

Issue 08 of 2024

# RHENISH NEWS

Excellence ● Compassion ● Accountability  
Integrity ● Diversity ● Respect

## SUTHERLAND TOUR 2024



### In this Issue:

Sutherland Visit | Rhenishers Are Part of Veldkos  
Project | We Read At USIKO | Sports News | Rhenish  
Stars

# GALAXIES AND NEBULAS

On Friday, 8 March, 24 learners departed on a Physical Sciences Department tour to Sutherland. After the five-hour drive, we arrived at Rogge Cloof Nature Reserve and Eco Farm, just outside Sutherland, where we stayed for two nights.

The South African Astronomical Observatory (SAAO) in Sutherland is the national centre for optical and infrared astronomy in South Africa. The town of Sutherland is the ideal location due to its height above sea level and its almost uninterrupted clear skies.

Almost immediately after we arrived, we drove into town for a show in the Sutherland Planetarium, which was followed by two hours of star gazing through the Planetarium's telescopes. Learners had the opportunity to look at Jupiter, The Jewel Box cluster close to the Southern Cross, a nebula inside Orion's belt and much more!

One highlight was the tour on Saturday morning at the Southern African Large Telescope (SALT), where we received an extra special tour from Mr Wiid, one of our Grade 12 parents who works at SALT. After the SALT tour, we were treated to a 4x4 drive in the nature reserve and an informative talk on fossils in a fossil field. Learners then had some free time to relax, study and burn marshmallows around the fire before a second stargazing evening at the farm.

We hope our learners enjoyed the tour and that this can become an annual event!

Lana Schreuder



# Rhenish Girls' High School is proud to be a part of the



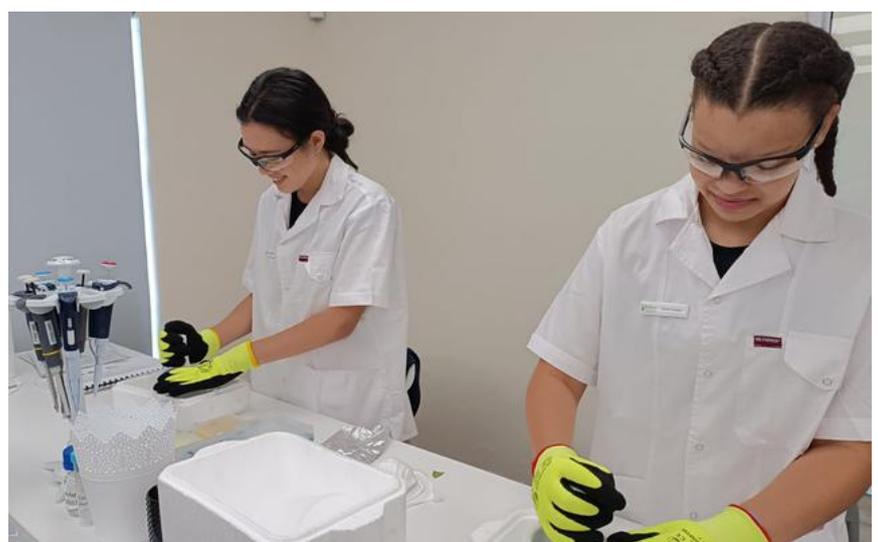
What is the project all about?

This schools' training initiative focusses on generating a genome sequence for a Veldkos | Field-food species lacking genetics or genomics information, whilst introducing high school learners to the exciting field of plant genomics to showcase what a career in science really looks like. Their data will also make a valuable contribution towards the creation of a draft reference genome for DIPLOMICS' 1KSA: Decoding SA's biodiversity initiative. Grootnoemnoem (*Carissa macrocarpa*) was chosen as the inaugural plant species for this project.

In a research team, there are typically various members, each with specific roles that complement one another. Research teams often consist of members from different institutions, contributing specific skills to the project.

Two of our grade 11 Life Sciences learners, Xenia McLachlan and Kaitlin Ernstze, are part of this team.

Information and images taken from: <https://cengen.co.za/the-veldkos-field-food-dna-project>



# Our second outing to read at Usiko Aftercare

Reading to the young children in Usiko Aftercare is worth doing every time. Each time, I get to read to new and old group of young children between the ages of seven and twelve, who hug you before you even enter the classroom and after you finish reading your last story.

Sometimes, you get children who listen and are patient; other times, you get the young ones who don't have a very long concentration span and would instead read the stories to themselves. Either way, they smile at you and thank you for coming to spend an hour with them.

