

Issue 09 of 2024

RHENISH NEWS

Excellence ● Compassion ● Accountability
Integrity ● Diversity ● Respect



Rhenishers
show they
care

In this Issue:

Photographs:

Ms Azul, Mr Piron, Mr Swart,
Ms Jansen van Rensburg, Mrs Kruger,
Media Services Members

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Spraying for CANCER Awareness



On Friday, 8 March, hundreds of Rhenishers were accessorized with colourful hair or a painted face due to the Cancer Awareness Sprayathon hosted by the Rhenish Cancer Society.

This annual event is always great fun, with many girls having their hair decorated with patterns made with temporary hair spray, resulting in priceless photos and memories. This year, an additional option was created for the girls who didn't want to spray their hair but still wanted to support the cause; a bright pink cancer awareness ribbon could be painted on their cheek. The addition of this option was a practical choice as more girls could now take part in this fundraiser to raise awareness, which is the ultimate goal.



For the rest of the school day, the girls walked around school with bright and beautiful hair and painted cheeks. This was a radiant statement and hopefully increased awareness about cancer.



The Cancer Committee would like to thank everyone who participated in this event, as each and every one of the girls played an important role in raising funds. All funds are donated towards cancer.

Lisa Louw

CCEA

VISITS

RGHS

Ivan Swart

The annual Cape Careers Exhibition Association (CCEA) exhibition took place this past week in Ebenezer Hall to share with the grade 9-12s what their institutions of higher learning can offer our learners when they complete their grade 12.

Private and public colleges, universities, universities of technology and other private providers were all in attendance and took the opportunity to share as much information with our Rhenishers as they could.

Says Sherna Smith, Grade 8 grade head and Head of Life Orientation: “The Career Expo is a highlight every year and it is always well-attended by the learners. We had 36 institutions exhibiting at our Career Expo. It gave the learners an opportunity to gather information about the wide variety of opportunities available to study after they had completed school. They could interact with the student advisors and receive first-hand advice about their various programmes offered.”

The grade 12s, even though many of them know what they would like to study, still took the time to speak to the exhibitors and gain more understanding of their chosen field in person.

Says Ryanne Proudfoot, one of the grade 12s who attended the exhibition: “I do believe that the exhibition was such a beneficial experience as I got the opportunity to ask institutions questions that could not be answered through their websites or the internet. I could ask the staff members of these institutions about their personal experiences and the opportunities that come with the different degrees.”





AFRIKAANS

WEEK

2024



AFRIKAANS KOOK!

Rhenishers het die einde van kwartaal 1 gevier met die jaarlikse Afrikaans-week wat vanaf 14-19 Maart plaasgevind het. En wat 'n fees was dit nie...

We kicked off this exciting calendar event on Thursday, 14 March, with an extensive book sale showcasing the latest Afrikaans books, and even a few English ones. The learners were also allowed to dress up to showcase an Afrikaans idiom of their choice. The most fun was had while trying to guess what the idiom was that was being depicted.

Tydens die saalperiode Vrydagoggend het die bekende jeugroman skrywer, Nanette van Rooyen, 'n praatjie vir die hele skool gelewer. Sy het gesels oor twee van haar gewildste boeke en vir ons meer van die storielyne vertel. Haar kennis oor graffiti was verstommend en Rhenishers kon al twee haar boeke by die boekverkoop koop.

During a number of Afrikaans lessons on Monday and Tuesday, our senior learners had the opportunity to engage with PRG learners in get-to-know-each-other sessions. Die leerders het dit terdeë geniet, veral met die Maroenmasjien wat Paul Roos in groot getalle verteenwoordig het en 'n paar spiertierte wat selfoonnommers uitgeruil het.

Terwyl die seniors oor-en-weer gekuier en klets het, het ons juniors in klastyd gewerk aan allerlei plakkate om die

skool met advertensies vir die Afrikaans-week te verfraai. Their creativity ensured that the school's corridors were colourful and for one week: Afrikaans.

Maandag was sonder twyfel die hoogtepunt van die week. Leerders het tipiese "Afrikaanse" geregte en eetgoed gebring en dit het ontaard in een groot, vrolike Voedsel fees. Die Rhenish-vierkant was stampvol en die entrepreneurs wat die geleentheid aangegryp het, het 'n lekker wins gemaak. Learners sold their Afrikaans delights and bought from each other. Even Bloemhof walked over to join in on the fun.

