

Issue 14 of 2023

RHENISH  
GIRLS' HIGH SCHOOL

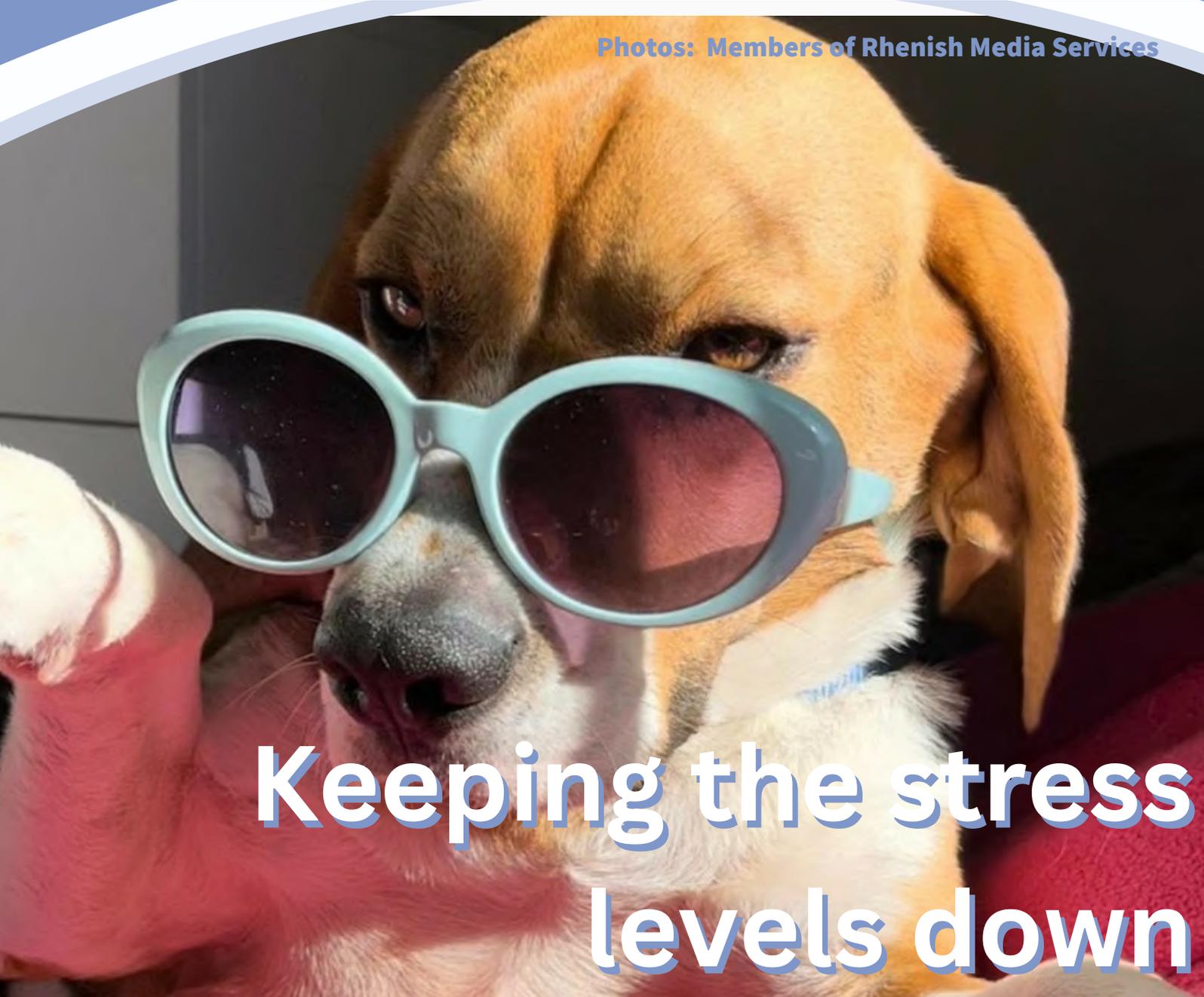


1860

# RHENISH NEWS

Excellence ● Compassion ● Accountability ● Integrity ● Diversity ● Respect

Photos: Members of Rhenish Media Services



## Keeping the stress levels down

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## From the Editor



## Start of the 2023 June exams...don't stress.

As the sun is starting to set on the second term of 2023, RGHS looks back at all the things that have been done and accomplished in this term. Rhenishers who took the brand to heart and let the flame of sisterhood burn brightly in all they did be it academic, culture, sports or within the various societies that make the school such an eclectic place to be.

