

Issue 07 of 2024

RHENISH NEWS

Excellence ● Compassion ● Accountability
Integrity ● Diversity ● Respect

OPEN DAY 2024



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OPEN DAY 2024

On 5 and 6 March, Rhenish Girls' High School hosted its annual Open Day. This year, more than 1000 people graced the Rhenish grounds in search of information for their daughter that would allow them to make an informed decision about high school in 2025.

Our speakers, including our head girl, Jana Gouws, our head of hostel, Megan McCulloch, as well as all the heads of the LC pillars, all spoke from the heart about their experiences at Rhenish over the past four years, painting a picture of the sisterhood that exists amongst the learners and the excellent holistic education they receive. These speeches laid the foundation for Mrs Megom to share her thoughts about why Rhenish is the smart choice.

In addition, the audience was entertained by the very talented marimba band, choir, individual voices, and the orchestra.

The formal program was followed by the LC, Mentors and Matric Committee taking the lead as they took a "lollipop" and gave the visitors a tour of the school whilst sharing some of their own experiences. Prospective parents and learners were visibly impressed by the confidence and obvious 'pride in and love for' their school shown by our 'tour guides'.

This is what one of the attendees said about the Open Day:

"We attended the open day hosted at your school last night, I was completely AWESTRUCK!



We felt truly welcomed and witnessed the tapestry of sisterhood so beautifully described by each pillar leader during the presentation. Rhenish has set an extremely high benchmark. I would like to thank the ladies for the grace and professionalism they displayed whilst conducting our hostel and school tour; it was an absolute pleasure to engage with your well prepared students."

Ivan Swart

On Friday, 1 March, a few Rhenishers, who volunteered, spent their afternoon with the children at USIKO. It was quite intimidating in the beginning as we had never done it before, but once we got started on reading to the children, everything relaxed and it was enjoyable.

Usiko Reading

The children ranged from 6-8 years old. Seeing their enthusiasm for wanting to read to us instead of us reading to them was incredible. The staff that welcomed and allocated us to the classes were very helpful, warm and welcoming.

It is a very good initiative to participate in as we are giving back to our community while enjoying it.

Robyn Armitage



iThemba LABS Masterclass



Sitting in a physics master class turned out to be mentally stimulating when the intricacies of the Alice experiment and particle physics were unveiled to me.

The lecturer explored a few microseconds after the Big Bang. Detailed insights into the experiment's design and state-of-the-art technologies used for investigating collisions between heavy ions explained much more about the nature of our universe.



The masterclass left me with a deep appreciation for the collaborative efforts of physicists worldwide, pushing the boundaries of knowledge in their pursuit to unravel the mysteries of physics.

Tessa Meiring

SPORTS NEWS AND RESULTS



Top Schools Gala



On Friday, 7 March 2024, Rhenish Girls' High School hosted its last gala of the term, the Top 20 Gala. The Top 20 schools from the Boland and Cape Town area came together to compete for the top spots in the province. Our Rhenishers worked so hard and despite the tough competition, we still pushed through and claimed the top spot. The gala ended with the following schools getting these scores: Rhenish - 822, HMS - 768, Herschel - 712, St Cyprians - 629, Stellenberg - 588 and Bloemhof - 544.

Grace de Jongh

The U16As started off the hockey season with the annual Spar Hockey Festival.

We arrived early on Saturday morning to kick off the day with a win 4-0 against Stellenberg HS. This allowed us to shake of the tournament nerves and we started playing more as a team in the second game where we also won 4 - 0 against Fairmont HS. We then played against Rustenberg Girls' High School in the scorching heat and walked away with another 4-0 win. Our last match was very physical against Durbanville High School, but the team worked hard to secure another 4-0 win.

Overall we won best team in our pool and the team is very motivated to keep up these results and to keep working hard to achieve our goals during the upcoming hockey season.