Whilst feasting, the grade 9 learners participated in a fashion show, showcasing original Afrikaans T-shirts that they made themselves in class. Kreatiwiteit en oorspronklikheid was aan die orde van die dag en die kompetisie was omtrent knap!

In die Afrikaans-klas het ons woordspeletjies gespeel en ons taal gevier! Daar was ook 'n Willewoordeboekkompetisie waar leerders 'n nuwe, oorspronklike woord in Afrikaans kon opmaak. Die inskrywings was ongelooflik kreatief - van 'n pokkel-lekker (marshmallow), 'n haar-pantoffel (scrunchie), tot stofkoffie (instant coffee). Die Rhenishers mag maar!

Die 2024 Afrikaans-week by RGHS was 'n enorme sukses en ons maak volgende jaar weer so. Baie dankie aan elke leerder en die onderwysers wat ons ondersteun het en bygedra het tot die GEES.

Afrikaners is vir seker plesierig!

Rozanne van Dyk



Knitting squares project 2024

loading...

As we get ready for this year's knitting squares project, we thought some you would need some inspiration. This is our very own Rebecca Stander, showing off the jersey has completed.

How long did it take?

It took approximately 70 days.

Did you design it?

Yes and no. I had found a pattern online similar to my final product, but I had changed a few things on the front of the redesigned jacket, like the fish. I crocheted the fish instead, made eyes, and sewed them on. The original idea and pattern were made by a talented crocheter named @zenibascottage on Instagram, so all the credit goes to her.

How did you manage to take an image and turn it into crochet?

I used a website called stitch fiddle. When you put in an image, it turns it into pixels so that each pixel can be used as a single crochet stitch. So technically, the front and back are called grid crochet, which was quite hard at the beginning for me to figure out, but I eventually got the hang of it. Thus if I have calculated correctly the jacket is approximately 40 000 stitches.

Do you take orders?

To a certain extent yes. Since it's my last year I'm busy with work so if it is a massive project like a jacket it is quite expensive to make it and I like to take my time making and perfecting jackets. Otherwise anything smaller than a shirt I would be open to doing it.

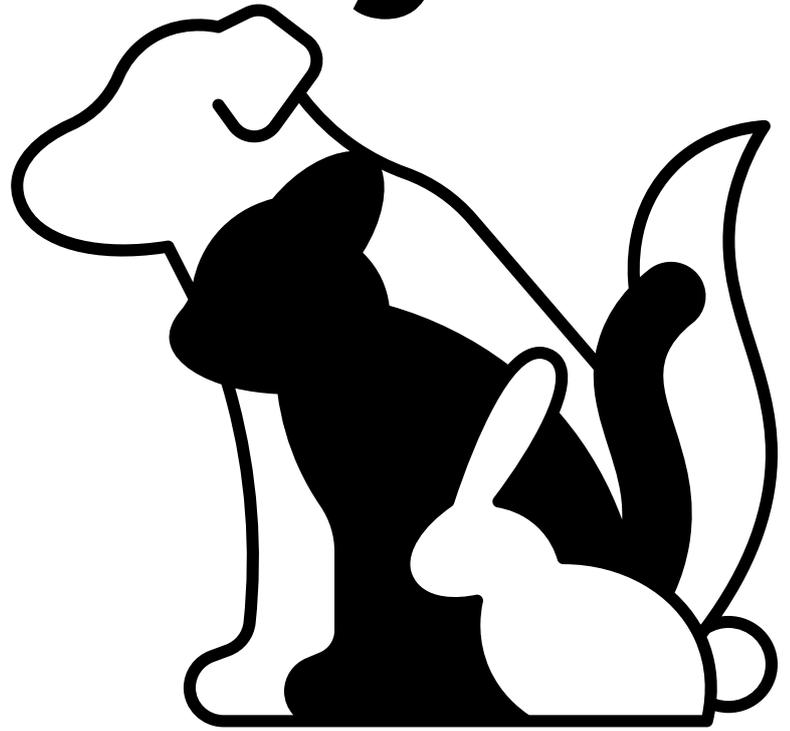


“Thus if I have calculated correctly the jacket is approximately 40 000 stitches.”



