

Issue 26 of 2023

RHENISH NEWS

Excellence ● Compassion ● Accountability
Integrity ● Diversity ● Respect

***The end of a
chapter...
The start of a
new one.***

***Valedictory
2023***



In this Issue:

Valedictory 2023 | Annual Prize Giving | LC Breakfast | Matric Dance | Rhenish Choir Performs | Chess Players in Paarl | Cancer Assembly | High Tea | Viva Tour | Garden Day | Sports Results Round-up | Rhenish Stars

Valedictory 2023

Friday, 20 October, we said goodbye to our grade 12 class of 2023. As per tradition, the school hosted two valedictory assemblies:

- **An Informal Valedictory Assembly:** This is where the learners can say goodbye in their own unique way to the school they love so dear. This would include some Rhenishers showing off their talents with skits and dances that took the edge off a day traditionally filled with emotions and tears.

- **A Formal Valedictory Assembly:** This is where they are addressed by the Head Girl and Deputy Head Girl one last time, where they sign out and officially conclude their term of office. They hear a motivational speech by one of the Old Girls - this year, it was Piya Ingwe, who was the head girl when the grade 12s were in grade 8, where the school song is sung, and then they get a chance to ring the bell (that they rang for the first time on the day they started at the school at Rhenish Girls' High School) and finally lock their padlock on the wall of remembrance.

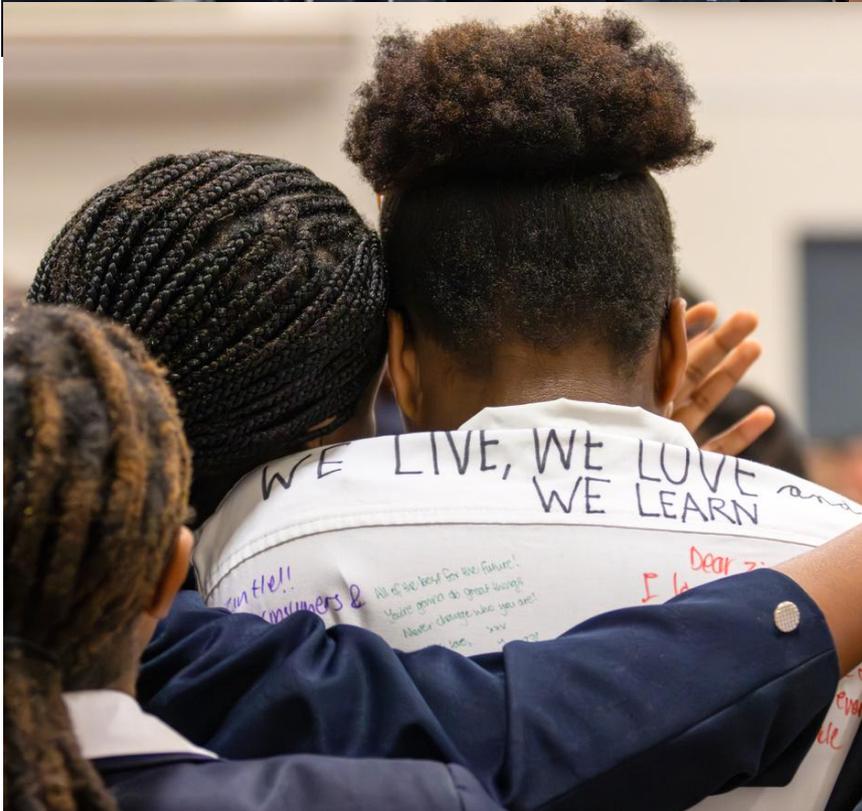
All the best to the grade 12 class as they embark on their National Senior Certificate exams. We are confident that you will continue to be great ambassadors for the school and wish you success in pursuing your future endeavours after the exams.

Then Samuel took a stone and set it between Mizpah and Shen, and he named it Ebenezer (stone of help), saying, "Thus far the Lord has helped us."

Ebenezer!

Photographs:
Ziya Abrahams
Isabelle de Vries









Annual Prize Giving 2023

On Wednesday, 18 October 2023, the Annual Prize Giving of Rhenish Girls' High School took place at the Stellenbosch Town Hall. The spring night was filled with excitement with a hint of sadness as this would be the last one that our matric class of 2023 would experience in their school-going lives.

