

Issue 19 of 2023

RHENISH  
GIRLS' HIGH SCHOOL



1860

# RHENISH NEWS

Excellence ● Compassion ● Accountability ● Integrity ● Diversity ● Respect

## 2023/2024 LEADERSHIP ANNOUNCED



### HOSTEL & SCHOOL LC - READY TO SERVE

## In this Issue:

School and Hostel LC 2023/2024 | Top 12 Tournaments | 100 caps | Knysna Tour | Grade 9 subject fair | Science week | 40 Days | Blanket Ceremony | From the Old Girls | Call for proposals - Budget 2024 | Reading fun @ Usiko | Book drive | Rhenish Stars



## Learner Council 2023/2024

### Grade 8



Thobeka Mashiya



Nicola Müller



Stephanie van Woudenberg

### Grade 9



Mbasa Majija



Anothando Matheza



Harriet Smit

### Grade 10



Danielle Currie



Asemahle Khumalo



Ayomide Simelane



## Learner Council 2023/2024

**Grade 11**



Lyné Anthony



Tamzyn Apollis



Zakiyah Arnolds

**Grade 11**



Chloe Beaton



Saskia Bosman



Madison Broekhuysen

**Grade 11**



Anesu Dzama



Jana Gouws



Sophie Krige



## Learner Council 2023/2024

**Grade 11**



Kelly-Anne Langford



Chloé le Roux



Lisa Louw

**Grade 11**



Semihla Manxodidi



Asemahle Mayekiso



Amber Mendes

**Grade 11**



Amy Pettipher



Rynne Proudfoot



Taelan Viljoen



## Hostel Learner Council 2023/2024



Zetah Appies



Hannah Blood



Courtney Bowker



Lucah Braaf



Kelly-Anne Langford



## Hostel Learner Council 2023/2024



Megan McCulloch



Rachel Mckinney



Ryanne Proudfoot



Okuhle Sakasa



Sydney Springhall



FAIRTREE

**SUPER 12**

HOKKIETOERNOOI



Tournament reports from our participating team captains.





# First Team Report

By Baylee Engelke

What an epic highlight in our first-team hockey season. A trip to Bloemfontein to participate in the Fairtree Super 12 tournament 2023. An opportunity to compete with the best of the best and take on the top teams in the country.

It started with an official Opening Ceremony to welcome the teams and meet with the other teams' players.

We had an early start on Thursday morning, walking away with a convincing win against Bloemhof to settle the nerves. The day continued to go our way, and we won two more matches. Having won our first game on Friday, we suffered a narrow 1-0 defeat to Eunice.

The accumulated results allowed us to qualify for Saturday's tournament semi-finals. We faced Paarl Gimnasium but were unable to find the winning goal. This meant we played Oranje Meisieskool in the 3rd/4th place play-offs later that day. Having given it our very best with a fantastic showing from our team, we were outscored by two goals to one. We ended our tournament with our heads held high, finishing fourth in the country after phenomenal outings on the Astro.

Thank you to the coaching staff, our parents and the Rhenish supporters back home! An unforgettable experience, with many memories made and time shared with special teammates!



# Under 16A Report

By Amy Peckham



U16 TOP SCHOOLS HOCKEY 2023

The U16A hockey side participated in the Top 12 Schools Tournament hosted by Paarl Gimnasium earlier this month and returned with excellent results. The team ended the tournament in 10th place and secured their spot in the top 10 hockey-playing schools in South Africa - an achievement to be truly proud of.

As we started the tournament, we went through a couple of obstacles in our matches, but when it came to our last pool game against Bloemhof, our sister school, we showed much heart but lost the game. The game against Saint John's High School ended in a shootout, but we achieved our goal of finishing in 10th place.

One of the game's highlights was Sarah-Ellen Groenewald, who scored many goals and showcased the team's strong teamwork. As a result, she was recognised as one of the top goal-scorers in the tournament.

