

Issue 6 of 2023



# RHENISH NEWS

Excellence ● Compassion ● Accountability ● Integrity ● Diversity ● Respect

Photos: Mr Piron and members of Rhenish Media Services



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The results of this annual competition as our swimmers 'come in hot'

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Rhenishers' stand out performances

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Winter sports disciplines all start this coming week. See the practice / training timetable [here](#)

# 4M

2023



28 FEBRUARY 2023

## The Scores

1	Rhenish Girls' High	262
2	Paarl Girls' High	206
3	Bloemhof Meisieskool	80
4	La Rochelle Girls' High	30





## *...Coming In HOT!*

Tuesday morning dawned and excitement levels among the swimmers were high. They had been working so hard for this day - 4M 2023.

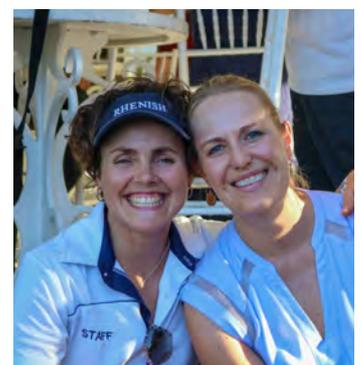
In keeping with Rhenish tradition, the 4M swimmers were treated to a 'slap-up' breakfast to ensure that their energy levels were high and they were fully motivated for the afternoon's competition.

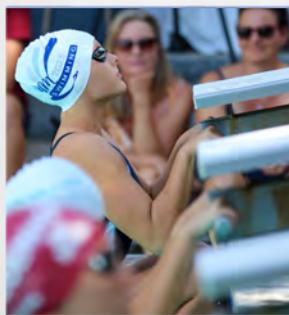
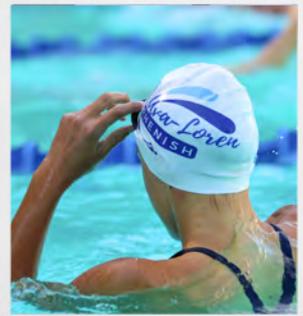
In recent years, the Paarl schools had been way more competitive and our swimmers had been working hard in the pool to ensure that we retained our title as queens of the 4M pool.

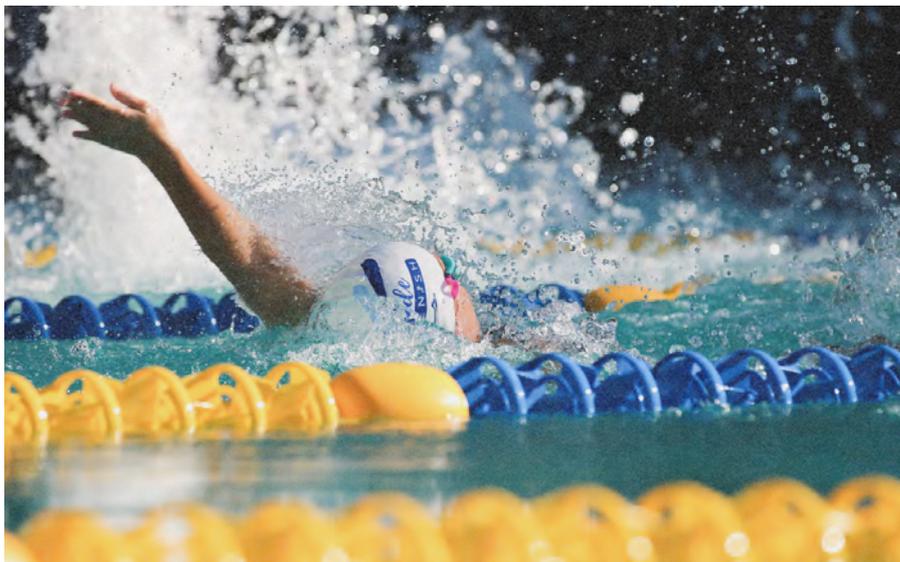
"Thanks need to go to Mrs Carstens and Miss Nieuwstad who have worked really hard these past few months to get us ready and excited for 4M," says the swimming captain, Emma Michell.