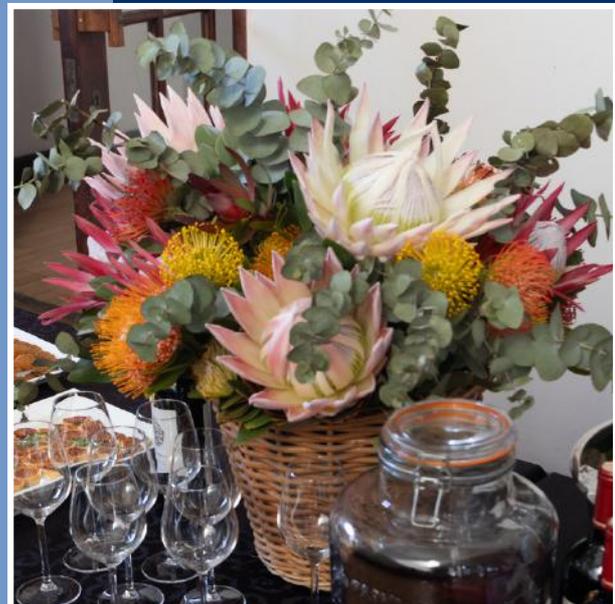
The whole evening was filled with something special from the start to the end. The playing of Gaudeamus Igitur by our orchestra, the speech by the distinguished old girl, Dr Mary Nel, the announcement of the special prizes and then the institution of the new learner council (LC) for the coming year. The event exuded an air of sophistication and tradition.

The opening remarks by one of the Acting Principals, Dr Kroon, where she spoke about hope, will also be something to remember:

“At our school, hope has played a significant role in shaping our journey. The year 2023 was particularly important, marked by the retirement of Ms Slabber at the end of March. This event left the Rhenish community feeling uncertain and anxious about the future. However, it was our collective hope that helped us to navigate this difficult time and come out stronger on the other side.

But hope alone is not enough. It must be accompanied by action and hard work. The word “work” in Greek is derived from “torture,” which highlights that hard work is not easy. Whether we are learners, parents, or staff members, it is up to us to work towards achieving our goals. It is important to note that hope without action is simply wishful thinking. In order to transform hope into reality, we must take decisive action. This means setting clear goals, developing plans, and taking concrete steps towards achieving them. It is through hard work and perseverance that we create opportunities, overcome obstacles, and move closer towards our desired outcomes.

In conclusion, hope is an essential part of our human experience. It gives us the strength and resilience to overcome adversity and work towards achieving our goals. At our school, we have seen firsthand the power of hope in shaping our journey. Let us continue to embrace hope, take action, and become the catalysts for positive change in our community and beyond. “



More pictures and more about the Annual Prize Giving in the next issue



Photographs by: Jinne de Kock

Grade 12 LC breakfast

They have given so much of themselves and done so much for the learners and girls they have represented throughout this year.

The grade 12 LC was treated to a farewell breakfast and a little parting gift from the school.

To the grade 12 members of 2023, we would like to say:



Thank
you!

Matric Dance 2023

Emma Green
Ishekudzwai Matope

Class of 2023 Matric Farewell: A night of elegance and memories in the lost city of Atlantis.

On 29 September, the matric class of 2023 celebrated the end of their high school journey with grace, elegance and lots of dancing! The evening culminated in meticulous planning, dazzling attire, and cherished memories inspired by the mythical allure of the Lost City of Atlantis.

The Ebenezer hall, where we had just finished writing prelims, was adorned with beautiful drapery, illuminated jellyfish, balloons and fairy lights, creating a delightful ambience reminiscent of the mythical underwater city. The long red carpet as we led into the hall added a touch of glamour to the evening. It provided the perfect opportunity for the matrics to showcase their exquisite attire and pose for photographs. From the loud cheers alone, we can confirm that the matrics blew the crowd of family and friends viewing the red carpet entrance away with their elegance, poise and confidence.

The evening began with a welcome from Emma Green and Ishekudzwai Matope, who commended the gentlemen for looking dapper in their suits and the ladies for stealing the show with their beautiful dresses. The dresses reflected the diversity of personalities within our grade, which, when brought together, created something incredibly beautiful and special. Later in the evening, the dance floor was opened by the Learner Council to "Memories" by Maroon Five as we reflected on the cherishable memories we have made the last year. Once the night was in full swing, we were treated to a delectable spread of food and a wide array of drinks, ensuring we were well-fueled for the long night ahead. As the music began to play, the dance floor beckoned, and we eagerly obliged. From students showing off their best dance moves to even some of our teachers joining in the fun, an infectious energy filled the room. It was a night of laughter, joy, and gratitude as we all ensured every minute of the evening was maximised and every second cherished.

