising with friends and family, but I also recharge by spending time alone. Playing sport has always been a part of my life and that also helps me to unwind and relax after a long week.

4 What are you looking forward to about the move and what makes you a little anxious about it?

I am looking forward to moving to a new town, in a new province and getting to know new people. Stellenbosch is one of the most beautiful places in our country and I am privileged to get the opportunity of this dream job there.

I am a little anxious about not really knowing anyone in the Cape. My husband will also only be joining me at the end of 2024 due to his work commitments in Johannesburg. This is quite daunting as I have an enormous support base here in Jo'burg, both at school and in my family.

this or that

GET TO KNOW ME

book

series

tea

summer

shopping

can watch without having to think too much!

tv

movie

coffee

winter

coffee date

Message from the Acting Principals

To the Rhenish Family

As we approach the end of another term, both of us would like to take a moment to reflect on the incredible journey we have been on together. The past term has been filled with hard work, growth and many memorable experiences.

First and foremost, we want to extend our heartfelt gratitude to our dedicated teachers and support staff. Your unwavering commitment to the education and well-being of our girls is nothing short of remarkable. Your passion and dedication have a lasting impact on our school community, and we are incredibly fortunate to have you.

To our girls, you have shown tremendous resilience and determination throughout this term. Your thirst for knowledge and willingness to embrace new challenges inspire us all. Remember, your education is a journey, and every step forward is a step closer to realising your dreams and full potential.

Thank you to our parents and guardians for entrusting us with your daughter's education. Your support and involvement in their learning journey is invaluable.

As we head into the school holidays, we want to encourage everyone to take some time to rest and rejuvenate. It is essential for all of us to recharge our minds and bodies so that when we return to school next term, we will be filled with a renewed energy and enthusiasm.

Before we part ways for this short break, we must take a moment to celebrate our achievements. Whether big or small, each accomplishment is a testament to our collective efforts and determination. We encourage you to reflect on what you have learned, the friendships you have made, and the goals you have set for yourselves for the remainder of this academic year.

Lastly, we want to wish everyone a safe and enjoyable holiday. Whether you are travelling, spending time with family and friends, or simply taking a well-deserved break, we hope you find moments of joy and relaxation as you prepare for the last quarter of the year.

Thank you for making this term a memorable one. We look forward to seeing you all back at School on the 10th of October, 2023.

Ms Sarga and Dr Kroon

Important dates:

10 October

All Sports & Culture activities
resume

18 October

Annual Prize Giving

20 October

Valedictory

27 October

Motto Assembly for the new
Learner Council





Portfolios - 2023/2024

School

Hostel



HEAD GIRL

Jana
Gouws



**DEPUTY
HEAD GIRL**

Kelly-Anne
Langford



**HEAD
BOARDER**
Megan
McCulloch



**DEPUTY
HEAD BOARDER**
Courtney
Bowker

Heads of Pittars



ACADEMIC

Anesu
Dzama



CULTURE

Chloé
le Roux



SPORT

Amy
Pettipher



**COMMUNITY
SERVICE**

Amber
Mendes



**COMMUNICATIONS
& SPIRIT**

Semihla
Manxodidi

Mentors



Claire Dekker



Suede Dugmore



Amy Elms



Ruth Groenewald



Halle-Jade Johnson



Juliette Jordaan



Martanique Petersen



Emma Rumble



Manon Viljoen



Siena Williams

Patric Comm.