"There have been a lot of early morning trainings, galas and effort put in so that our swim team could triumph."

In the run up to the event, La Rochelle had invited the Rhenish squad to a fun afternoon at their pool last Thursday.







Every member of the 4M team swam their hearts out in the pool and it showed. "There was so much support and enthusiasm from the Rhenish supporter stand - this really gave the team the extra motivation," says Emma. "The event was particularly special for the Grade 12 members of the team for whom this was the last 4M gala. We would also like to thank all of the girls who took the time to come to the gala to support us."

La Rochelle were so kind and friendly. Thursday afternoon was so much fun. We got to know the pool ... and each other. We can truly call them friends now and we look forward to a great relationship with them going forward," said Mrs Carstens.



# CAPE TOWN

A TOUR OF THE HISTORICAL HIGHLIGHTS



CAITLIN BENNIE



## A GROUP OF AROUND 40 GRADE 10 - 12 LEARNERS WENT ON A TOUR OF HISTORICAL AND ICONIC PARTS OF CAPE TOWN ON 24 - 26 FEBRUARY.

On Friday morning we woke up bright and early to get on the bus to our first stop, the Cape Town Holocaust Centre.

Here we were welcomed by the incredibly hospitable staff who really made the museum much more emotional and thought provoking for everyone. We were touched by their care and it set the tone for the day ahead.

We walked through the city, past Parliament, the Town Hall and the Grand Parade to get to our second stop of the day, the Castle of Good Hope where we walked through their military museum. We were surprised to hear that our very own Mr van der Hoven had contributed to this museum. We visited the William Fehr art collection and had a brief guided tour that included the torture room - a highlight for many of us.

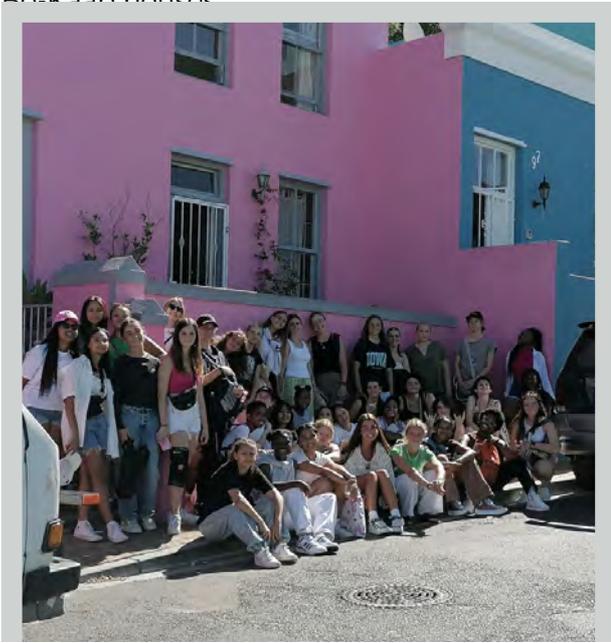
We split up into groups and spent some time on St George's Mall where we bought and enjoyed lunch before meeting up again to walk to our last museum of the day, the District Six museum.

A lot of us were looking forward to this museum because of our Grade 9 coursework, a book written by a former resident of District Six. We were not disappointed; we were taken around the museum by three former residents of District Six.

The small but informative museum was packed full of historical artefacts of the area, moving photographs and beautiful tapestries all donated by previous residents. Our guides added a personal but funny touch to the museum with the stories they shared and we were fascinated by their perspectives. ere fascinating.

We headed off to our final destination for the day - Bo-Kaap. Our route took us via the Company Gardens, where we enjoyed a brief moment resting in the sun surrounded by birds and squirrels.