Behind the scenes, the Parent-Teacher Association (PTA) and the Matric Dance Committee worked tirelessly to ensure that this event would be a night to remember. They went above and beyond to create a magical atmosphere, and their efforts did not go unnoticed. From the stunning decorations to the seamless event organisation, they exceeded our expectations. We are forever grateful for their hard work and dedication in making our Matric Dance a success. The Rhenish Matric Farewell of 2023 was a night of beauty, elegance and unforgettable memories. Just as Atlantis is described as an unforgettable and legendary place, this evening will forever hold a very special place in our hearts as we bid farewell to high school and move on to the next chapter of our lives.

Photographs by: Media Services





Matric Dance 2023

We would like to say thank you to the following sponsors and partners for their part in the Matric Dance 2023

Sponsors:

Chill Beverages International

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Adam Mason: Wine Barrels

Offered discounts/discounted rates:

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Brewmeister Coffee

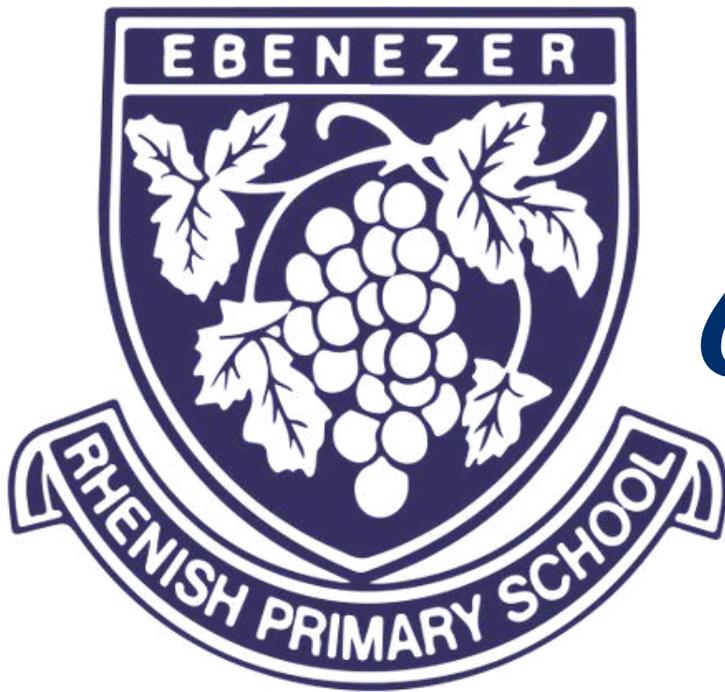
Mandie Du Plessis: Blom @ Die Boord Spar

Marc Van Galen: Axis Events

Home Life: Eikestad Mall

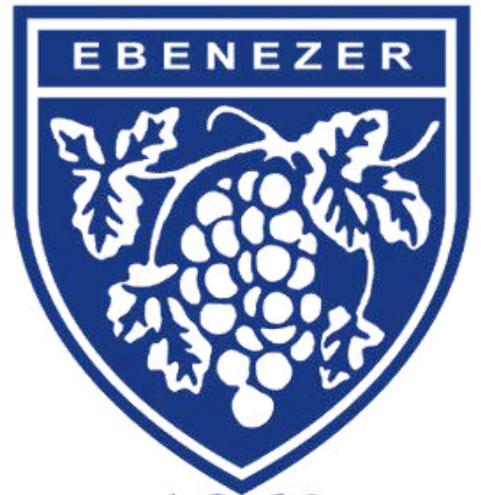
Ateljee

Kwikspar @ Paul Roos



&

RHENISH
GIRLS' HIGH SCHOOL



1860



Rhenish sings together

The joy of singing continued, and this time with our little brothers and sisters from across the road, Rhenish Primary.

On Thursday, 21 September, our choir performed at the Rhenish Primary Prestige concert and while the very appreciative audience thoroughly enjoyed our renditions of You Will be Found and Luisterliedjie, the highlight was joining forces with the Rhenish Primary Senior and Junior choirs, as well as their instrumentalists, to sing the crowd favourite, Halala Afrika.