They always remember your face and say "hi", even if you aren't assigned their class. When it is time to go, we finish our stories and say our goodbyes; we pack the books away and head onto the bus. But that's not where it ends, as everyone has a story of their own to tell about two boys fighting over a book or others not letting us leave.

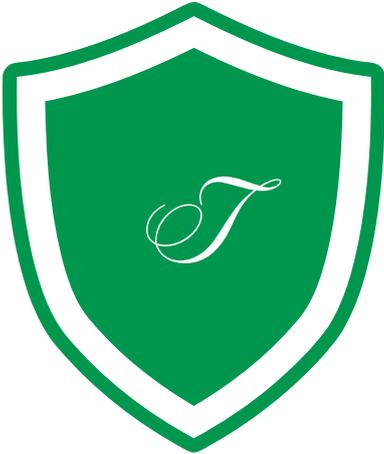
Every minute is worth the experience and memories you make after going to read to the children of the Usiko Aftercare. So don't miss out on the next adventure!

Isabella Turner



# *Academic House badges*

*based on term 4 results of 2023*

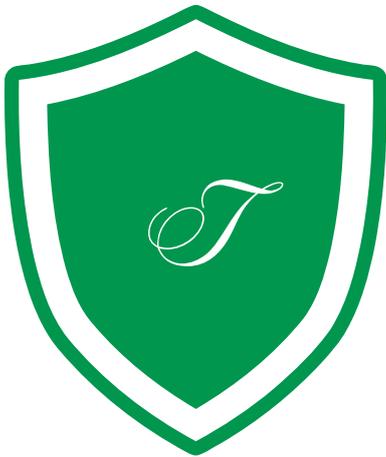


*Grade 8 2023 / Grade 9 2024*

Agar, Olivia  
Barrett, Riley  
Brooks, Emma  
Campbell, Keira  
De Araujo Magalhaes, Lia  
Durrant, Alice  
Eggers, Olivia  
Joseph, Yumna  
Kwayimani, Aqhama  
Latti, Lia  
Liu, Yanling  
Miller, Eva  
Muller, Nicola  
Ralaivaosaona, Sandatia  
Van der Merwe, Nicola  
Van Olst, Tessa  
Van Woudenberg, Stephanie

Booyesen, Hannah  
Couvaras, Alexia  
Delplanque, Isabella  
Hut, Charlotte  
Johnson, Jemma  
Mothapo, Mandlakazi  
Pietersen, Alveca  
Savage, Annabella  
Williams, Layla

Arendse, Peyton  
Beaumont, Isabella  
Buchanan, Madison  
Fernandes, Layla  
Flier, Rebecca  
Griffiths, Gemma  
Hendrikse, Charissa  
Henn, Frankie  
Heymans, Joah  
Hollander, Fabia  
Holm, Karoline  
Parish, Rebecca  
Petersen, Jodi  
Prinsloo, Mina  
Ramjugernath, Dayita  
Rooke, Aryanna  
Saaiman, Naylan  
Turner, Isabella

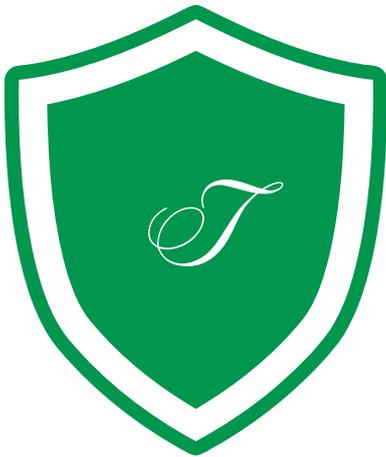


*Grade 9 2023/ Grade 10 2024*

Arnolds, Nuha  
Baxter, Megan  
Baxter, Robyn  
Boshoff, Meghan  
Brits, Marcelle  
Campher, Emma  
Cloete, Zoie  
Combrink, Anna-Sophia  
Currie, Samantha  
De Kock, Jemma-Jayne  
De Vries, Isabella  
Fink, Julia  
Franke, Sophia-Mara  
Gibson, Amy-Leigh  
Hagen, Olivia  
Kleynhans, Peyton  
Moss, Katharina  
Newton, Lilly  
Niesler, Rebecca  
Oscroft, Sarah  
Pettipher, Jenna  
Roos, Marie-Elizabeth  
Schagen, Lia  
Smit, Harriet

