

Issue 15 of 2023



RHENISH NEWS

Excellence ● Compassion ● Accountability ● Integrity ● Diversity ● Respect



Watch out Emerald Ilse, here comes Sarah Krone

In this Issue:

Sarah Krone - Protea Tag Rugby Member | Special Assembly | Learner Council | Stars of Stellenbosch | Winter's Week | Winter's Week Barn Dance | From the Old Girls | Staff News | Sports Round-up | Rhenish Stars | Maths extra classes | LSU | Learner adverts

Contributors to this edition:

Ivan Swart | Leon Piron | Media Services Team | Dominique Golder | Samantha Henery | Ingrid Hofhuis | Alice Forsyth | Syntych Plaatjies | Liza Visser

Sarah Krone - Tag Rugby Protea Rugby player



On 20 July 2023, Sarah Krone attended the official capping of the South African National Tag Rugby Mixed Open Squad at the Western Province Cricket Grounds. Although Sarah is no stranger to rubbing shoulders with rugby greats, this affair was different as former Blitzbok Chris Dry awarded her her official Protea cap.

The TagBoks, as they are affectionately known, are currently in Ireland, busy preparing for the World Cup that kicks off at the University of Limerick from the second till the sixth of August.

To make this even more unique, Sarah is the only school girl in the Mixed Open team; all the other players are seniors. Indeed a great accomplishment.

According to a statement released by the South African Tag Rugby Association, the association "never in our wildest dreams would we have thought that we would be awarding national colours to players representing South Africa."

2023 has been branded by many sporting channels across the globe as "The Year for Her", and we at Rhenish Girls' High School are proud of Sarah, who will be flying the national and RGHS flags high during the tournament.

We will watch the internet and wish her well as she takes on the world...one tag at a time.

tag° TAGBOKS

MIXED OPEN



Tag World Cup 2023

- 01 FADIA ABELS
- 02 MIQUELA BEZUIDENHOUDT
- 03 ENRICO BOONZAAIER
- 04 NATASHA HOFMEESTER
- 05 ADAM KAMALDIEN
- 06 SARAH KRONE
- 07 RICARDO LINKS
- 08 MARISKA LOOTS
- 09 STEPH LORD
- 10 SARAH PHILIP
- 11 NICO PRINSLOO
- 12 SEAN ROGERS
- 13 ETHAN ROGERS
- 14 ASHTON SAMUELS
- 15 CHADWIN SMITH
- 16 MIKAEEL STEMMET
- 17 MISHAAL STOFFELS
- 18 RETHABILE TALA

COACH: DUMA NTLOKO
MANAGER: MARISKA LOOTS



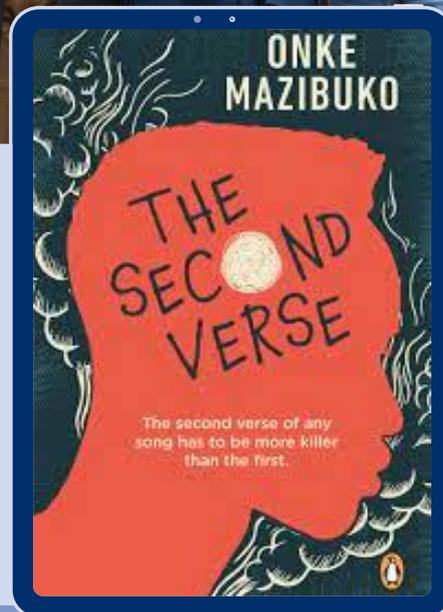
This week's special assembly



On Wednesday 26 July, the staff and learners were informed that there would be a “special assembly” in the first lesson. Various surmises about the reasons for this were exchanged in frantic whispers on the way to the hall (it turns out they were not going to introduce the new principal) and we were intrigued to find a new face on the stage, ready to address us. And so, the Rhenish family was introduced to Mr Onke Mazibuko: psychologist, author and our guest speaker for the morning.

Mr Mazibuko originally hails from the Eastern Cape and, after qualifying as a psychologist, went on to spend several years working in the private sector before branching out into private practice as a psychologist and working extensively with NGOs, schools and other organisations.

Mr Mazibuko is often sought out for his experience and expertise in working with teens and helping organisations and institutions cope with and adapt to an increasingly diverse and complex world. In his address to the Rhenish family on Wednesday, he spoke about various aspects of his own experiences as a young black man attending a previously whites-only school in the 1990s in the Eastern Cape, a time he described as particularly challenging and isolating. A conclusion that he has reached for himself based on reflecting on that time is that ultimately inclusion is about empathy. It is perhaps one we can all draw from and consider as we go about our lives.