In this edition we are looking at projects that have come to some conclusions, we look at what some of our Old Girls are currently doing, we see what is cooking at the consumer studies classes and then we check out the rising Rhenish Stars along with the reminder about the LSU.

This will be the last edition for this term but don't be sad for when the school opens, the fun will start again. Events like the annual Cultural Evening, the Winter's Week, the Top 12 hockey tournaments and so much more.

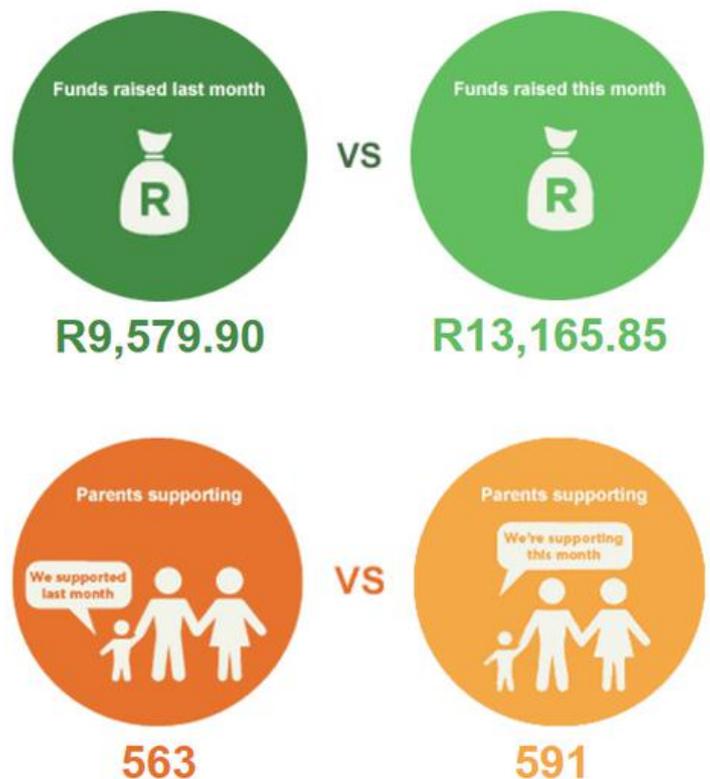
If you are travelling, please travel safely. We hope to see you all again, set and ready for the next term. Grade 12's...your time is running out so please make the most of each opportunity you get in the new term and do not squander it.

A big thank you to the dedicated academic and admin staff who have given it their all in this term. May you have a restful holiday time and may you be ready for the next term's journey and everything that goes with it.

### Contributors to this edition:

Ivan Swart | Leon Piron | Media Services Team |  
Glenys Kruger | Dominique Golder |  
Samantha Henery | Chris Gerber |  
Samantha Söderlund | Isabella de Vries

## MySchool Card feedback



A word of thanks to all the parents/guardians and their family members who have taken the time and assisted the school in reaching this amount.

We look forward to your ongoing support of this initiative throughout the year and in the foreseeable future.

Should you wish to become a MySchool Card member, you can visit their website, sign-up and add Rhenish Girls' High School as your preferred beneficiary.

And so we just want to say...





Food Truck Day at the Consumer Studies kitchen was indeed something to smell, and experience. The idea was born from Mrs Johannee Burger who came up with the idea for students to showcase their food and experience the work behind a food truck. This formed part of the Grade 12s finals for their practical:

"Each student could bring two guests and let them experience the finger food fun festival while being assessed. This made it more of an education in action and the ladies loved it," said Mrs Burger.

