

Issue 17 of 2023

RHENISH NEWS

Excellence ● Compassion ● Accountability ● Integrity ● Diversity ● Respect



Rhenishers show their mettle in Clanwilliam Tournament

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Rhenish netball teams tops at Clanwilliam Spar Tournament

The annual Clanwilliam Spar Tournament this year was hosted by Augsburg Landbou Gimnasium from 28-29 July 2023. This year's tournament was most definitely a memorable one for our Rhenishers.

We caught up with some of our players who participated in the tournament, and this is what they had to say.

"We started the tournament on a high by winning our first match. Even though the weather conditions were not ideal for netball, we gave it our all in the pouring rain and icy cold air and ended up winning the tournament.

Our first team took home the title of Tournament Winner while our U17A took third place, our U16A side was placed in fourth place after they played our U17A side in the third-place playoff match. Our U14A side also took home the title of Tournament Winner for their age group.

"This tour always teaches me several lessons, such as learning more about our team, and how well we can work together. We persevered through the tough times as a team, and this was an ideal opportunity to build stronger bonds with one another as a team. We were eager to come first, and even though it did not always go our way, we persevered and rose to the occasion. Without a doubt, this tournament brought our team closer. It was an opportunity to experience victory and loss together. We all cared for each other, and when one head dropped, another team member would be there helping and motivating all of us. The circumstances were not always easy, but I wouldn't have had it any other way, and ultimately the U17A placed third place," said Mia Cole.

Some players were also awarded 50th caps, but more about that later...
Congratulations to our teams for the excellent results.



Leadership Development Workshop 2023

On Tuesday, 25 July, the future matric class embarked on a Leadership Workshop. Brimming with excitement and enthusiasm, the grade 11 students gathered on 25 July to explore what it means to be a leader.

The event was hosted by The Venture Group, a passionate collective of leaders who guided us through an exhilarating day of both fun and learning. Throughout the activities, we were introduced to various games, each teaching us valuable skills to serve us as school leaders.

From the challenges of transporting buckets of water across the field and attempting manoeuvring a line of planks to move a cone as far as possible, we encountered moments of frustration and triumph. Yet, we learned an essential lesson in every game, making every struggle worthwhile.

A huge thank you goes out to the leaders who helped us through the day; we came out with much life experience and a new eagerness to lead by example. Another thank you goes to our teachers, who always support us and sacrifice their teaching day to allow us to grow as leaders.

The day offered a profound realisation: leadership manifests itself in countless ways. We can lead the school with kindness and respect, rather than leaning on 'hierarchy' to justify our actions, and maybe inspire future matric classes to do the same. Through shared challenges and triumphs, we bonded as a grade, preparing ourselves to leave a lasting impact on the legacy of Rhenish.

The future is bright, and we are prepared to embrace it openly –inspiring, guiding, and leading by example to make a positive change in our school. Megan, one of the facilitators on the day, summed it up so well: “If serving is beneath you, then leading is beyond you.”



Reported by: Amber Mendes

AFRIKAANS KOOK!

Verlede week het ons geskiedenis gemaak met die heel eerste Afrikaans-week by Rhenish Girls' High School! En wat 'n fees was dit nie...

We kicked off this historic event on Monday, the 24th of July, with a good old Afrikaans sokkie during first break in the Rhenish Hall. Die lewendige Afrikaanse sokkietreffers, met komplimente van Rhenish Radio, het alle Rhenishers saal toe gelok...en die teenwoordigheid van 'n paar Paul Roos-seuns het ook gehelp om die feestelikhede op 'n hoë noot af te skop.

During a number of Afrikaans lessons on Tuesday and Wednesday, our senior learners had the opportunity to engage with Bloemhof and 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 spiertiere wat selfoonnommers uitgeruil het. Daar is lekker gesokkie en selfs van die onderwysers se voete het gejeuk.

Terwyl die seniors oor-en-weer gekuier en klets het, het ons juniors in klastyd gewerk aan allerlei plakkaat om die skool met oulike uitdrukkings te verfraai. Their creativity ensured that the school's corridors were colourful, educational and for one week: Afrikaans.