In an engaging and authentic way, Mr Mazibuko was able to craft a series of anecdotes about his own life, both past and present, into a challenge to us all to think about our own subjectivity, privilege and position in society. Based on the many and varied conversations that followed throughout the rest of the day, it seems that Mr Mazibuko’s message was one that many Rhenishers found interesting and thought-provoking. In particular, his suggestion to us to confront our discomfort, sit with it and process it is one that we can perhaps all benefit from as we attempt to navigate the often-fraught social landscape that is life in 2023. We thank Mr Mazibuko for taking the time to speak to our school community about the challenging times we face and especially for providing such a wonderful example of vulnerability, humility and humour. It is our hope that this is merely the start of many conversations about the challenges of being and educating young people in a rapidly-changing and complex world.

*Leadership is not a popularity contest; it's about leaving your ego at the door.
The name of the game is to lead without a title.
- Robin S. Sharma*

Learner Council elections are on the way... ...Here is what you need to know.

As we are getting ever closer and closer to the end of the year and while the time to elect our new leaders are becoming more and more of a reality, we would like to remind you about various things concerning the Learner Council that includes: who may be eligible for election, how many may be elected and which grades will be represented on the Learner Council.

This week, the grade 11 classes took to various parts of the school to participate in the leadership development workshop and this was an experience that many cannot stop talking about.

Application and Selection Process

Grades 8 – 10

- Three (3) learners will be elected from each Grade to serve on the Learner Council.
- Learners will be nominated by their peers and placed on a voters' roll upon acceptance of the nomination.
- Learners will each vote for a maximum of three learners to serve on the Learner Council.
- Any learner is eligible for nomination to the Learner Council, but a learner can be excluded from nomination at the discretion of the Acting Principals if:
 - o The learner has been in detention more than once during the year the learner is nominated.
 - o The learner has not contributed to the school extra-murally in some capacity during the year in which she is nominated.
 - o The learner is underachieving academically in her Grade.

Grade 11

- Learners will be nominated by their peers and upon acceptance of nomination will be placed on a voters' roll.
- The learners and staff are eligible to vote. The first three (3) will be learners voted in by peers and the remaining 15 learners will be voted in by Learners/Staff.
- Any learner is eligible for nomination to the Learner Council, but a learner can be excluded from nomination at the discretion of the Acting Principals if:
 - o The learner has been in detention more than once during the year in which the learner is nominated.
 - o The learner has not contributed to the school extra-murally in some capacity during the year in which she is nominated.
 - o The learner is underachieving academically in the Grade in terms of:
 - academic average (must be above 55% throughout her Grade 10 and 11 years);
 - subject failures;
 - two or more subjects below 40%.

Learner Council

Learner Council members and their parents must sign a Code of Conduct in which it is stipulated that the Learner Councillor's behaviour must be beyond reproach during their term of office as members of the Learner Council.

Important dates:

1-2 August

LC nomination (Grade 8 – 11) via electronic google forms

3-4 August

Nominees accept the nomination by signing next to their name on the form outside their Grade Head's classroom

8 August

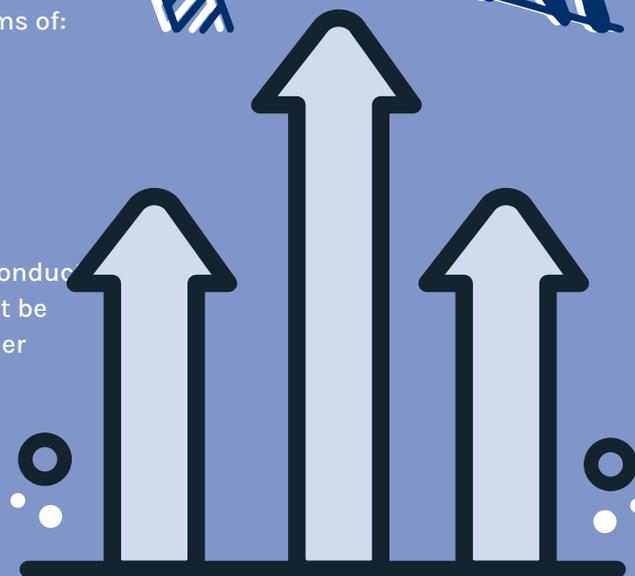
LC Voting: Grade 8,9,10 – (During register period)

10 August

LC Voting: Grade 11 – (During register period)