Spar Hockey Festival

Emma Lurie



Rhenish's Journey in the Western Cape Water Polo League 2024

Sarah Shaw

The Western Cape Water Polo League 2024 brought together schools in a competitive showcase of talent and determination. Rhenish participated in Section A, which was divided into two pools, where weekly fixtures in the first term determined standings for the semifinals and finals.

In this structured league, teams vie for specific trophies: the U14s compete for the Ultima Cup, the U16s for the Morell Cup, and the U19s for the esteemed Waller Cup.

Competition in Section A is rigorous, with league matches interspersed between additional fixtures and tours, adding complexity to the season.

Rhenish is pleased to share that the U14 and U19 teams reached the semifinals, facing Herschel. Unfortunately, both teams lost, 2 - 3 and 5 - 9, respectively. Despite the outcome, Rhenish takes pride in being the only public school to reach this stage.

The school extends heartfelt gratitude to everyone who contributed to the success of all of our water polo teams. The unwavering support from parents/guardians, coaches, and fellow learners has been instrumental in the teams' accomplishments, creating a sense of unity and camaraderie that defines the spirit of Rhenish water polo.

As the echoes of this season subside, Rhenish Water Polo looks forward to the challenges and triumphs that await us later in the year. We will also be keeping an eye on those trophies in 2025.

Thank you for all the support - together, we make waves!



Rhenish STARS

Nina Watts has been selected for the the Western Cape Interprovincial nippers team.

She also won a gold and bronze medal during the recent Western Cape Championships.



A couple of our Rhenishers recently participated in the SA National Aquatics Championships that was held in Jeffreys Bay, Eastern Cape.

Amy Hartung (right) competed in the 3km, 4 x 1.5km relay team and the 5km. Amy placed 5th in her age group in the 3km and 12th in the 5km.

Maya Laubscher (left) competed in the 3km, 4 x 1.5km relay and the 5km. She placed 8th in the 3km in her age group and 10th in the 5km. Maya's provincial relay team placed third.

Amber-Rose Berry (bottom) competed in the 3km event and placed 19th in her age group.





Rhenish Community Service Society

presents

EASTER EGG DRIVE

Any type of marshmallow
egg will be happily
accepted!

DROP OFF:
Ms Davids' class

LAST DATE TO BRING:
FRIDAY, 15 MARCH





SAVE THE DATES AND KEEP AN EYE OUT
FOR COMMUNICATION ON TICKET SALES ETC.
FOR THESE EXCITING PTA EVENTS



11 MAY
09:00

Stellenbosch
Rhenish GHS

**COLOUR
RUN**

*Silent Sunset
'Beach' Disco*

9 April

Rhenish Beach Volley Ball Field
or Ebenezer Hall
18:30 - 20:30

**RGHS
GOLF DAY**

25  **OCT**

STELLENBOSCH GOLF COURSE

DAD & DAUGHTER DANCE

**7th
June
18:30**

**La
Pineta**

LIZE-JEANNE COETZEE BIOKINETICIST PRACTICE SCHOOL WELLNESS TESTING

AT HIGH SCHOOL LEVEL

TESTING DATES: 7 - 8 & 11 MARCH '24

FEEDBACK DATES: 12 - 14 MARCH '24

ALL TESTING PROCEDURES DURING SCHOOL HOURS
R270
per child

+ FEEDBACK SESSIONS

AT SCHOOL
FEEDBACK

OR

ONLINE
BOOKEM FEEDBACK

SPECIALIZED

Functional Movement
Screening

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& Running Analysis

Our team of Biokineticists will assess how well your child's body is developed and we will determine if their bodies are well balanced by comparing the upper body to the lower body as well as the left side to the right side.

Lize-Jeanne Coetzee
Biokineticist Inc



TESTING

OTHER AREAS TO BE TESTED

These areas form an integral part of the assessments.



Basal
Metabolic Rate



Body Fat
Percentages



Growth
Score



Nutritional
Deficiencies



Muscle
Development



Functional
Movement
Assessments



Muscle
Imbalances



Gross Motor
Analysis



Posture
Analysis



Running
Analysis



GROW
ABROAD



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