

RHENISH NEWS

Excellence ● Compassion ● Accountability ● Integrity ● Diversity ● Respect

Photos: Mr Piron and members of Rhenish Media Services

4M - The 30th Edition
A Day to Remember

Orchestra Workshop

Preparing for the 2023 Performances

GLU

Help pack parcels with "Bless a Baby"

Valentine's Reading Picnic
Encouraging a love for reading

Black History Month

Fashion Showcase of Cultural Outfits

U14A Dave Pitcairn Tournament

U14As proudly represent Rhenish

Sports Results
Round-up of Results



4M

2023



22 FEBRUARY 2023

- 1 Paarl Girls' High 549
- 2 Bloemhof Meisieskool 366
- 3 La Rochelle Girls' High 350
- 4 Rhenish Girls' High 83

Why the Hype? Why the Fuss?

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Speak to any Rhenish Old Girl and one of the first things she will speak of will be 4M. The often unbearable heat in Paarl; the hours of practising the Rhenish cheer; the bus trip to Paarl that leaves your ears ringing with the singing of the school cheers and the stifling almost claustrophobia of the stands. But, she will also smile fondly and chatter away enthusiastically about the laughter shared on the stands, the shouting until you feel your lungs will burst and you are hoarse for days after. She will try to explain the inexplicable - the feeling of belonging and of being part of something bigger than yourself. This is 4M. This is why we do it.

The Annual 4M competition between the four girls' schools in the Boland has deep roots. This year was the 30th 4M. The competition on the day is fierce -

athletes have been training for months for this moment.

The Rhenish 4M athletics team has a number of very talented





specialist athletes, and this is their moment to shine. It is the only time that they are able to perform in front of their peers. We do not have the depth in terms of participants that the other schools have - more of our girls play hockey or swim or play water polo - and so we will probably not be truly competitive as a school at this event.

That being said, we did have some stand out performances by individual athletes, most notable among these is our U14

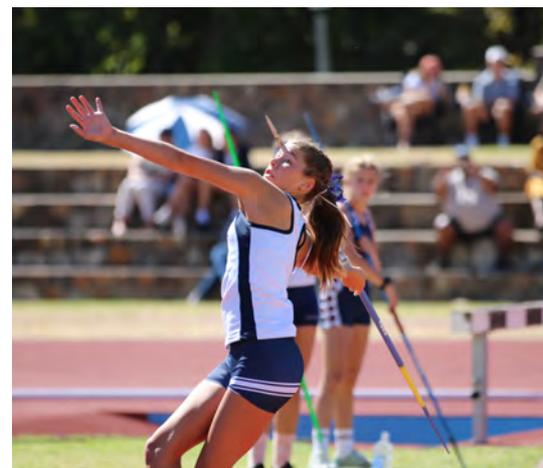
Javelin thrower, Nicola van der Merwe, who broke the record by 5m with a throw of 43,15m. Her performance also earned her the prize for the best performance in a field event in the Junior category.

Remember the words from our school song, "... we may not all be brilliant/ at sport not all do well / but the hope of each and all of us / is that Rhenish may excel." Ironically, this speaks so to our 4M experience. Some athletes excelled, others did less well, but Rhenish Girls' High excelled as a school with an outstanding display of sisterhood and spirit.

Congratulations

To these athletes on their selection for the Boland Central Team that will compete this weekend:

- Deané Strydom - 400m and 400mH
- Taelan Viljoen - 1500m
- Mary Roux - Shot Put
- Harriet Smit - 1500m
- Lia Latti - 400m
- Nicola van der Merwe - Javelin



MY FIRST 4M

RHENISH
GIRLS' HIGH SCHOOL



Who better to ask about the 4M experience than the learners themselves? The Grade 8s have heard all the hype surrounding 4M. They have witnessed all of the activities organised by the LC and Cheerleaders for Spirit Week. However, not even the Big Brag on Wednesday morning could have prepared them for how they would feel after experiencing it for themselves.