18 August

Announce LC in assembly



The Rhenish music stars continue to shine brightly at this year's Stellenbosch Eisteddfod



And the winners are...

images: fokus.co.za

Shannon Johnson: Solo Singing Girls: 17 years | Best Jazz Singer 16 years and younger | Music and song best senior women's participant

Simone Singe: Solo Singing Girls: 15 years | Songs in original language: 13 years and older

Siena Wilk: Opera

Carmen Harris: Solo Singing Girls: 16 years | Encouragement prize for high school singer

Sarah-Ellen Groenewald: Solo Singing Girls: 14 years

Peyton Kleinhans: Soprano or Alto recorder: 14 years

Mari-Elizabeth Roos: Best achievement in the minimum of two categories | Highest achievement for senior violin

Agnitha-Maria Roos: Best Senior/Open Cello

Winter's Week 2023 - Big Brag



vs



Winters Week 2023. Wow. Such an iconic week for all involved in the great Rhenish vs Bloemhof derby. We know not how things went down at Bloemhof, but at Rhenish, we sure did have a fun and fully packed week.

We started with a successful Big Brag on Monday. The hall buzzed excitedly and intensified when our cheerleaders stepped on the stage. The enthusiasm after that ran throughout the passages and classes for the rest of the week. During Big Brag, we wished all the teams participating in events during the week nothing but luck. It was a chance to show all our sisters participating during the week the immense support, love and respect we have for all of them. For us, Big Brag was more than just an assembly.

It successfully brought the whole school together to show our fellow sisters that we will always have their backs.

Winter's Week 2023 - Other results



Bloemhof won Junior and Senior Public Speaking competitions.



Rhenish Girls' High School won the chess matches 6-0

Winter's Week 2023



VS



And so Winter's Week has come to an end and through all the activities, one thing stood tall and true...Rhenishers do not stand down for anyone, no matter the weather or the circumstances.

A big thank you to everyone for all the support and coming to cheer for the events of Winter's Week
The support and gees were definitely noticed and made a big difference in everyone's matches!!
Thank you for watching all the teams participate and a special thank you to everyone who stood in the pouring rain to cheer on the hockey teams yesterday ❤️ Enjoy your weekends!!



From the Old Girls

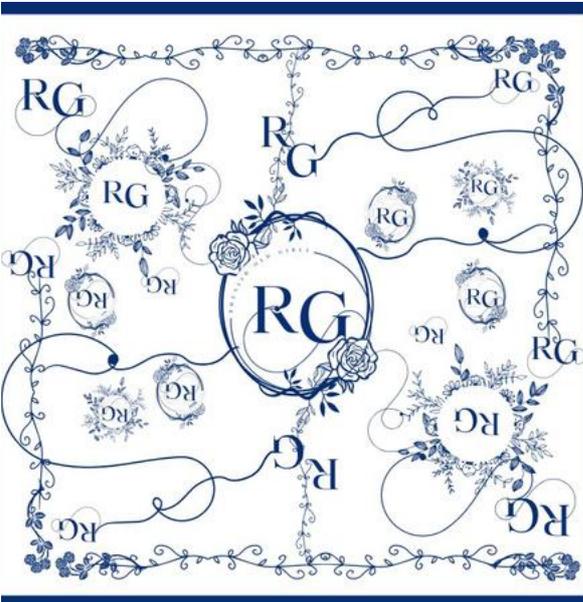
Rhenish Old Girls supporting Winter's Week on the netball court

Winter's Week is not just about winning but about the sisterhood and the camaraderie and that was personified during the Old Girls clash when the Rhenish Old Girls took on the Bloemhof Old Girls on 27 July. The cold Stellenbosch air did not make our Old Girls blink as they were focused and ready to take on the Winter's Week foe.

"I do not even remember who won," said Dominique Golder, Rhenish Old Girls liaison and member of the Old Girls team.

The Rhenish team was so diverse in age; ranging from girls who matriculated last year to ladies who have matriculated in 2004. And they all enjoyed the game.

We will also soon see our Old Girls take on Bloemhof's Old Girls in the Old Girls hockey match, which is surely going to be fun, and highly contested.



ROGU SCARF ORDERS

Grade 12s who wish to order their scarves are encouraged to contact the Old Girls Union.