On Thursday the learners were allowed to dress up to showcase an Afrikaans idiom. The most fun was had while trying to guess the idiom that was being depicted. Daar was selfs 'n prys vir die beste en oorspronklikste uitrusting en in die proses het almal 'n paar nuwe idioome geleer.

Vrydag 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 Rhenishsaal 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.



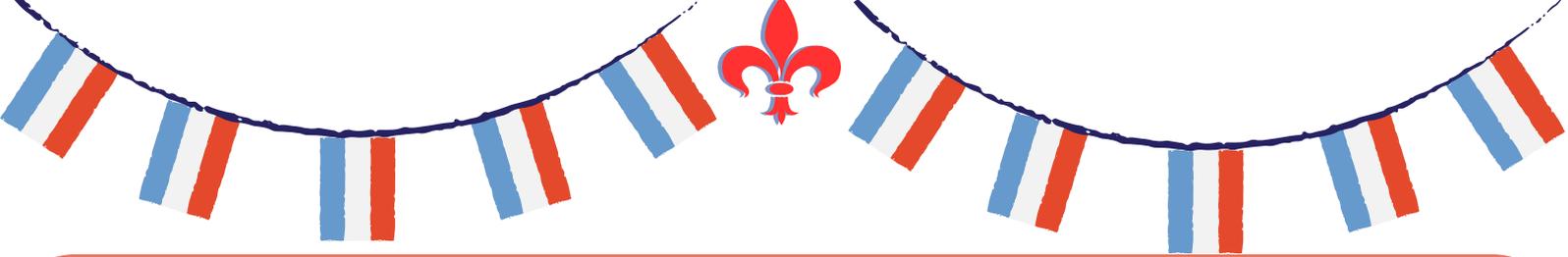
Whilst feasting, the grade 9 learners participated in a fashion show, showcasing original Afrikaans T-shirts that they made themselves in class. Kreatiwiteit en oorspronklikheid was aan die orde van die dag en die kompetisie was omtrent knap! The judges decided and a group from grade 9C walked away as the winner of the first ever Afrikaans T-shirt competition.

Die heel eerste Afrikaans-week by RGHS was 'n enorme sukses en sal vir seker 'n jaarlikse instelling raak. Ons kuier weer volgende jaar saam in Afrikaans! Baie dankie aan elke leerder en onderwyser wat ons ondersteun het en bygedra het tot die GEES.

KAPTEIN SPAN DIE SEILE....

Reported by: Rozanne van Dyk





FRhenishers (French Rhenishers) take a walk on the mountain side



During the July holiday, our French senior group visited the Matroosberg Nature Reserve for a French excursion. This area, known for its snowy Winter days, was reminiscent of the weather one might experience in the French countryside.

The excursion was done for the first time and was for the senior learners only- ten Rhenishers from grades 10 to 12.

“Retraite française” (French retreat), as it was called, was a way to end the term but also to reflect on the learners' French journey thus far. Having a braai by the lake and hiking in the mountain to visit the rock pools while having some pancakes with Nutella made the experience much more enjoyable.



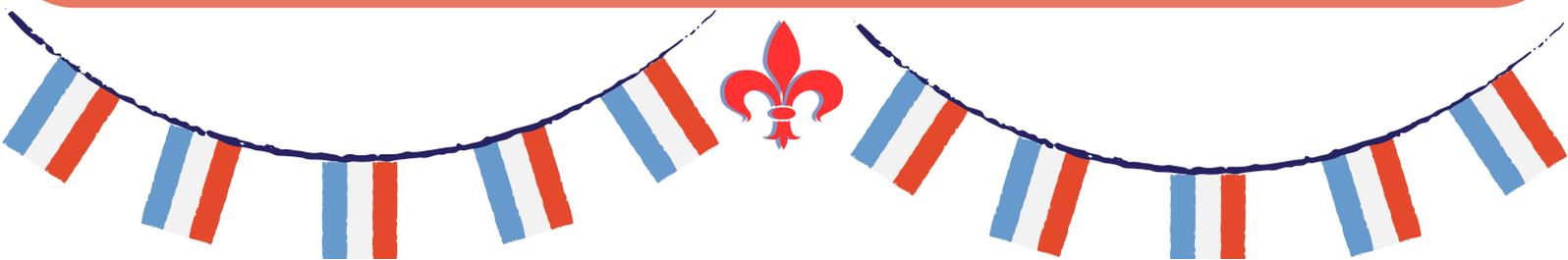
The excursion also included a self-reflection session about our qualities, flaws and how we would want to change something about ourselves if there was a reason for any change. It allowed us to get closer because, as a group, we shared something personal about ourselves. We tried our best to get the words in French and learn as many French words as possible, based on what we saw.