The department is looking at having more of these food truck days as part of the Grade 12s practical and who knows, maybe the next time you see a food truck, you will think of the work and the time it took to make your finger fun food.



# Consumer Studies hosts Food Truck practical



# Soccer fun for everyone



In the month of May, RGHS hosted a soccer family fun day and saw the soccer ladies show off some skills while teaching some of the spectators a thing or two about the beautiful game. The day also gave the coach, Jose, a chance to meet and greet some of the ladies' parents. One of the goals (excuse the pun) of the day was to get the ball rolling for a soccer tour to allow our players to gain experience that can only be gained by a tour. "We are planning and working through the various channels to get our soccer ladies on the road and on tour," said Samantha Henery - HOD Sport



# Stellenbosch Eisteddfod, Rhenish Girls' High School take gold...Erratum.

Please note that in the previous edition of Rhenish News - Issue 13 of 2023. The following erratum have been made:

The section on the vocalists who participated had one learner omitted:  
Zintle Warner - 1 Cum Laude and 3 Gold plus awards.

The mention of the instrumentalists who took part in the Eisteddfod virtually needs to be corrected, and it should have read that they did their pieces in person at the venue where the Eisteddfod was held.

## Just keep knitting

Bless-a-Baby, an NPO that supports mothers and their babies with various things such as formula, diapers, blankets, and so much more at multiple hospitals in Cape Town and Winelands, was selected as the organisation that the RGHS ladies will support during the year.



"It is part of the Core Values of the school to instil not only the ethos of sisterhood in our ladies but also an ethos of caring and community, and through this project, we do believe that the learners will find a better sense of community," says Angela Sarga, Acting Principal.

The annual square knitting competition kicked off as the square that will be knitted by the learners will be sewn together and made into a blanket. The blankets will form part of the bags of care that will be donated to Bless-a-Baby.



The school would like to invite any parent who can knit to assist in the project, and if they cannot knit but can assist in sewing the squares together, it will be much appreciated. Please contact Mrs Kruger for details. This project ends on 22 June.

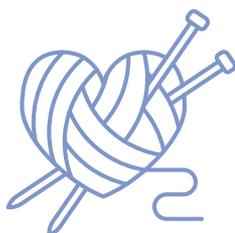
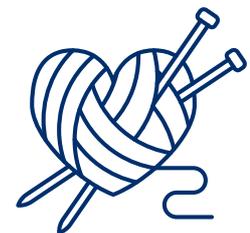
Currently, the school has one class group that has knitted over 450 squares and a second group - with just over 200.



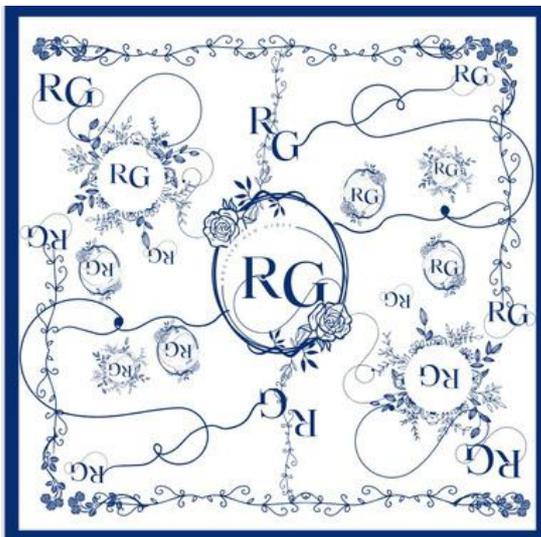
The school would like to encourage all our learners to continue knitting during the exams as the time is running out to see who will be crowned queens of the knitting needles.

The stakes are high as the winning class (those who have completed and knitted the most squares) will be spoilt with pizza.