For more information about Rhenish Old Girls Union, or information about how to order your scarf, please get in touch with Mrs Dominique Golder, Alumnae Contact and Marketing, at dominique.golder@rhenish.co.za

Winter's Week Barn Dance

In the world of entertainment, few events can match the sheer euphoria and joyous atmosphere of a successful dance party. Combining the pulsating beats of DJ Paulie playing vinyl's, energetic dance moves and a crowd of parents willing to let loose, the Barn Dance was a celebration of the unity that the two sister schools enjoy. Those who were there will also not forget the electric bull which always seemed to come out victorious against all who dared ride it! The inception of this event began with a small group of passionate individuals who share a common goal.

Their vision was to create an event where parents could come together and share a fun evening whilst contributing towards creating better facilities for the holistic development of our girls. The funds raised by this event will go towards setting up a conditioning gym at school. Much planning and coordination went into bringing this dream to life and the results definitely reflected the effort. This could not have been done without those who supported us: parents who helped, parents who attended and our generous sponsors.



We would like to take this opportunity to thank the following:

Lutzville wines; Compagnie's Drift; Chill Beverages; Thirsti (water); Diesel & Dust; the anonymous donation for the champagne; Louise Bowker; Hanneli Green and her team for the incredible dessert table; Boer & Butcher for the great dinner; DJ Pauli and Wiaan for entertaining us and Tanja Mulder for assistance and advice.

In the end, the success of this dance party was not solely determined by the number of attendees or the popularity of the DJ. Instead, it was simply the fun and classy atmosphere that left a mark on all who attended.

We envisage this event becoming an annual one and look forward to the 2024 dance.



Water Polo coach in World Aquatic Championship



Our U14A water polo coach, Annie Thornton-Dibbs, and the South African Women's water polo team exhibited great skill and grit during the recent World Aquatics Championship in Fukuoka, Japan. She and the other South African poloists took on the world's best and ended the championship in 12th place after losing the 11th place playoff against New Zealand - 25-6.

We look forward to having her and her expertise as part of our preparation for the new season.

Head of hockey selected as a provincial assistant coach.



Chris Gerber, under 18A hockey coach and head of hockey at Rhenish Girls' High School, was recently selected as the assistant coach for the Boland U16A side. The team played in the provincial tournament in the Free State during the July school holiday. The U16A side played against the Southern Free State and walked away as the victors, and clinched the bronze medal.



SPORT ROUND-UP

HOCKEY

ROUND-UP
BROUGHT TO YOU BY



vs Paarl Girls' High School

1st team BYE
2nd team won 4-1
3rd team lost 7-0
U16A won 2-0
U16B drew 1-1
U16C won 3-0
U16D lost 2-1
U14A won 9-0
U14B lost 2-1
U14C won 3-1



vs Bloemhof

1st team won 1-0
2nd team lost 2-1
3rd team drew 1-1
U16A lost 2-0
U16B drew 0-0
U16C lost 6-0
U16D lost 4-0
U14A won 6-1
U14B lost 3-2
U14C won 3-1



NETBALL

ROUND - UP

vs Paarl Girls' High School

1st team won vs Gym u18B 21-14

2nd team lost 31-7

U17A lost 19-17

U16A lost 20-10

U16B lost 28-4

U16D lost 32-2

U15A lost 24-7

U15B lost 18-11

U15C lost 18-7

U15D lost 14-12

U15E won 12-7

U14A won 18-16

U14B lost 20-3

U14C lost 19-3

U14D lost 14-4

U14E lost 14-4



vs Bloemhof

U16C lost 7-26

U16A lost 5-37

U14C lost 4-23

U17A lost 6-30

U15A lost 12-16

U15C lost 7-27

U14B lost 7-26

U16B lost 4-28

1st team lost 20-49

U14D lost 16-2

U15D lost 3-6

U14C lost against Bloemhof U 14E 4-16

U15C drew against Bloemfontein U15E 7-7

U15 Dev won against Bloemhof U15F 6-8

U14Dev won against Bloemhof U14F 3-2



CROSS COUNTRY

ROUND-UP



VS

Bloemhof

Rhenish Girls' High School lost 84-126



GEOGRAPHY

NATIONAL OLYMPIAD RESULTS

Mila Mitrovic won a bronze certificate (in the top 15% in South Africa) and Malaika Mortimer a silver certificate (top 10%) in the Senior South African Geography Olympiad.



SWIMMING

TOP PLACEMENTS FOR AMY AND AMBER-ROSE

Amy Hartung swam in nine individual events, where she made it into eight finals (eight top 10 placings) and was a valuable member of our relay team. She posted four personal best times. She won silver in the 200m Butterfly and bronze in the 100m Fly.

Amber-Rose Betty swam five individual events and multiple relays. She was placed in the top 10 in three of her events.