Performing with our neighbours is exactly what music is about sharing the joy, especially given that many of those with whom we shared the evening might be joining us soon! We look forward to more collaborations of this kind.

Leon Piron



Rhenishers perform well at Paarl Boys' High

Four of our chess team members participated in the Paarl Boy's High Chess Tournament, playing against schools from all over South Africa.

We placed second in the Elite Girls division, narrowly losing out on first position by one point. This earned the team silver medals.

Amy-Leigh Gibson was the overall 3rd board winner of the Elite Girls division.
Well done, Mariam, Faith, Amy-Leigh and Naylan.

Cancer Society - Cancer Assembly 2023



The Cancer Committee initiated our second Cancer Assembly to promote cancer awareness within the Rhenish community. One of our very own Rhenish sisters, a Grade 11 learner, Siena Williams, shared her cancer story after being diagnosed with Leukaemia and how Rhenish supported her throughout her cancer journey.

Representatives of the Confetti Angels Organisation, who introduced the Cancer Society to The Love Box Project, attended the Cancer Assembly. The Love Box Project is an initiative where we provide chemo care packages with necessities for Breast Cancer Patients at Tygerberg Hospital to make their Cancer journey more comfortable. During this assembly, we handed over the love boxes to the representatives of this organisation for them to donate to the cancer patients.

A big thank you to Dr Kroon and Ms Sarga for allowing the Cancer Committee to have a Cancer Assembly, as it enabled us to promote Cancer Awareness within the Rhenish community. We are immensely grateful for this opportunity. Thank you to all the Cancer Society members for their dedication and hard work throughout The year.

SPOR

Lastly, a very special thank you to Mrs Vermeulen and Mrs Smit for their continuous support and guidance. You have both played an incredible role in shaping the Cancer Committee into the exceptional society it is today. Your passion and influence go beyond books. Being involved in the Cancer Committee plays a vital role in one's development as it teaches us valuable skills and allows us to build friendships.

The Cancer Committee hopes to continue their work and utilise their resources to support, raise cancer awareness and ultimately make a difference in the lives of cancer patients.

Lize-Anne Ruthford



Teatime for Rhenish Girls' High School

Johanett Burger

Last week, the Gr 11 Consumer Studies learners embarked on a wonderful excursion to Fiore Garden Eatery, where they enjoyed a high tea with various delicious treats.

They were greeted with lush greenery and beautiful bonsai plants that decorated the surrounding gardens. They sat in the courtyard, making the most of the scenery, and were served with platters of sweet and savoury delights. Cheesecakes, spring rolls, quiches and cakes were dished out to all the girls who eagerly dug in. They then toured the grounds, visited the cafe, and wandered into the flower shop. From behind the bouquets, a friendly cat appeared and welcomed them. She, alongside a lovable bulldog and several chameleons, are an integral part of the Fiore family. The cuisine, scenery and hospitality culminated in a special experience for the girls and teachers alike.

The trip aimed to enhance the learners' understanding of high tea and their 2024 matric PAT theme. This PAT will count 25% towards their final Gr 12 mark. I hope this excursion will allow the learners to observe and apply their knowledge in real-world contexts, fostering critical thinking and practical life skills.



VIVA AFRIKAANS LANGUAGE AND TECHNOLOGY TOUR 2023

Magda Vermeulen

On the 27th of September, myself and 19 of our learners and I departed for Paris for the VIVA TOUR. We were met at the airport by Marlie Coetzee, the director of VIVA. One girl from Hoërskool, Jan van Riebeeck, also joined at the airport and Gustaf Tempelhoff from VIVA. After some teary goodbyes, we were off on a jet plane to discover Paris, Belgium and the Netherlands.

In Dubai, we connected with the group from Johannesburg. This included Elza Gerber from TIENIE JONKER TOURS, Professor Gerhard van Huyssteen, a well-known academic in Afrikaans circles, six girls from Pretoria High School for Girls, one girl for Eunice in Bloemfontein and two girls from Ferdinand Postma hoërskool in Potchefstroom. Long flights are the worst part of travelling, but.

We got a glimpse of the hectic Paris traffic. Still, we immediately visited the Montmartre and the Sacre Coeur, where we met Marion Eskine, an Afrikaans writer who inspired us to follow our dreams. He is well travelled, and besides being a writer, he has visited 110 countries and is currently residing in France and learning to speak French. At last, we could check in at our hotel on the outskirts of Paris and have some free time to get dinner and explore a bit. Some of the girls hired bicycles and went for a ride with Prof. Gerhard van Huyssteen, who is a fitness fanatic.