Ready...Set...Knit



# Once a Rhenisher, always a Rhenisher.



This week the ROGU presented the Grade 12's with the Rhenish Old Girls' silk scarf and Lifetime Membership. This is the first time that the school will have a symbol to connect all Old Girls' across the globe and generations. Grade 12s are slowly coming to the end of their high school career and will soon be referred to as a "Rhenish Old Girl". These scarves will be presented at their Valedictory Assembly in October.

The Matrics will be able to wear this scarf with their uniform for the remainder of their school year. More information will be communicated about the appropriate way in which the scarf may be worn closer to the time.

"Being an Old Girl myself I always have a sense of pride when I talk about my days at Rhenish Girls' High School. We can only hope your daughters will have the same sentiment when they finish up at Rhenish. We hope to grow our Old Girls' Union year by year, encouraging those leaving school to not forget their roots and to come 'home', says Dominique Golder, Alumnae Contact and Marketing.

## Old Rhenisher doing well

*What Monique has to say about Rhenish...*



*Time at Rhenish*

2002 - 2006

RHENISH  
GIRLS' HIGH SCHOOL



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" It was the ethos of Rhenish Girls' High School that has had a lasting influence on me. Critical thinking was encouraged, and we were given the opportunity to develop our voices and the confidence to use them. Social consciousness and activism were values that were fostered. Whether it was collecting tinned food, knitting blankets or selling bulbs door to door as a fundraising initiative, there were always social projects taking place. It was instilled in us that it was each of our responsibilities to ensure that we are making a positive contribution to society in whatever way we could."

## Monique Tessa Malan



Monique has had a rather unique journey that has taken her from starting out as an accountant/auditor by qualifying as a CA(SA), then moving into financial planning and qualifying as a CFP.

She then took on tax law and obtained her LL.M in International Tax Law (from Leiden University in the Netherlands). After obtaining her LL.M she started lecturing tax in SA for 2.5 years. Currently Monique is pursuing her PhD in International Business Taxation at the Vienna University of Economics and Business.



For more information about the Rhenish Old Girls Union (ROGU), visit the RGHS website, [click](#) on the alumnae tab situated on under the About Us button .

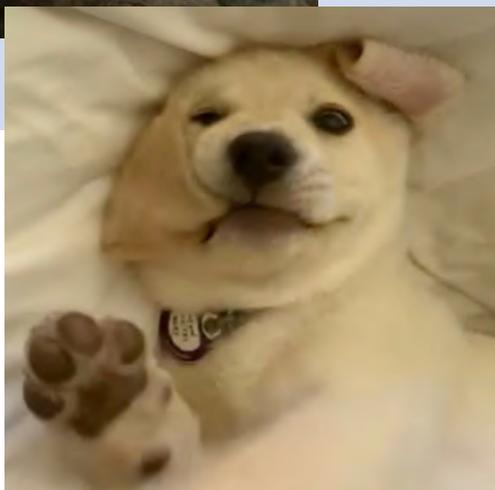
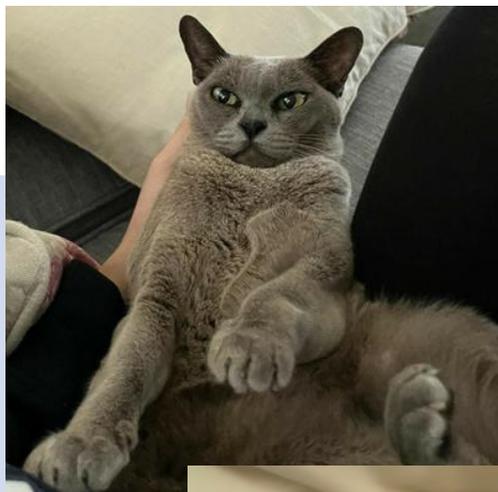
# *Mirror mirror on the wall. Who's pet is the cutest of them all?*

The Animal Welfare Society (AWS) ended a decade-long debate this term: Which pet is the cutest? Is it cats? Is it dogs? Is it bunnies? Is it piglets? Everyone, everywhere, thinks that their pet is the cutest animal in the whole world, so the Animal Welfare Society decided to scale it down and find the cutest pet in Rhenish Girls' High School.