TENNIS

SERVING UP SOME GREAT RESULTS



Jenna Theron's results.

Singles:

KZN grand prix:
First

KZN Growthpoint:
Second

Gauteng Central Growthpoint:
Fourth

Gauteng East Growthpoint:
Ninth

Doubles:

KZN Tournament: Doubles Title Under 16

Second Gauteng East Super 8: Finals

Second Gauteng East Tournament: Won under 16



Ashley Taylor's results:

KZN tournament:
Singles: Third
Doubles: First

First Gauteng tournament:
Singles: Third
Doubles: First

Second Gauteng tournament:
Singles: First
Doubles: Second

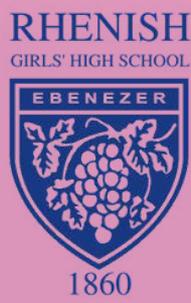


Christie Kotze's results

Cape Town Tournament in June:
Third

Katrien Booyen's results:

Under 18 at the KZN Grand Prix:
Singles: Fifth



Cookies for Cancer

Karri app open from 31 July to 7 August
Drop off in Register

COOKIES ONLY R30

17 AUGUST



*SUPPORT KIDS
FIGHTING
CANCER*





Rhenish Girls' High School
Community Service portfolio presents

STATIONARY DRIVE 2023

HELP MAKE A DIFFERENCE BY
BUYING A PEN FOR A PAL !

ITEMS TO BRING :

GRADE 8: PENCILS

GRADE 9: ERASERS

GRADE 10: SHARPENERS

GRADE 11: RULERS

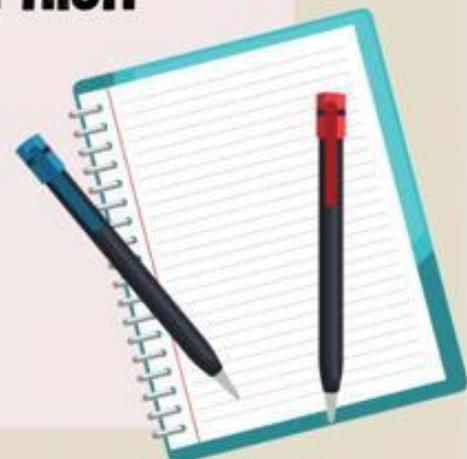
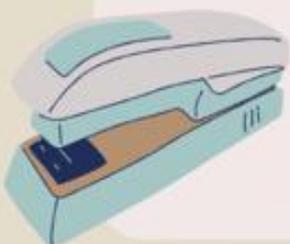
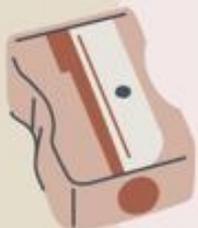
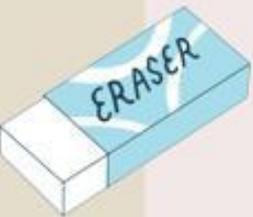
GRADE 12: PENS

DATE: 31 JULY - 4 AUGUST 2023

DROP OFF POINT: UNDER THE ELECTRONIC NOTICE BOARD

**ALL STATIONARY ITEMS COLLECTED
WILL BE DONATED TO KYLEMORE HIGH
SCHOOL**

Donations via Karri app
would be much appreciated



MATHS SUPPORT 2023



GRADE 8 – 12

(14H30 – 15H30 ON THESE DAYS)

Grade 8 - 12	Mrs Liebenberg (B12)	Monday
Grade 8 - 12	Mrs Adonis-Maarman (B11)	Monday
Grade 8 - 12	Mrs Hodges (C5)	Wednesday
Grade 8 - 12	Ms Robinson (B8)	Thursday
Grade 8 - 11	Ms Skog (B9)	Wednesday

GRADE 8 – 9

- Educators will leave after 10 minutes if no learners arrive so please be prompt!
- 14H30 – 15H30 on these days

Mrs Fanton (D6)

Wednesday

Mr Hugo (A4)

Thursday

Maths Support here means:

- Assistance from Maths teachers with homework, redoing of tests, catching up on work or completing worksheets (ADEX)
- NO TEACHING takes place, but individual help is given where necessary
- Learners may attend any of these classes when they need additional assistance

Grade 8 and 9 Post Test Maths Intervention

- After completion of a test, learners will be identified by their teachers to attend a COMPULSORY lesson.
- Time will be arranged by teachers.

The responsibility for seeking support in Maths, i.e. attending a session, lies with the learner. Take responsibility for your own success; do what you know you need.

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

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