Disneyland Paris was a full day of just fun. Most learners enjoyed all the different rides and the parades. The next day, we went up to the famous Eiffel Tower, and we were able to enjoy the stunning views it offers. We also visited the Language, communication and Culture Centre, where we met (Sonya van Schalkwyk-Barrois) the woman who translated Tin-Tin into Afrikaans and the French guy who translated most of Deon Meyer's suspense novels. After that, we took a city tour by bus and stopped at the Arc de Triomphe to take pictures and learn about its history.

It was fashion week in Paris, and we were lucky enough to have a glimpse of some famous international models on our visit to view the Eiffel Tower at night. We travelled by metro, which was a first for most of the girls. It is difficult to describe how busy the city of lights is at night. Unforgettable.

On day 5, we departed for Bruges in Belgium. Bruges is a beautiful historical town where we visited the Historium and the Choco Museum. Both are fascinating interactive museums where we all learned much while having fun. Imagine free Belgian chocolate at the end of the tour.

We also went on a day visit to Ghent, where we visited the Poësiecentrum, where the most extensive collection of Afrikaans poetry in Europe is kept. After that, we visited the University of Ghent, where we were informed about study opportunities at the university and the similarities and differences between Afrikaans and Dutch. Brugges is such a safe town, and the girls enjoyed the free time they had to shop and explore the variety of restaurants and other places of interest.





Next on our list was Antwerp and Brussels. In Antwerp, we went on a guided tour on foot. Our guide was Amy, a lovely South African girl who immigrated to Belgium. One of the churches in Antwerp, The Cathedral of Our Lady, left us in awe. Being in such a sacred place surrounded by so much beauty, including two masterpiece paintings by the Rubens, made us realise how privileged we are.

We learned a lot from Amy about the lifestyle in Europe and how everybody mostly commutes by bicycle, but Amy made our day when she took us to the thrift shops in Antwerp. Believe it or not, everything was up for grabs for one euro a piece in the one shop. The girls also discovered shops like Primark and had a shopping spree of note.

The next experience that blew our minds was Remastered in Rotterdam. The technology used there is next level, and most of us were overwhelmed. Imagine being inside a masterpiece painting of one of the Dutch masters. Words fail to describe it... you will have to go and see for yourself. That night, we slept in Delft, a beautiful town known for its blue and white porcelain.

The next stop was the University of Leiden, founded in 1575 by William of Orange. Here, we visited the Instituut voor de Nederlandse taal, where Frank enlightened us about the origin of dictionaries, how dynamic language is, and how much work it is to record the vocabulary of a language. This was very interesting, and we learned a lot about the digital world of speech in which VIVA is the specialist for Afrikaans.