I loved 4M - it was such a fun and exciting experience, even though the seating was inconvenient it was fun to cheer and support our school. No matter the outcome of the scores I still love and support this amazing school.

- Anna-Beth Malgas

I felt overwhelmed with pride competing for my school.

Hannah Booysen

I absolutely loved 4M, It was such an amazing experience and I can't wait for next year. It was getting a little hot and squished but it was still a lot of fun! It was very exciting for me and I loved how we were all shouting at the top of our lungs, even though most of our voices have now disappeared.

Lana Labuschagne

My first 4m experience was the best day of Grade 8. I loved it so much, even though I lost my voice, I lost my voice because I wanted to show my pride in Rhenish.

- Chloe Adams

I absolutely loved 4M especially all the cheering and excitement! I loved singing for our school and supporting the RGHS sisterhood and I definitely felt more part of the RGHS sisterhood. Can't wait for the next one!

- Sophie Herman

My 1st 4m was an exciting experience because it was my 1st time in my life being part of a school event with different schools. It was fun, exciting and amazing.

- Nadine Zininga

My first 4m was definitely one to remember, the gees and chanting was very energetic and I was glad to be a part of something so huge. Meeting the other schools was fun, and I enjoyed battling them with chants throughout the day.

- Rebecca Flier

My first 4M experience was absolutely amazing. Being around excited and happy people really made me feel comfortable around everyone. The vibe was very cool. My favourite part was the dance and the food. I made many new friends and I saw some of my friends from the other schools. Now, I truly feel like a Rhenisher.

- Sibisiwe Mlambo

4M was amazing, and really made me and my fellow Gr8s feel like a part of the school. The cheers were so fun to do, even though half of us lost our voices! I think that even though we came last, we definitely had the most gees.

- Stephanie van Woudenberg



My Final 4M



AYDEN SNELL

I remember my first 4M and it is still the best 4M I've ever seen. But this year came really close!

I'm so glad I got to experience my last 4M as a cheerleader and experience the magic for the last time .

ANYA NEL

I really felt the Rhenish sisterhood bond during 4M. The matrics sang their lungs out and definitely made their last 4M a memorable one. My friends and I weren't shy to give our all and loved singing and dancing on the stands. I felt really proud of Rhenish when everyone started singing and dancing together at the end of the night, including the teachers and the girls on the stands, dancing with their flashlights. I'm going to miss the feeling of pride when I look at the stands seeing the whole school singing together and I will always treasure it in my heart.



TASÉA BROWN

I never thought that I would cry at my last 4M but I did. Knowing that my last 4M was also Ms Slabber's last 4M also made me very emotional.



COMING IN HOT



HIP HOP DANCERS

DAZZLE & DELIGHT

@ 4M

MS LAUREN CONCHAR

The Rhenish dancers from Stellenbosch Dance Academy (SDA) certainly came in hot with their incredible performance at the 4M athletics this year.

Each school was asked to perform a dance at the end of the event and we are very fortunate to have such talented learners who were willing and able to pull this off. This would not have been possible without the support of SDA and its teachers.

There is a long-standing history between Rhenish Girls' High School and SDA. Elizabeth Beukes started SDA in Stellenbosch in 1985 with six learners from Rhenish Primary, all of whom went on to attend Rhenish Girls' High School. Hundreds of Rhenishers have passed through the doors of the studio and it has certainly established itself as a pillar in the Stellenbosch community. Two of the teachers at the studio (Lizl Lindes and Anthea Niehaus) are also Rhenish old girls. A huge thank you to Anthea for supplying the costumes for the learners and to Wiaan Laing who choreographed this awesome piece.

Thank you to Ms Conchar (a Rhenish old girl herself and former dancer at SDA) for co-ordinating this process.

If you are interested in registering for Modern, Hip Hop or Musical Theatre dance classes in Stellenbosch please make contact with them.