Bredell, Issataya  
Brink, Cara  
Cronje, Danielle  
Gordon, Leah  
Hodges, Errine  
Hodsdon, Sarah  
Jansen van Rensburg Emma  
Ligthart, Sonya  
Martin, Faithl  
Mossop, Kika  
Schoeman, NiRita  
Snyman, Claudia  
Van Niekerk, Emily

Blignaut, Grace  
De Kock, Layla  
Forssman, Gianna  
Griffiths, Caris  
Hobbs, Grace  
Krige, Danielle  
Louw, Larissa  
Matheza, Anothando  
Morgan, Rebecca  
Pretorius, Zoe  
Sickle, Katherine  
Steyn, Olivia-Rose  
Tatana, Mbali  
Van der Linde, Lana  
Wentzel, Raquel  
Worship, Chrissa  
Yip, Emma



## *Grade 10 2023/ Grade 11 2024*

Armitage, Robyn  
Bakker, Puck  
Bohmer, Anu  
Cillie, Tyra  
Currie, Danielle  
Dale, Aashiqa  
De Kock, Montana  
Fitzhenry, Sophia  
Gultig, Hannah  
Hobbs, Georgia  
Holtmann, Dannika  
Jordaan, Jeanne  
Knight, Hannah  
McLachlan, Xenia  
Morton, Tayler  
Oelofse, Hannah  
Pratt, Katie  
Pyke, Jaeda  
Snell, Kirsten  
Stevens, Mekayla  
Theron, June  
Van Almenkerk, Annabelle  
Van Wyk, Morgan  
Williams, Halle

Aitken, Jasmine  
Bennie, Caitlin  
Berry, Amber-Rose  
Botha, Kristin  
Briers-Danks, Ashleigh  
Daniels, Shiloh  
Du Plessis, Ingrid  
Du Plessis, Leah  
Farrell, Chloe  
Grant, Hayley  
Jappie, Layla  
Kilpin, Amelia  
Mansfield, Isabella  
Michell, Caitlin  
Olivier, Milan  
Rawoot, Sara  
Reyneke, Tallulah  
Rhoda, Kauthar  
Turner, Amber  
Walker, Sofia I  
Williamson, Kristin  
Zaphi, Kelsey

Amner, Abigail  
Barker, Nikita  
De Lapelin Dumont,  
Nicolette  
Du Plessis, Shene  
Ernstzen, Kaitlin  
Fernandes, Arabella  
Fry, Tamryn  
Jacobs, Mia  
Khumalo, Asemahle  
Lambrechts, Tilly-Tallulah  
Michael, Kendra  
Milton, Chloe  
Mulder, Jade  
Schipper, Jemima  
Schulz, Anwen  
Schulz, Mia  
Seyffert, Victoria-Lynn  
Singe, Simone  
Te Roller, Jade  
Van Galen, Emily  
Venter, Ankia



## *Grade 11 2023/ Grade 12 2024*

Arnolds, Zakiyah  
Bailey, Jessica  
Barnard, Cara  
Barnard, Kate  
Beaton, Chloe  
Booyesen, Katrien  
Broekhuysen, Madison  
De Waal, Lisa  
Durand, Anja  
Elms, Amy  
Evert, Nicola  
Godlonton, Gabriella  
Harris, Carmen  
Hoctor, Eliana  
Jordan, Juliette  
Kingham, Victoria  
Le Roux, Chloe  
Louw, Lisa  
Mare, Olivia  
Maritz, Olivia  
Mendes, Amber  
Pettipher, Amy  
Slabbert, Hannah  
Soderland, Samantha  
Stanford, Léa  
Van Graan, Denise  
Wiid, Abigail

Anthony, Lyné  
Bredell, Abriella  
Brink, Tamzyn  
De Villiers, Amy  
Donald, Mackenzie  
Dugmore, Suede  
Forsyth, Isabel  
Gouws, Jana  
Johnson, Halle-Jade  
Kesonk, Alexa  
Krige, Sophie  
Law-Morris, Meghan  
Meiring, Tessa  
Mulindwa, Elizabeth  
Nell, Jordan  
Proudfoot, Rynne  
Rimmer, Meika  
Shaw, Keira  
Stapelberg, Meghan  
Te Water, Jenna  
Viljoen, Manon  
Viljoen, Taelan  
Vos, Emma  
Waite, Goiya

Blignaut, Ruby  
Blood, Hannah  
Booyesen, Zoë  
Bosman, Saskia  
Bowker, Courtney  
Champanis, Alysa  
Dzama, Anesu  
Manxodidi, Semihla  
Nel, Emma  
Petersen, Kendra  
Petersen, Martanique  
Prinsloo, Danielle  
Raymer, Abby  
Springhall, Sydney  
Stoms, Katherine  
Uheida, Ream  
Williams, Siena

# ***SPORTS NEWS AND RESULTS***



# Greg Beiling Hockey Festival 2024

Our 1st hockey team attended the annual Greg Beiling Hockey Festival in East London this past weekend. On Thursday evening, we played the host team, Clarendon Girls High School, and walked away victorious, with the final score being 4-1.