Entries for the competition were open for three weeks, and the competition had a fantastic response from the ladies. Entries were pouring in almost too fast to keep track of, and the question of whose pet was the cutest became more and more perplexing.

After narrowing it down to the top 10 cutest pets, the judges left the final decision to the girls. The votes are still being tallied, and the winner will be announced next term.

The AWS is grateful for all the support throughout this fundraiser. A total of R2500 was raised, which will be donated to Stellenbosch Animal Welfare. They look forward to more successful future projects and the Rhenish community's continued support.





# **SPORT ROUND-UP**

# HOCKEY

## ROUND - UP



# RESULTS VS PAREL VALLEI

U16B	WON	3-0
U18D	WON	6-0
U16C	DREW	1-1
U14A	WON	2-0
U16A	DREW	3-3
U18C	WON	2-0
U14B	WON	4-0
U18A	WON	4-0

## TAG RUGBY

### SARAH KRONE

Sarah Krone has been selected to represent South Africa in the Mixed Open team to play in the International Tag Federation World Cup in Limerick, Ireland, at the University of Limerick from the 2nd – the 6th of August, 2023.

The team will leave for Ireland on the 26th of July and return to Cape Town, South Africa, on the 8th of August, 2023.



## DANCE

### ARABELLA AND LAYLA FERNANDES

Arabella and Layla participated in the DanceStar World Dance Masters Championships in Porec, Croatia. They competed against 20 other countries and proudly represented South Africa. Their team, K&J Dance Unlimited, brought home 9 Golds (1st place), 6 Silvers (2nd place) and 3 Bronze (3rd place). K&J Dance Unlimited also was chosen to perform in the DanceStar Gala Night, a prestigious evening in which only a handful of performances are selected from all the competing countries.

Arabella participated in two groups; her groups came first in the Group Seniors and second in the Formation Seniors category. Her sister, Layla, also succeeded with a silver in the Trio Juniors and a gold medal in the Group Juniors categories.

Congratulations to these two ladies.



## A WISH FOR OUR STARS...

On behalf of the Rhenish Girls' High School staff, we wish all our Rhenish Stars who will participate in the various provincial and international competitions during the school holidays the best of luck and safe travels. Remember that you are still writing your own story, and we know you will give it your all as you put on the colours of your province or country. Also, you are a Rhenisher, and we stand together in the bond of sisterhood. Win or lose on the field or turf; you have already won by just being part of the teams you have been selected for.

We want to congratulate the parents and guardians of these Rhenish Stars. We wish them well and know that we are also holding thumbs for all those who will be participating.

*Best Wishes*

# 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](mailto:lauren.conchar@rhenish.co.za)

[almarie.nel@rhenish.co.za](mailto: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

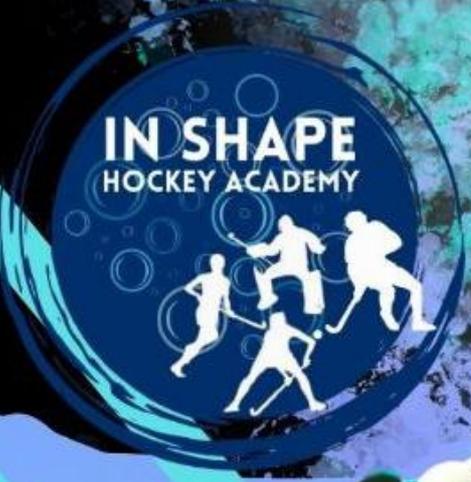


to heal from pain and loss

# MASTERCCLASS

# PENALTY CORNERS

**R350**  
PER PLAYER



**10 JUNE 2023**

**SKILLS:**

- DRAG FLICKING
- HITTING
- PUSHING
- REBOUND/2ND PHASE SKILLS
- TRAPPING

**09:00 - 11:00**

**CONTACT:**

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**0826563832**

**CHRISGERBER1991@GMAIL.COM**