Stellenbosch
Dance Academy

2023
REGISTRATION
OPEN

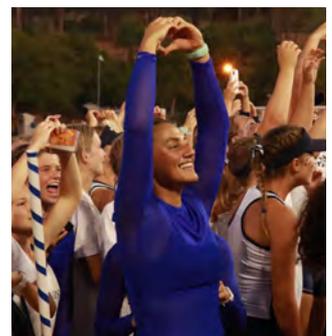
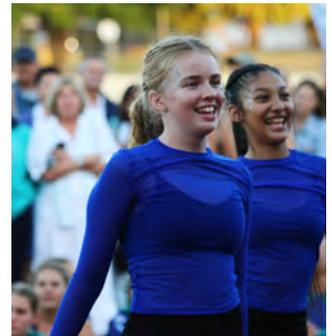
Modern
Hip Hop
Musical Theatre

Studio opens 25 January

CONTACT:
LIZ 082 856 3625
ANTHEA 082 733 4551

stelliesdance@gmail.com

NG WES CHURCH HALL, ALEXANDER STREET,
STELLENBOSCH



ORCHESTRA WORKSHOP



The Rhenish Orchestra gathered at school on Saturday 18 February to workshop their repertoire for 2023.

The members of the Rhenish Orchestra got together bright and early to make some music. The day was very productive and we practiced songs for Open day, Feature Friday and our eisteddfod.

We started off with an icebreaker to get to know the new members better, then got straight to it with sectionals. With help from Mrs. Van Rooyen and 2022 Rhenish Matriculant Kristen Skein, the violins rehearsed Pirates of the Caribbean, along with many other pieces. It's such a fun piece and we can't wait for everyone to hear it. A big thank you to Mrs van

Rooyen and Kristen for all the help! We ended the day by putting all our parts together and that was truly magical.

We even got try out being conductors for a bit, we had lots of fun. Well done to all the girls for their hard work this weekend, I think it is fair to say it paid off!

Rosie House



Pizza , pirates and pizzazz. A few of the key ingredients from Saturday's workshop.

A wonderful day spent blowing , plucking , hitting and counting. Music was made and smiles and laughs could be seen a mile away. The woodwinds blew, and blew. Lungs were worked and feet were tapped to keep in time. Teamwork was rewarded with pizza and a dip in the pool to cool off.

Learning more about music and the person next to you was an experience to remember. Who knew that the person on the instrument next to you loved the beach or that the person playing the flute on your right was an orchard farmer? On Saturday we were amazed and grateful to have an opportunity to go below the surface and learn something more than just a new articulation technique.

A special thanks to all the amazing students present that made the day possible , without you there wouldn't be any music to make . Your stories were hilarious and your personalities were spectacular to see in full swing . A thanks to our head , Rosie House , for her effort and dedication. Thanks to her the ice breaker and the day ran as smoothly as possible. She really is a big sister we all look up to .



OPENING OUR HEARTS AND MINDS WITH MUSIC



BLESS A BABY



We added blankets, nappies, face clothes, a set of clothes for the baby's first 0-3 months and one for 3-6 months to the bags. This is often the only clothes the newborns have for the first six months of their lives. We further included 3 children's books, a teddy for each baby and other essential items.

Last Saturday the GLU committee girls went to El Shaddai Christian School to meet the organisers of the "Bless A Baby" Project. This is a non-profit organisation run by a group of amazing women who started the charity over 20 years ago. When they heard about moms who have to leave hospital without anything for their babies (no blankets, nappies or even clothes) only six hours after giving birth, the women knew they wanted to help.

"Bless A Baby" aims to supply the new moms with small bags

containing necessary items to help moms with their newborn children.

The Rhenish group were given the opportunity to help out on Saturday morning. GLU aims to get our school behind a project to support "Bless A Baby" this year.



#LoveInAction

MAKING A DIFFERENCE
ONE BABY AT A TIME


Your donation can go a long way

It was a really special experience to learn about and to contribute to this organisation. We are very excited about teaming with "Bless a Baby" this year. Watch our socials for details towards the end of the term.