Rachel Alsworth-Elvey



Ruby Blignaut



Zoë Booysen



Lucah Braaf



Caede Consul



Nicola Evert



Olivia Maré



Amelie Pienaar



Sydney Springhall



Katherine Stoms

Cheerleaders



Zetah
Appies



Amy
February



Megan
McCulloch



Rachel
McKinney



Emma
Nel



Aleeyah
Oliver



Jasmine
Russon



Okuhle
Sakasa

Heads of Houses

WEBER



Megan McCulloch
Captain



Emma Nel
Vice Captain

TERLINDEN



Zetah Appies
Captain



Anja Durand
Vice Captain

VAN DER STEL



Aleeyah Oliver
Captain



Zeta Hendricks
Vice Captain



HEADS OF HOUSES, MENTORS, MATRIC COMMITTEE, HOSTEL HEADS, HEADS OF PILLARS & LC HEADS ANNOUNCEMENT DAY

Your Strongest Story

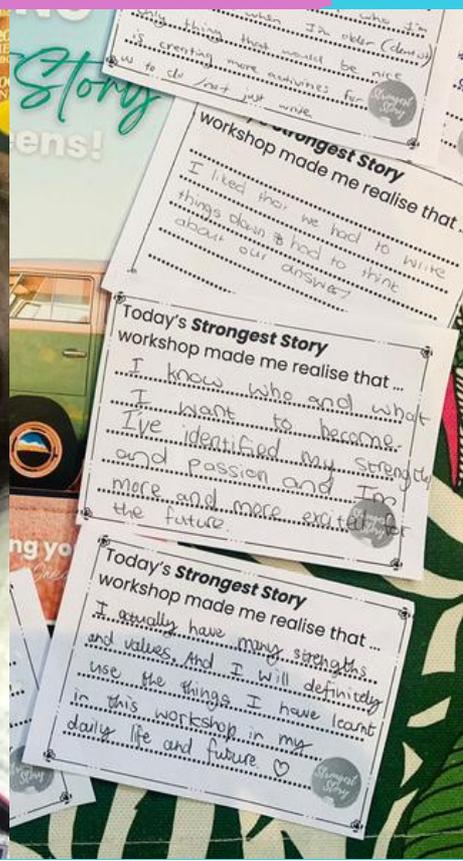
Story

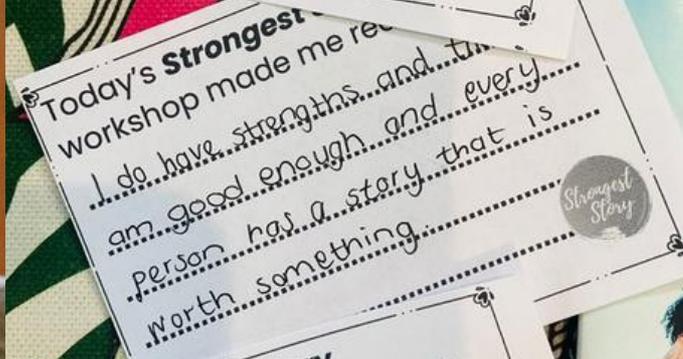
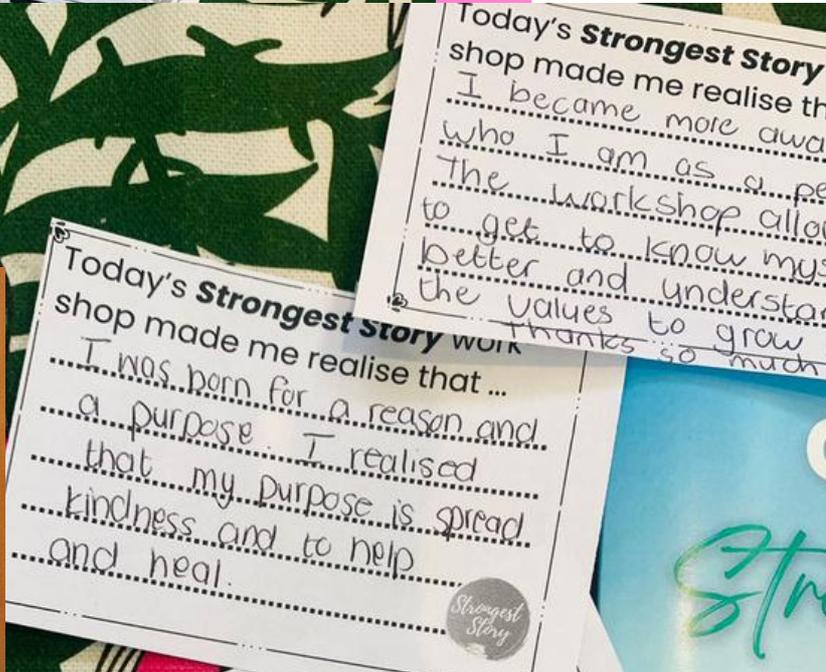
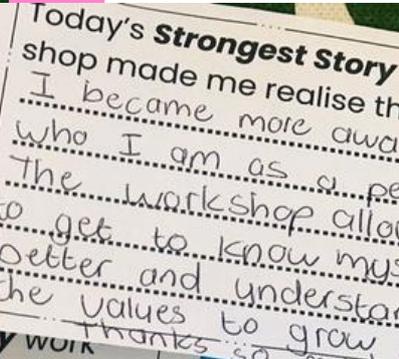
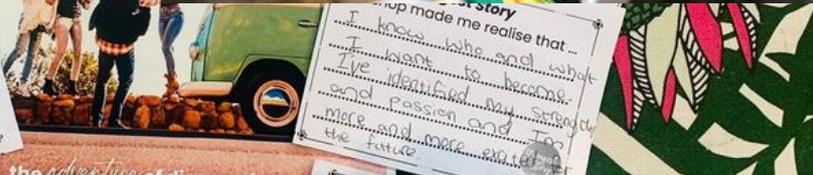
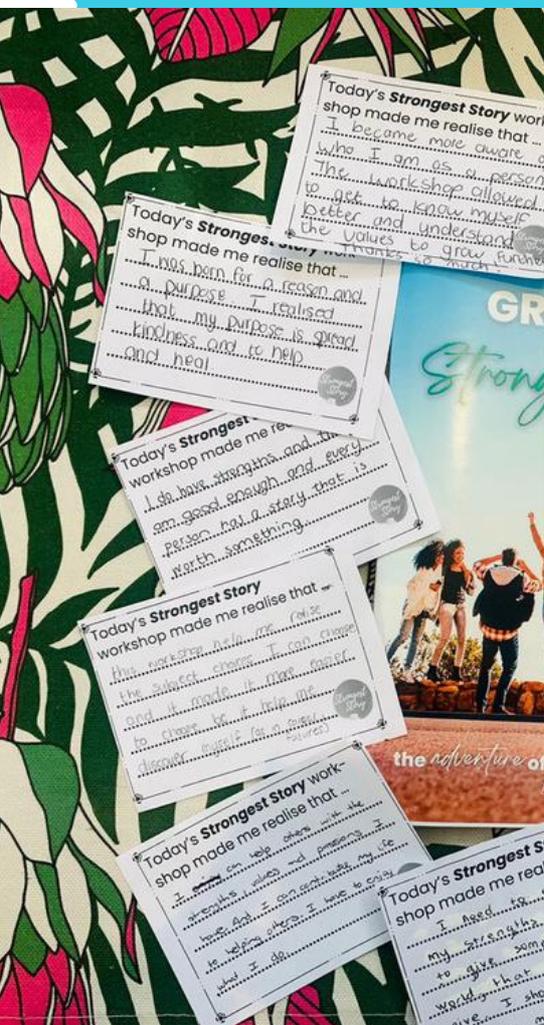
What do a former SA Cricketer's wife and a celebrity doctor's wife have in common?