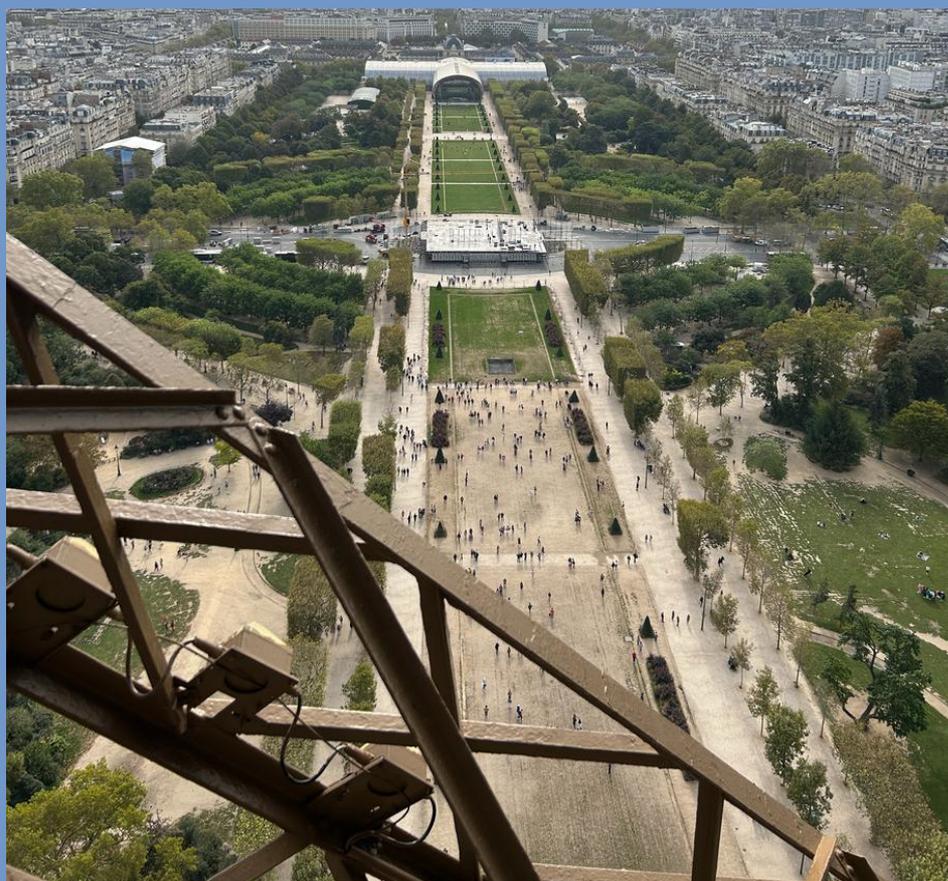
For the last two days of our tour, we stayed in a little village near Amsterdam in a quirky hotel called De Rijper eiland. It felt like a time warp. We had the privilege to do a canal trip in Amsterdam, where we got a glimpse of this interesting city from the luxury seats of a canal boat. The rest of the day we spend shopping in.

Unfortunately, our tour was coming to an end. On the last day, we visited the Muiderslot Castle, one of the best-preserved castles in the Netherlands. We also met Ingrid Glorie and Elize Zorgman. Both are involved at the Zuid-Afrika Huis in Amsterdam, which boasts.

Ingrid is also the organiser of the Festival voor het Afrikaans, where many South African musicians, writers, poets and actors have a chance to show off their talents.

Finally, we visited Volendam. This is a charming little fishing village near Amsterdam where we had time to enjoy lunch at one of the many restaurants or get something to eat at the market. Our entertaining. After tasting all the excellent cheeses, we spent our last euro; it was time to pack and enjoy our last supper in Europe.

Travel is indeed an education in itself. We returned enriched and ready to save up for the 2024 VIVA tour. VIVA AFRIKAANS!!!





Garden Day 2023

Thousands of South Africans participated in SA's biggest garden party on Sunday, 15 October 2023, to celebrate Garden Day. Now in its eighth year, the Garden Day movement annually calls on green enthusiasts to kick back and enjoy the fruits of their labour with family and friends in their own garden or green space.

According to the movement organisers, Garden Day is for everyone -- of all ages and walks of life. Whether you have a veritable orchard outside or various pot plants on your stoep, Garden Day is for you: owning even one plant officially makes you a gardener.

This year, Rhenishers showed their creative side and took some of the beautiful flowers that was available on the 16th of October and made flower crowns for in celebration of Garden Day that was the previous day.

Keep an eye out for next year's celebration of this "green" day.

Sports Results

Round-up



WATER POLO



Clarendon Stayers Tournament

This past weekend saw the U14 team competing in the 2023 Centennial Stayers Water Polo tournament in East London. The annual event took place at Clarendon Girls' High School's new Harrison Aquatics Centre.

Despite being a U15 tournament, our team dived in with high spirits and commitment.

The weather was challenging, with gusty winds and heavy rainfall. The area surrounding the newly built swimming pool became a mud bath! They even sold gumboots at the tuck shop! Our pre-match warm-ups were interesting, and we had to rinse off layers of mud before the games!

Results of the Pool Games on Day 1 were as follows:

10-1 win against Clarendon U15B

2-8 loss against Collegiate U15A

7-1 win against Hudson Park U15A

11-0 win against Woodridge College U15A

Our team got stronger and more confident with each chukka. The teamwork was outstanding. Basic passing and communication improved radically.

Day 2 started with a 4-10 loss against a very big Merrifield College U15A team. They encouraged us to dig deep and fight hard until the end.

Another win against Woodridge College (8-1) and Hudson Park (5-1) placed us 5th overall in the tournament. We were delighted with this result, and it set our confidence sky-high for a dynamic and exciting 4th term of water polo.