RGHS believes that such excursions are vital to learners' growth and that in doing so, they become exposed to much more than just everyday schoolwork.

"We believe in the holistic development of our learners and will continue to give them opportunities to become well-rounded and active citizens in their communities," says Dr Rika Kroon, Acting Principal of Rhenish Girls' High School.

Reported by: Dr Dewoo



UCT Mathematics Competition 2023

The UCT Mathematics Competition, established in 1977, is an annual event for high schools in the Western Cape.

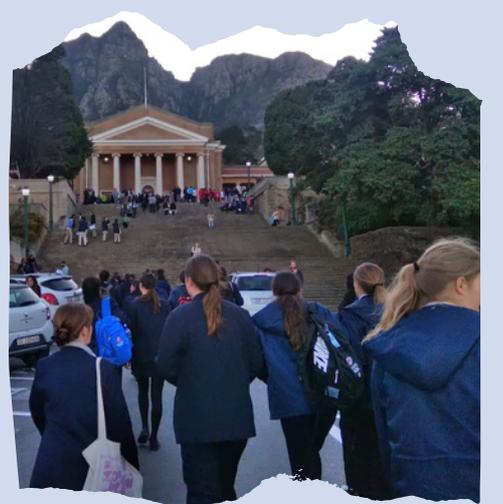
Invitations are sent to over 400 high schools in the province. Each school can enter five individuals and five pairs per grade; over 7500 learners participate annually. Separate question papers are set for each grade, from 8 to 12.

But what is the objective of hosting such a competition? According to UCT, the following points are seen as the objectives of hosting such a provincial competition:

- to popularise mathematics among high schools in the Western Cape
- to raise awareness among both learners and teachers that mathematics is a subject that is enjoyable and accessible to all
- to identify promising students and offer them opportunities for further development of their mathematical talents
- to attract students to study mathematics at UCT.

This year 50 of our learners from grades 8 to 12 participated in this competition and we look forward to the results.

Keep an eye on our communication channels for more updates on these results.



Photographs supplied by: Francois Hugo

CRITICAL THINKING IS PRIORITY FOR THESE LEARNERS.



During the July holiday, some of our learners received the opportunity to be a part of a workshop that teaches thinking tools that develop critical thinking.

The following learners attended the workshop:
Alveca Pietersen; Anna-Beth Malgas; Charlotte Hut;
Jordan Schaffers; Linique Siebritz; Peyton Arendse

"I must say that it was great! I enjoyed the course and it was helpful. In addition to my schoolwork, I feel like I can analyze and understand my work better. This course will help me study effectively and efficiently," shared Alveca Pietersen about her experience participating in the workshop.

"Dr Cas [the facilitator of the workshop] did a great job of transforming ideas about learning and teaching. I would urge anyone to invest the time for something that is worth far more than the few hours it takes to do," said Dr Rhonda Malgas, Anna-Beth Malgas' mother about the workshop.

We invite all learners to keep their eyes open and grab such opportunities that might come in the future.

Photographs supplied by: Françoise Azul

The grade 8s' and 9s' Art Day experience at the PJ Olivier Art Centre is an experience that allows the learners to see and familiarise themselves with one of the school's partners and leaders in art education. This visit and practical experience form part of the Creative Arts syllabus and is an excellent opportunity for the learners to get artistic and creative in a different setting and environment.



PJ OLIVIER ART CENTRE VISIT



Reaching out

Our learners went reading to the children in Stellingzicht (Jamestown), where Usiko Aftercare's little ones were impatiently waiting for us.