They both want to empower young women to become the best versions of themselves without being negatively influenced by their peers. They use everyday concepts to allow young women teens to write their own stories that they can one day tell others and continue to live their Strongest Story.

Deborah Kirsten (wife of former SA Cricketer and SA Cricket coach - Gary Kirsten) and Jacqui Mol (wife of Michael Mol) visited the Grade 9s this past week. While the rest of the school was busy with classes, these women shared vital skills and concepts with the girls that will be taken and used in the future.

The workshop is an ongoing initiative that we would like to do at Rhenish Girls' High School to empower all our girls on all levels that they make the best choices for them in their lives and that they live their life to the fullest," added Dr Alison Bennie, Head: Grade 9.





Closing the book on the Rhenish Book Drive 2023

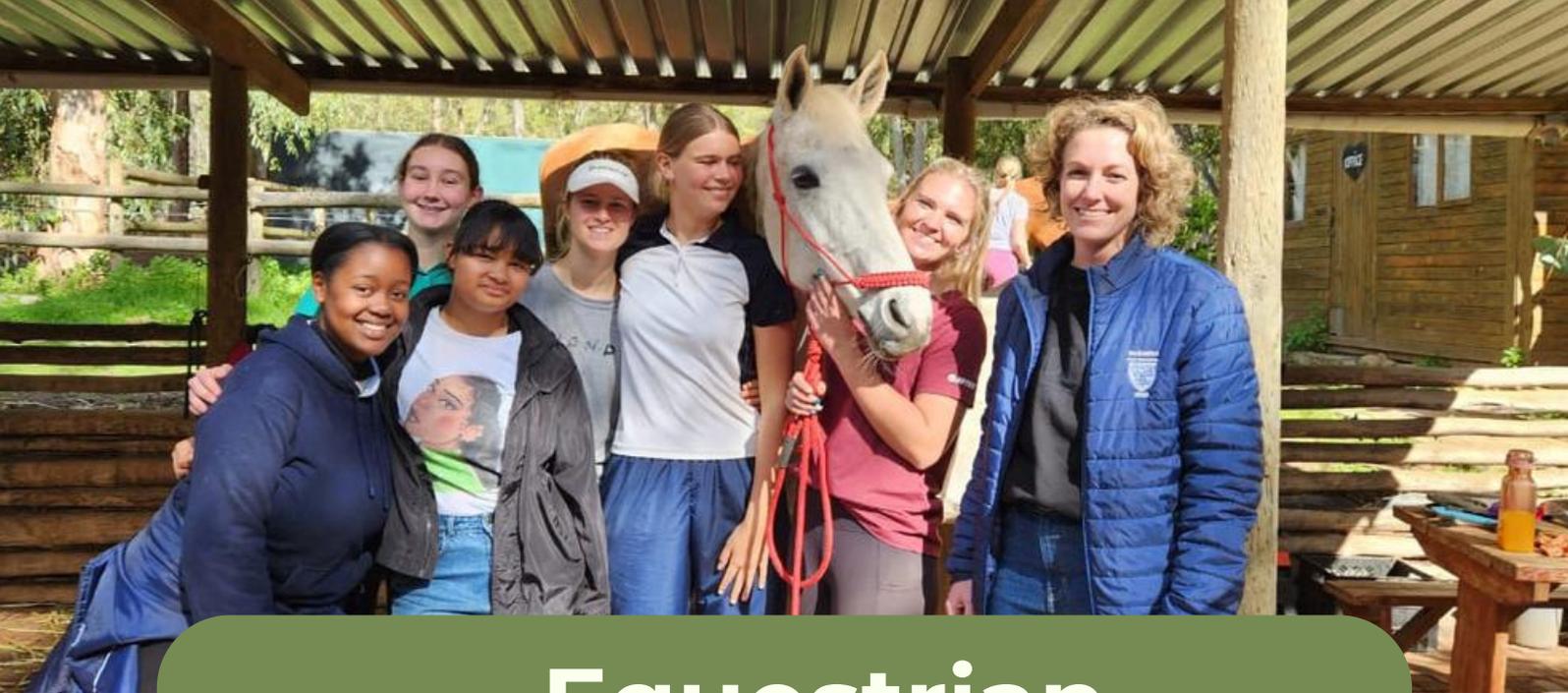


We've finished another busy term of collecting books for our annual book drive! This project was led by our Grade 10 librarian team, who did an amazing job. The rest of our librarians were put to work by cleaning and preparing the books to ensure they were received in good condition. Tirelessly scraping away at stubborn stickers, polishing dusty old books, and wiping away pen marks left by those who previously enjoyed those books proves to be a bonding experience. The librarians would laugh while watching each other struggle and occasionally find a funny line in a joke book.

The best part is the wave of nostalgia when you recognise your favourite book that your parents used to read to you as a small child. Of course, we're only human; no matter how good a job we do, there's always room for improvement. Term three is busy, and learners often forget about everything else when trying to lift their grades in preparation for term four. We could help our fellow Rhenishers remember about the book drive by consistently making announcements over the intercom or at lines or even using our WhatsApp groups to remind them to be productive by cleaning out their shelves on a random Sunday morning when they're lying around and doing nothing. Nevertheless, it's always amazing to see books piling in from generous Rhenishers. Each gifted book will be read and loved by a child just like you and I were once upon a time.

"A book is a gift that you can open again and again."

- Garrison Keiller



Equestrian Society Outing

MATIES EQUESTRAIN CENTRE