A tour like this would not be possible without our incredible coach, Annie. Her invaluable experience, vibrant energy and investment in our team is electric. Thank you, Annie!

And to our biggest supporter, Ms Shaw. Thank you for enduring the East London weather, the mud and us crazy U14s! We felt safe with you and appreciate all your organising and cheering from the poolside!

The U14s are ready for a cracker season!

Frankie Henn
Nicola van der Merwe

SWIMMING



Our Rhenishers took home the top spot in the recent gala this past week. This was the first gala of the league, and our girls scored a whopping 245 points.

RESULTS:

Rhenish - 245

Herchel - 214

St Cyprians - 203

Rustenberg - 165

Parklands - 152

Stellenberg - 144

Reddam House Constantia - 130

Rhenish

Aquatics



Aquatic KIT

OUR KIT

Our Water Polo and Swimming Team Kit form an integral part of our Rhenish Girls' High School Brand.

The kit - rebranded in 2018 - remains the same. We have sourced the best quality fabric at the most affordable prices and the kit will be used for the time your daughter plays the sport at Rhenish Girls' High School.

The costumes are of a high quality, and should last for at least 3 seasons if the girls take care of them.

Order Here

[Kit & Costume](#)

THE PROCESS -

HOW TO PLACE YOUR ORDER

- Kit orders need to be placed by completing the google link by 31 October 2023 .
- Proof of Payment must be loaded onto the order form before it can be submitted.

NOTE

Early orders needs to be placed as there is a lead time of 8weeks for kit to arrive so we cannot only place the order in Term 1 of 2024. If you do not order now, the learner will not have kit for the 1st term.

Payment

Rhenish Girls' High School

Nedbank

Account No: 1180253698

Ref.: Name+Surname+Aquakit

All Items of the Kit are Compulsory

Swimming KIT

TYR costume

R450

Costume



Swimming



U19A

Water Polo

All other
Water Polo Teams



T-Shirt



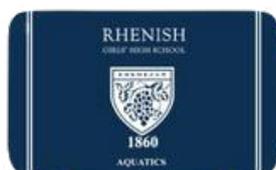
Navy Shorts



White Cap



Navy Cap



Rhenish Towel

- White T-shirt R195
- Navy Shorts R250

- Navy Swimming Cap R80

- 1 x Rhenish Towel R220

Water Polo KIT

Water Polo Costume

R680

- White T-shirt R195
- Navy Shorts R250

- 1 x navy swimming cap R80
- 1 x white swimming cap R80

- 1 x Rhenish Towel R220

Rhenish STARS



Tinita van Zyl has been selected as part of the U19 Boland Cricket Squad.

Amy Hartung, has qualified to participate in the Open Water Nationals that will be held in March 2024. She raced the 5km open water event, posting a National Qualifying time, placing 8th overall, 1st in the 14-year to 16-year female age group and won a silver medal. She was the second-fastest female in the race).



Alicia Taylor, Ashley Taylor and Jenna Theron recently participated in the Tennis South Africa Junior Masters - under 14 age group. This is how they finished the tournament:

Second Place: Alicia Taylor

Sixth Place: Ashley Taylor

Seventh Place: Jenna Theron



Kaylee le Roux (Grade 9) recently participated in the Western Cape Gymnastics Championships and was selected to represent Western Province at the SA National Games held in Pretoria over the recent school holidays.

At Nationals, Kaylee competed in the Level 7 Open Division (14 years and older) and placed 2nd on Vault and 4th overall. She was subsequently awarded full provincial colours for Artistic Gymnastics.



Rebecca O'Brien! She received Western Cape Gymnastics Colours and represented the Western Cape at the South African Provincial Championships earlier in October 2023.

RHODES SCHOLARSHIP

2024 WINNER

RHENISH
GIRLS' HIGH SCHOOL



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*Tessa Malan
Class of 2018*

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Yearbook 2023

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RHENISH
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INTER-HOUSE ONE ACT PLAY FESTIVAL

RHENISH GIRLS' HIGH SCHOOL

VAN DER STEL VS WEBER VS TERLINDEN

THE AUDIENCE DECIDES THE WINNER.

DATE: 24TH AND 25TH OF OCTOBER

TIME: 19:30

VENUE: RHENISH HALL

TICKETS: R40 ON KARRI APP (PARENTS AND NON-RHENISH STUDENTS MAY ATTEND)

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