We continued walking to Wale Street where we saw the first established mosque in South Africa, the Auwal Mosque, finally arriving in Bo-Kaap to the colourful display of the iconic Bo-Kaap houses.



## Robben Island Museum • World Heritage Site



On Saturday morning it was another early day as we drove to the V&A Waterfront to go to Robben Island. We were excited by the prospect of a boat trip, and were granted thrilling views of the city from a distance on our journey there and back.

We went on a bus around the island with a very funny tour guide and stopped for a moment next to the sea, which had a beautiful view of Table Mountain.

We then had a tour hosted by an ex-political prisoner of the island, in which he told us his story and interesting information about the time of apartheid on Robben Island, and showed us Nelson Mandela's cell. We were grateful for his advice and we left inspired.

After a rather turbulent boat trip back to the Waterfront, we collected our lunches and ate onboard the bus as we made our way to Table Mountain.

It was a wonderfully clear afternoon for the cable car ride to the top of the mountain where we enjoyed stunning 360 degree views of Cape Town. Eventually, having had something to eat and drink, the cold wind typical of the mountain at this time of the year, drove us down the mountain and back home.

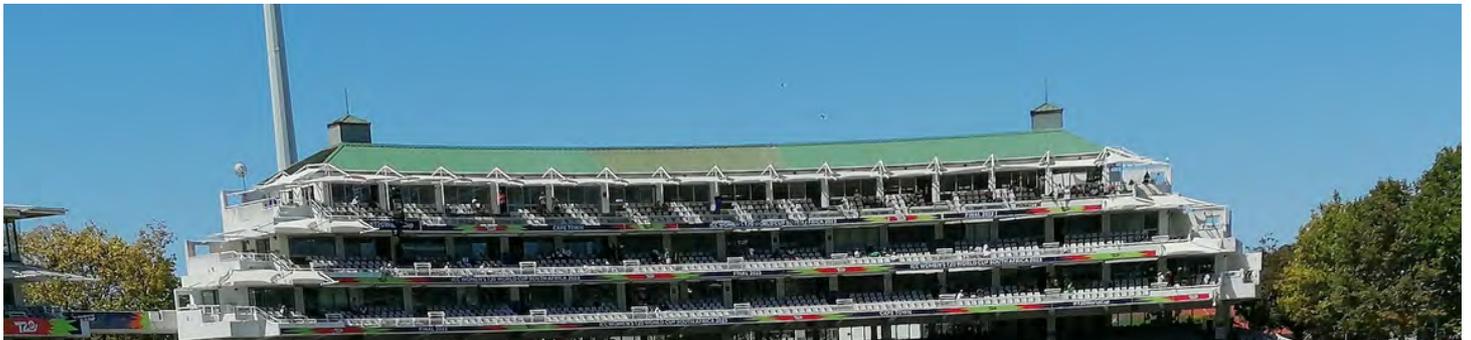


On Sunday, we were grateful for a later departure time as we headed back to the Waterfront, this time to the famous Red Bus. It was a clear day and our drive was lovely up at the top of the bus. We stopped at Kirstenbosch and enjoyed time at the beautiful botanical gardens under the mountains, had a picnic and walked through the treetops.

Then came our long awaited 'surprise' event, the T20 Women's Cricket World Cup final at Newlands. Dressed in our SA supporters gear, we found our way to our seats next to the field to watch our team against Australia in the finals.

The match was very exciting and, even for some of us non-sporting types, it was fantastic to be at such a historical moment. We watched anxiously as our batswomen took up the crease, and were disappointed with the outcome. However, we brought the Rhenish "gees" and thoroughly enjoyed the day.

I would like to thank Mr van der Hoven for planning and leading us on this very exciting tour, as well as Ms Shaw and Ms Baxter for accompanying us. They provided us with humour, extra information, and they were patient and ensured we got from place to place safely and efficiently.