The Equestrian Society had the wonderful opportunity to visit the MATIES Equestrain Centre (MEC) on Friday 22 September.

MEC is located on top of the Coetzenburg mountains just a 15 minutes walk from Rhenish.



OUR EXPERIENCE

Charlize Hamilton, the yard manager and one of the riding instructors at the stables, was kind enough to show us around. She taught the girls how to groom and tack up a horse. The importance of keeping your equine clean and the safety measures one should take were explained. We also discussed the interesting job opportunities in the equine industry. The Equestrian Society loved the outing and time spent with these gentle giants.



By Kristin Williamson

Rhenish STARS



Leah Gordan won the Merit Certificate and School prize at the UCT Mathematics Competition. The school prize is awarded to the learner from a specific school with the highest score in their particular grade.



Grace de Jongh won Fina Top Senior Swimmer this past weekend. She also won gold medals in the 50m and 100m backstroke, two gold medals for medley and freestyle relay and a silver medal in the 100m freestyle.



Zoe Marchinkowski and Emma Campher were selected to have their pieces published in the 2023 edition of *English Alive*. Learners from all over South African were given the opportunity to submit poems or short essays to the publication for possible inclusion for this year's edition.

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FOR ADULTS & TEENS

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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**

KIDS SWIM PROGRAM

**BUILD CONFIDENCE
DEVELOP STROKES
LEARN NEW SKILLS**

BEGINNERS • 30mins • 2-3 x per week

JUNIORS • 60mins • 2-3 x per week

10 week program in Term 4, 2023
10 week program in Term 1, 2024
Mondays-Thursdays



AGES 6-11 yrs

**Assessment done
before joining**

Rhenish Girls' High School Pool
Gate : Doornbosch street

Contact Us

081 509 5482

swimsquad.stellenbosch@gmail.com





ADULT SWIM PROGRAM

**STARTING OCTOBER
HEATED POOL**

RHENISH GIRLS HIGH SCHOOL

Our adult program is back and it hopes to be better than ever! From beginner to advanced, we've got you covered.



PROGRAM FEATURES:

- ✓ Group training sessions
- ✓ Boost Confidence in the water
- ✓ Improve fitness and endurance
- ✓ Fun and inclusive environment

**FOR MORE INFO & SIGN UP
081 509 5482**

LSU DETAILS

In need of emotional support?



Ms Conchar

Counselling Psychologist
Office: A block next to A1

Mrs Nel

Educational Psychologist
Office: B block next to B14

QR CODE
(for learners)

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