Our first visit was on Wednesday, 19 July, after a prolonged interruption due to the exams and holidays.

The children and the staff were excited to see our Rhenishers and their books back.

"We will visit four more times this term. That's a promise!" We told them as we left!

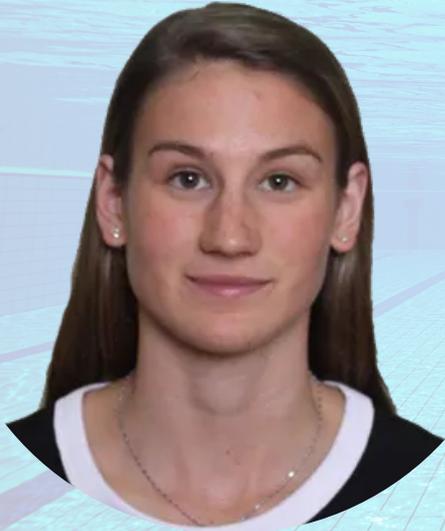
Let's keep to our word.



Reported by: Françoise Azul

From the Old Girls

Rhenish Old Girl competing in China



Inge Weideman is currently part of the South African team participating in the World Student University games being held in Chengdu, China.

Inge matriculated in 2018 and was already a swimmer of note during her years at Rhenish Girls' High School.

She recently participated in the World Aquatics Championship held in Japan due to her swimming a World Championship time of 25.65 in the South African Swimming Championship Women 50m Freestyle event in April 2023. She was one of five swimmers who swam the World Championship qualifying times.

Rhenish Girls' High School is proud of Inge and we wish her well in her campaign in Chengdu.

OLD GIRLS SHOW GRIT ON HOCKEY FIELD

The Old Girls showed that even though they are "old", they still have lots of fight in them as they teamed up and took on the old foe, Bloemhof, in the Old Girls Hockey game that was played during Winter's Week.

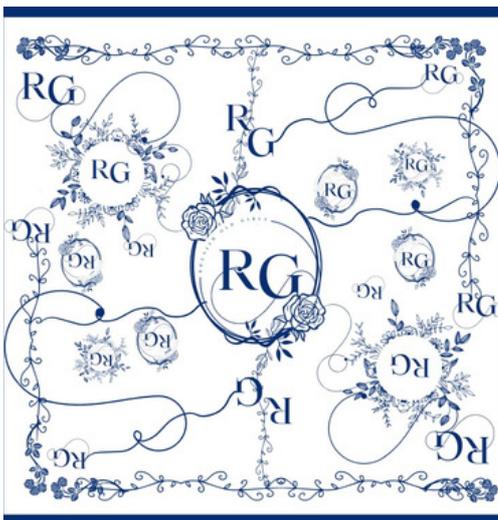
The game was tight till the very end and in the dying minutes of the game, our Old Girls scored an equaliser to tie up the game 3-3.

Congratulations to our Old Girls!



ROGU SCARF ORDERS

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



**CONGRATULATIONS TO THE FOLLOWING RHENISHERS
WHO HAVE BEEN AWARDED MILESTONE CAPS IN THE
FOLLOWING SPORTING CODES:**



*Mlibo Msolo (vice-captain)
Carlie Olckers
Jenna Senekal (captain)
50 caps for RGHS first team netball.*



*Justine Basson - 100 caps for
RGHS first team hockey.*



TOP 12..GET READY HERE COMES RHENISH

Rhenish Girls' High School will have the opportunity to field not one but three of their hockey teams in the various Top 12 hockey tournaments that will be taking place this coming week.

The first hockey team (under-19s) will take on the rest of the top under-19 teams at C&N Sekondêre Meisieskool Oranje in Bloemfontein. At the same time, the under-16s will face their peers in the Top 12 hockey tournament hosted by Paarl Gimnasium, and the under-14s will have a home-ground advantage as they take on the Top 12 under-14 teams at Rhenish Girls' High School.

“Our teams are excited and looking forward to battling it out for the top spot at these tournaments,” says Chris Gerber, Head of Hockey at Rhenish Girls' High School. “We are also one of only two schools to have three of our teams qualify to participate in the Top 12 tournaments, something we are very proud of.”