Glenys Kruger

Thank you!



The Animal Welfare Society is thrilled to share the latest success of our recent Pet Food Drive! Your generosity has helped out a lot of pets in the Dead Animals Walking (DAW) organisation. They have been struggling recently and they need all the help they can get.

Thanks to your donations, we were able to collect an abundance of pet food, from kibble to canned treats. The variety ensures that pets of all shapes and sizes will have their nutritional needs met. This drive has brought us Rhenish sisters closer together in a shared love for animals. It didn't matter how large or small your donation was, the impact was significant.

The real success lies in the grateful eyes of the animals we have helped. Your support has not only filled bowls but also contributed to the happiness and well-being of our beloved pets. The DAW organisation appreciates the support Rhenish provides them and thanks Rhenish for its generosity.

The Animal Welfare Society hopes to carry out a lot more successful projects in 2024 and we would love the support and help. If you guys have any other ideas please let us know. You can find more information about our club on our board in A block.

Alysa Champanis

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SPORTS NEWS AND RESULTS



REDDAM HOUSE CHAMPIONS CUP

Johanette Burger

During the tournament, we played three matches in total. Our first match was a draw (1-1) against St Cyprians. We then took on St Stithians and suffered a defeat by just one goal, losing 1-2. But in the last match, we left it all on the field and walked away the victors with a 4-0 thrashing of Springfield Convent.

This allowed us to play in the 5&6-position playoffs against Pinelands. Our Rhenishers were ready and took on the challenge, which led to us winning the game with another 4-0 result, ending in the 5th position in the tournament.

Even though we didn't win the tournament as we had hoped, we grew so much as a team. There was a great improvement from our first match compared to our last match; we played with passion and energy in our last match and we became more of a team when we spent more quality time off the field together. We took this tournament as a building block to win more matches and to understand the importance of energy on the field.

We all left the tournament feeling proud of our progress as a team.



Holiday Hockey News

Rebecca Jansen van Rensburg

The Rhenish U16A hockey team competed in the annual Bloemhof Fairtree tournament at the start of the holiday. We entered the tournament with high hopes and a good team spirit, ready to face the challenges. Although we were upset about a few matches, we kept fighting, and our skills kept improving every match, resulting in an outstanding achievement of 7 wins, two draws and only one loss with 15 goals for and only three against. Everyone put in huge amounts of effort and drive to achieve this. On the last day of the tournament, we played for fifth or sixth place and secured a respectable fifth place. We will continue to work hard and give our all for future matches.

The results were as follows:

- Win 1-0 vs Paarl Gimnasium
- Win 1-0 vs Rustenburg
- Draw 0-0 vs DF Malan
- Win 1-0 vs Collegiate
- Win 3-0 vs La Rochelle
- Win 5-0 vs Outeniqua
- Draw 1-1 vs Somerset College
- Win 1-0 vs St Cyprians
- Lost 1-2 vs HS Garsfontein
- Win 1-0 vs Pearson



Holiday Hockey News

Results

Drew 2-2 vs Paarl Girls
Won 1-0 vs Pearson B
Won 2-1 vs Strand
Drew 0-0 vs Bloemhof
Drew 1-1 vs St Cyprians
Lost 0-3 vs Paarl Gim
Won 4-0 vs Huguenot
Lost 1-2 vs Drostdy
Drew 0-0 vs La Rochelle



At the start of the holiday, the Rhenish U16B hockey team participated in the annual Bloemhof Fairtree tournament. This was a very intense tournament; despite the extremely hot weather and testing games against tough opposition, the team showed remarkable resilience and spirit to keep fighting and stay positive throughout the tournament.

As the games went on, our team found our connection and improved a little in every game. Despite some frustrating results, the team emerged united and ready for what the rest of the season has to offer. After the final games, we finished in a respectable 6th place overall.

We cannot wait for the exciting season ahead.

Cara Brink

The U4A hockey team began the March holidays with a bang! We participated in the DF Malan Salt festival in the Northern Suburbs, where we took on some brilliant opposition, walking away with four wins and three draws.