Day 2 of the festival saw us locking horns with DSG Makhanda and one of the top hockey schools in the country, Eunice High School from Bloemfontein. Both teams could not stand up to our exciting Rhenish attack or our solid defence, and we walked away triumphant in both clashes.

Early on Saturday morning, we played Pearson High School and again walked away with a 4-0 victory. After that, with incredible hard work, passion and effort, we won our final game of the festival 4-0 against Afrikaanse Hoër Meisieskool (Affies) from the Capital City, Pretoria.

This festival was an excellent way to expose us to high-level opposition at such an early stage of the season. In each game, we arrived on the field with high energy and focus and the results were a true reflection of the team's hard work.

Team culture is something we emphasized at our leadership workshop earlier this year, and the way each girl represented Rhenish's pride on and off the field didn't go unnoticed.

Our team wouldn't be the same without our Coach, Chris Gerber, motivating and pushing us beyond our limits throughout this festival.

Ruby Cilliers

## Results

***Rhenish vs Clarendon:  
4-1 win for Rhenish***

***Rhenish vs DSG:  
3-0 win for Rhenish***

***Rhenish vs Eunice:  
5-1 win for Rhenish***

***Rhenish vs Pearson:  
4-0 win for Rhenish***

***Rhenish vs Affies:  
4-0 Win for Rhenish***



Kendra Beresford (top), Zoë Beresford (middle) & Amber-Rose Berry (bottom) represented the Clifton Surf Lifesaving Club at the Western Cape Lifesaving Champs held in Milnerton on Saturday, 24th February and Sunday, 25th February.

Below are the results achieved by the girls over the two days of competing:

Amber Rose Berry:

Open Ladies Taplin Relay: 2nd  
Junior Ladies Tube Rescue: 2nd

Kendra Beresford:

Open Ladies Flags: 2nd  
U17 Ladies Flags: 3rd  
Open Ladies Beach Sprints: 3rd  
Open Ladies Beach Sprint Relay: 1st  
U17 Ladies Beach Sprint Relay: 1st  
Junior Ladies 1km Long Run Relay: 2nd  
Junior Ladies Tube Rescue: 1st

Zoë Beresford:

Open Ladies Flags: 1st  
U17 Ladies Flags: 2nd  
Open Ladies Beach Sprints: 2nd  
U17 Ladies Beach Sprints: 3rd  
Open Ladies Beach Sprint Relay: 1st  
U17 Ladies Beach Sprint Relay: 1st  
Junior Ladies 1km Long Run Relay: 2nd  
Junior Ladies Tube Rescue: 1st  
Senior Ladies Tube Rescue: 3rd

All 3 Rhenishers will be attending the SA Lifesaving Champs Beach & Still Water event in Durban that will be held from 21 to 27 March 2024.



# Rhenish STARS

The following Rhenishers achieved these incredible results at the Western Cape Athletics Championship this past weekend while representing Boland Athletics.

Nicola van der Merwe:  
Gold in the javelin girls U15 with a new record of 48,76m



Amy Evans: Bronze in the 100m hurdles girls U17



Danni Fortuin: 4th in the 100m girls U19.



The following Rhenishers have been selected to represent Western Province in Action Netball during the Inter-provincial Tournaments that will be held in Gauteng

Rumé Olckers:  
Western  
Province  
U14A



Mbasa Majija:  
Western  
Province  
U16B





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**





GROW  
ABROAD



# HIGH SCHOOL ABROAD PROGRAM

Your destination choices are endless



## Are you a South African high school student between 14 and 18 years old?

Does the idea of travelling, learning about a new culture and improving your international competencies excite you?

Our program offers you a warm host family stay overseas, an opportunity to attend a local high school and a chance to make unforgettable memories and friendships along the way.

- Broadened World View
- Local Cultural Immersion
- Foreign Language
- International Networks
- Self-development, Confidence & Independence



## LET'S CONNECT:

- +27 (0)21 701 12 57
- highschool@growabroad.co.za
- www.growabroad.co.za

- @growabroad
- GROW Abroad

scan here