“We are ready and have prepared hard to compete with these top teams. They are all quality sides and therefore, we take every game as a playoff to qualify for the finals,” says Baylee Engelke, South African Girls' Hockey U18 captain, Rhenish Girls' High School first team captain and head of the Rhenish Girls' High School sports pillar.

These tournaments have become an annual fixture on the hockey calendar and will continue to be hosted by these schools for the foreseeable future .

You can follow the teams as they play on the [SuperSport Schools App](#) and the various tournaments' social media profiles.



Frankie Henn (U14 captain), Amy Peckham (U16 captain) and Baylee Engelke (first team captain)



SPORT ROUND-UP

NETBALL

ROUND - UP

Clamwilliam Tournament 2023

1st team:

won vs Augsburg Landbouginnasium A 10-9
won Augsburg Landbouginnasium B 24-3
won Martin Oosthuizen High School 19-8
won Vredendal High School 18-13 (Finals)

U17A:

lost vs Lutzville High School 14-9

U16A

won vs Augsburg Landbouginnasium 20-16
lost vs Swellendam High School 20-14
won vs Martin Oosthuizen High School 10-1

U15A

won vs Augsburg Landbouginnasium 22-7
won vs Martin Oosthuizen High School
drew 16-16
won vs Clanwilliam Sekondêr 15-4

U14A

won vs Martin Oosthuizen High School 25-2
won vs Swellendam High School 17-11
won vs Clanwilliam Sekondêr 28-0
won vs Augsburg Landbouginnasium 20-4
won vs Vredendal High School 16-13 (Finals)



vs Redhill (GP) and St George (UK)

1st team won vs Redhill 23-21

15A drew vs St George 11-11

SWIMMING

TOP PLACEMENTS FOR

TAYLER MORTON , DANIELLE CRONJE , GRACE DE JONGH AND AMY HARTUNG

During the recent school holiday, some of our Rhenishers participated in the Western Province Short Course Championship. Here are their results.

Tayler Morton:

- 800m Freestyle (Girls 14 - 15) - Gold
- 400m Freestyle (Girls 14 -15) - Gold
- 100m Backstroke (Girls 14 -15) - Silver
- 200m Freestyle (Girls 14 -15) - Bronze
- 100m Mixed (Girls 14-15) relay - Bronze
- 200m Medley relay Girls 16 & Over - Bronze



Danielle Cronje:

- Swam in six individual events and qualified for six finals.
- Participated in two relay events.
- Won two bronze medals.



Grace de Jongh:

- She placed third in 100m Backstroke took 1.46 off her time.
- Fifth in 100m Freestyle with 2.02 improvement.
- Third in the 200m Freestyle relay.
- And finals for the other events she competed in.



Amy Hartung:

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



LIZE-JEANNE COETZEE BIOKINETICIST PRACTICE

SCHOOL WELLNESS TESTING

— AT HIGH SCHOOL LEVEL —

Lize-Jeanne Coetzee
Biokineticist Inc



SPECIALISED

Body Composition

& Gross Motor
Movement Testing

ALL TESTING PROCEDURES DURING SCHOOL HOURS
R270
per child

+ FEEDBACK SESSIONS

AT SCHOOL
FEEDBACK

OR

ONLINE
BOOKEM FEEDBACK

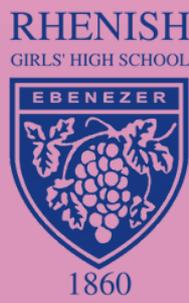


Wellness testing is for
all children and not
only those who have
health-related challenges.
Every child who
participates can benefit
from this testing.
Registrations are now
open to all.

Testing date: 22-24 August 2023 | Cost for testing: R270 | Testing includes the following: InBody J30 Screening including Report, Posture Analysis, Gross Motor Development Assessment, Functional Assessment and Running movement screening.

Our Biokineticist will assess muscle imbalances and how well the child's body is developed. After the assessment, every parent will receive an online or print-out report and a 15-minute feedback session with the Biokineticist.

Registration link: [Registration link for School Wellness Testing](#)



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**



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