We focused on getting to know each other, building an electric team spirit and setting the tone for an exciting hockey season.

We could experiment with various formations and numerous short corner options and work on our pressure and defence. We improved, not only as a team but also as individuals.

The days were long and hot. Fortunately, our friends Nikita and Arial kindly opened their homes so that we could escape the heat and spend some quality time together.

Here is a summary of our results:

Paarl Vallei: 3-0 win.
Herschel: 0-0 draw.
Bloemhof: 0-0 draw.
Paarl Gim: 1-0 win.
Paarl Girls: 1-0 win.
DF Malan: 0-0 draw
Durbanville: 2-0 win.

We finished the festival unbeaten and this has given us the fire that we will carry with us for a great season.



Dani Henn



Results

HOËRSKOOL STRAND FESTIVAL

U19B HOCKEY TEAM

OPPOSITION	RESULT	SCORE
PAARL GIRLS' HIGH C	WON	3 - 0
HS BELVILLE	WON	3 - 0
PAARL GIRLS' HIGH B	WON	2 - 1
HS STRAND	WON	11 - 0
HS HUGENOTE	WON	7 - 0

PLAYED 5 | WON: 5 | DREW 0 | LOST 0
GOALS FOR: 26 | GOALS AGAINST: 1

RHENISH U19B | 21 & 22 MARCH 2024

Rhenish STARS

Kendra Beresford (top) and Zoë Beresford (bottom) have been selected to represent the Western Cape at the South African Inter-Provincial Surf and Still Lifesaving Championships.

This event takes place in Gqeberha on Saturday, May 4, and Sunday, May 5, 2024.

This selection merits full Provincial colours for the sport of lifesaving.

Colours will be presented at an official LWC ceremony on Sunday, 28 April 2024.



Grace de Jongh brought back two medals from the South African National Junior Age Group Championships held in Kwa-Zulu Natal from 15-19 March.

Grace won a silver medal in the 50m backstroke and a bronze medal in the 100m backstroke in her age group.

Nina Watts took part in the 3 day Nippers Stillwater SA Champs at a 1 day National Nippers Beach competition during the holiday.

She was the top U14 girls points scorer at the Beach competition with 2 gold and one bronze medals.



Ava-loren van Galen also participated in the SANJ in Durban during the holiday.

Having made all the respective finals, she achieved her SSA Full National Age group colours for swimming.

Her results were are follow:

She swam a total of 10 race disciplines, achieved 10 personal bests (PBs) and 5 Finals, with respective best overall results being:

4th for 50m backstroke

5th for 50m butterfly

4th 50m breaststroke



Rumé Olckers represented the WP U14A Action Netball Team during the IPT Tournament recently held in Gauteng. Her team won a silver medal after extra time, losing 56-58 to Eastern Gauteng.



Mbasa Majija represented the Western Province in the WP U16B Action Netball Team that participated in the IPT held in Gauteng during the school holiday.

Her team finished the tournament in 4th place.

Learner Support Unit at RGHS



Ms Lauren Conchar
Counselling Psychologist
lauren.conchar@rhenish.co.za



Mrs Almarie Nel
Educational Psychologist
almarie.nel@rhenish.co.za



Ms Nkepeng Khoboko
Academic Support
nkepeng.khoboko@rhenish.co.za

Emotional Support

- **Individual counselling/psychotherapy:** Takes place during school hours (maximum of 12 sessions per learner per year).
- **Individual secondary support:** Check-ins at school for learners who are seeing an external psychologist.
- **Whole-school wellness check-ins once a term.**
- **Class-based group sessions and specific small-group sessions.**
- **Grade 9 Subject Choice Assessments:** At parents' own cost.

Academic Support

- **Short-term Individual and small-group level support.**
- **Grade 8 and 9:** Choice subject change to s'Cool Skills which focuses on soft skill development.
- **Homework Centre:** Open from after school until 16:00 (Monday-Thursday).
- **Accommodations:** Diagnosed or suspected learning barrier issues can be brought to the attention of the LSU by parents/guardians. .

Please feel free to email a member of the LSU if you would like to enquire about any of the above-mentioned services.

»» All cases are treated with utmost confidentiality ««



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