# 2023

## PRG LC DANCE



*Beyond Grateful!*





Thank you to the Junior LC for organising the pre-drinks for this event and to Mrs Antoinette Nel for hosting it at their house. The LC were sent off to the 'ball' in true Cinderella style!

# A Night to Shine

1 March 2023 marked a very special day for our matric LC as well as for the Junior LC. The matrics attended the Matric Prefect Ball hosted annually by Paul Roos and the Junior LC had the honour and the responsibility of planning and hosting pre-drinks for them.

Planning and hosting predrinks was honestly so much fun and we loved to be able to do this for our matric LC. They do so much for us and for the rest of the school that it was wonderful to be able to give back to them by ensuring that they had a great start to their evening.

It was an beautiful warm evening and I must say all the girls looked absolutely breathtaking ! We shared their excitement each time one of them arrived in their ball gowns.

We are grateful to Mrs Nel for allowing us to host at her house and for her helpful thoughtfulness. The LC are also very grateful to their parents for enabling them to dress up for this very special occasion in the LC calendar - a foretaste of their big dance in October.

# Congratulations! Rhenish STARS

## ATHLETICS

Congratulations to Taelan Viljoen and Nicola van der Merwe who have been selected for the Boland team that will compete this weekend.



## HOCKEY

Baylee Engelke is representing the Western Province Pens Team currently playing in the Ladies IPT.

## TAG RUGBY WORLD CUP

Sarah Krone has been selected to represent South Africa at the TAG Rugby World Cup in Ireland from 26 July - 8 August 2023.



# WINTER SPORTS

S T A R T S 6 M A R C H

## WINTER TT 2023 - STARTING 6 MARCH 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
14:30-16:00	<b>HOCKEY</b> 1st - Mr Gerber 16A - Marc Landman 14C (Mini-Turf) - Scott Innes <b>NETBALL</b> C1: 14A&15A - Corné Lottering C2: 17A&18B - Anzelle Fourie C3: 14C&D - Mrs Joubert <b>SOCCER</b> 1st & 2nd Juniors Social <b>CROSS COUNTRY</b> 15:00-16:00	X	<b>HOCKEY</b> 1st - Mr Gerber 14A - Alvin August <b>NETBALL</b> C1: 14A&15A - Corné Lottering C2: 14C&D - Mrs Joubert <b>SOCCER</b> Juniors Social <b>CROSS COUNTRY</b> 15:00-16:00	<b>HOCKEY</b> 16A - Marc Landman 16B - Carel Marais 14B (Mini-Turf) - Ongi Mali <b>NETBALL</b> C1: 14A&15A - Corné Lottering C2: 14B&15B - Doné Weber C3: 17A&18B - Anzelle Fourie <b>SOCCER</b> 1st & 2nd
	<b>HOCKEY</b> 14A - Alvin August 14B - Ongi Mali 16B - Carel Marais 16D (Mini-Turf) - Scott Innes <b>NETBALL</b> C1: 16A&1st - Corné Lottering C2: 14B&15B - Doné Weber C3: 15C&D - Anathi Bushet Mini: 16B&C - Gabi Gildenhuys	<b>HOCKEY</b> 16C - Chantell Sheppard 16D - Scott Innes 2nd - Monique Scheepers 3rd (Mini-Turf) - Carel Marais <b>NETBALL</b> C1: 16A&18A - Corné Lottering C2: 16B&C Gabi Gildenhuys	<b>HOCKEY</b> 16C - Chantell Sheppard 14C (Mini-Turf) - Scott Innes 3rd - Carel Marais GK (Mini-Turf) - Kristen Block <b>NETBALL</b> C1: 14B&15B - Doné Weber C2: 15C&D - Anathi Bushet	<b>HOCKEY</b> 1st - Mr Gerber 2nd - Monique Scheepers GK (Mini-Turf) - Kristen Block <b>NETBALL</b> C1: 16A&18A - Corné Lottering

**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**

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