VALENTINE'S OUTREACH LIL'FISH READING MOVEMENT

RHENISH LOVE IN ACTION

Olivia Visser

On 18 February, Rhenish hosted the first event in our new Lil'fish Reading Movement. My brother and I had expressed the desire to our parents to give something back to the community. As we both share a deep love of reading we wanted to share this love with other kids. We reached out to *Hanna Charities* to help us with this movement.

The Valentine's reading picnic was the first step towards achieving our goal of spreading the love of reading.

Rhenish hosted 36 underprivileged children from Smartie Town, between the ages of 9 and 11. We are so incredibly grateful to the volunteers from Rhenish who took time out of their busy weekends to read to the kids. They were amazing and their energy and enthusiasm while interacting with these kids was tangible. You girls are rockstars and you made the day such a success.

The kids were extremely enthusiastic and were keen to read. We had brought soccer and rugby balls along too and one of the girls also brought a speaker. When concentration levels waned, we turned to dancing and games.

Each child also received a sandwich and a soft drink as well as an extra one to take home.

It was such a great opportunity for the children to get away from their often challenging everyday circumstances. It also made all of the Rhenish volunteers realise just how privileged we are to be at a school like Rhenish Girls'.

We hope that this event will plant a seed of hope and the desire to keep reading in the minds of the little ones who attended it.



BLACK HISTORY MONTH

FASHION SHOW



ASEMAHLE KHUMALO

This February the Learner Council wanted to encourage the students not only to talk about the celebration of black history month, but to celebrate it in very visible and very practical ways.

With that primary focus we decided that education is an important aspect of this and so we chose to have a Cultural Fashion show on Thursday 23 February. Here we would showcase a sample of the many beautiful African cultures through their traditional clothing.

To accompany the fashion show, we had our Head of Siyaphambili (poetry), Halle-Jade Johnson, perform a touching poem on black appreciation.

We plan to continue to educate our fellow students on black culture and aspects of our history that may have been hidden due to our country's past. May we continue to strive to reach equality and to embrace our country's diversity.

Happy black History Month !



WATER POLO

U14A Dave Pitcairn Tournament



The Reddam tournament last weekend will certainly be one of the biggest highlights of our Grade 8 year.

We grew as a polo team, met a lot of new friends from other schools and, what we are most proud of, we represented Rhenish with determination and commitment. We never gave up in any match, we always had a high spirit and we learnt a lot from each other this weekend.

There were a total of 14 teams and we ended 9th, which we are extremely proud of.

We are grateful to the parents for driving us, to our coach, Annie, to Ms. Shaw and Mrs Carstens for driving through and supporting us, to the referees and all the teams that participated.

We are very grateful for everyone helping us to attend this amazing tournament.



SPORTS RESULTS

THIS WEEK

WATER POLO

RHENISH 1ST **7** vs **18** HERSCHEL 1ST

U16A **1** vs **6** HERSCHEL U16A

U16B **2** vs **11** HERSCHEL U16B

U14B **2** vs **13** HERSCHEL U14B

TENNIS STARS

Rhenish Tennis players bagged 3 singles titles and two doubles titles this past weekend:



Hailey Troup won the Women's Singles Title and was a finalist in the doubles



Jenna Theron won girls' U14 singles and the doubles with team mate, Ashley Taylor



Ashley Taylor made the finals of the girls' U14 doubles



Christi Kotze won the girls' U14 Gold Division singles and doubles

R2 300

FEBRUARY 08,15

MARCH 1,8,15

APRIL 19,26

MAY 3,10,17,24

JUNE 13

JULY 19,26

AUG 2,16,23,30

18:30 - 19:45

**NEW YEAR
NEW IN SEASON
TRAINING**

**JOIN
NOW**



**IN SHAPE
HOCKEY ACADEMY**



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FUN - SKILLS - EXCITEMENT - TALENT ENHANCEMENT