The following girls have also been selected to go to the Netherlands based on their performance during the tournament: Amy-Leigh Gibson, Anna-Sophia Combrink, Emma Lurie and Sarah-Ellen Groenewald. Overall the tournament was an excellent experience for the team. Our coach, Marc Landman, and our manager, Ms Jansen van Rensburg, put many hours this year into our team to make this tournament and the season a memorable experience.



# RAMBLE®

## U14

Schoolworx  
schoolworx.shop

# TOP 12 HOCKEY TOURNAMENT

## 9 - 12 AUGUST 2023

FEATURING:  
THE BEST 12 U14 TEAMS IN SA AS PER THE SA  
SCHOOLS RANKING WEBSITE



Hosted by Rhenish Girls' High School

# Under 14A Report

By Frankie Henn

After seven matches and zero losses, we ended fifth in the country. Thank you so much to our coaches, Alvin and Ongi, for their tireless guidance and patience - we couldn't have done it without you!

There were so many highlights that made this journey unforgettable. Our team chemistry is unmatched, from our intense warm-ups with Coach Carl at 6:30 in the morning to the victory hugs we will remember forever. These are the memories that will keep us smiling for years to come.



We were lucky to have had a home-ground advantage, and the cheers and support from our Rhenish sisters and the Rhenish faithful were like waves of positive energy that carried us through each game.



Now, it's time to give credit where credit is due. Thank you to our coaches who believed in us and pushed us to reach new heights. Mrs Kruger, you're a rockstar - your help and enthusiasm kept us strong. And let's not forget our tournament sponsors: Ramble and Schoolworx - our main sponsors - and our other sponsors: Kwikspar @ Paul Roos and Stellenbosch University - your support helped us experience a memorable tournament.



Another huge "thank you" to the Rhenish Girls' High School Sports Department and Mrs Henery for providing us with the tools needed to succeed. And to our parents - thank you for always being there, in the scorching sun or the rain, cheering us on with unwavering pride.

As we wrap up this chapter of our journey, let's carry forward the lessons we have learned, the friendships we have made, and the joy we have shared. Here is to more victories, both on and off the field, and to the countless memories that lie ahead.

# 1000 CAPS

*Congratulations to the following girls:*



Olivia Visser  
Melissa Muller  
Baylee Engelke  
Anna Petika  
Raquel Pestana



Wat 'n wonderlike voorreg was dit nie vir die huistaalklas om in Saul Barnard, die hoofkarakter uit Dalene Matthee se Kringe in 'n Bos, se wêreld in die Tsitsikammawoud naby Knysna te gaan ontdek nie.

We left early Saturday morning, the 5th of August, and were glad that Mrs Jean-Maré Hambridge agreed to be our driver for the weekend. Not only was she a very safe driver, but she was also lots of fun.

The wilderness was a fantastic location where we rented a house for the weekend. It was well-located and offered fantastic views of the area. We kicked the weekend off with a well-deserved walk on the beach after the long trip from Stellenbosch.

Sondagoggend het ons die 9 kilometer Kringe-in-'n-Bos staproete gaan doen wat begin by die gedenkteken wat vir Dalene Matthee by die Krisjan-se-Nek piekniekplek in die woud opgerig is. Dit het aanvanklik saggies gereën, maar dit het net bygedra tot die betowering van die bos. Almal was die diep geraak oor die prag van die woud en sy bosreuse en die staproete het verseker tot 'n beter begrip vir die karakters en hulle omgewing gelei.

We left early Monday morning to visit the Knysna Elephant Park. After watching a movie about the origins of the park and the incredible work they do there, we had the privilege to interact with the elephants by feeding them. Kudo, our guide, was superb, and we had the opportunity to take pictures with the resident elephants. This close encounter with these majestic animals contributed to a greater understanding of Oupoot, the extraordinary elephant in the novel. Die res van die dag het ons in Knysna deurgebring waar ons onder andere die Knysna museum en Millwood house museum besoek het om 'n beter begrip te kry van die ontdekking van goud in die bos en wat die invloed daarvan op die omgewing was.

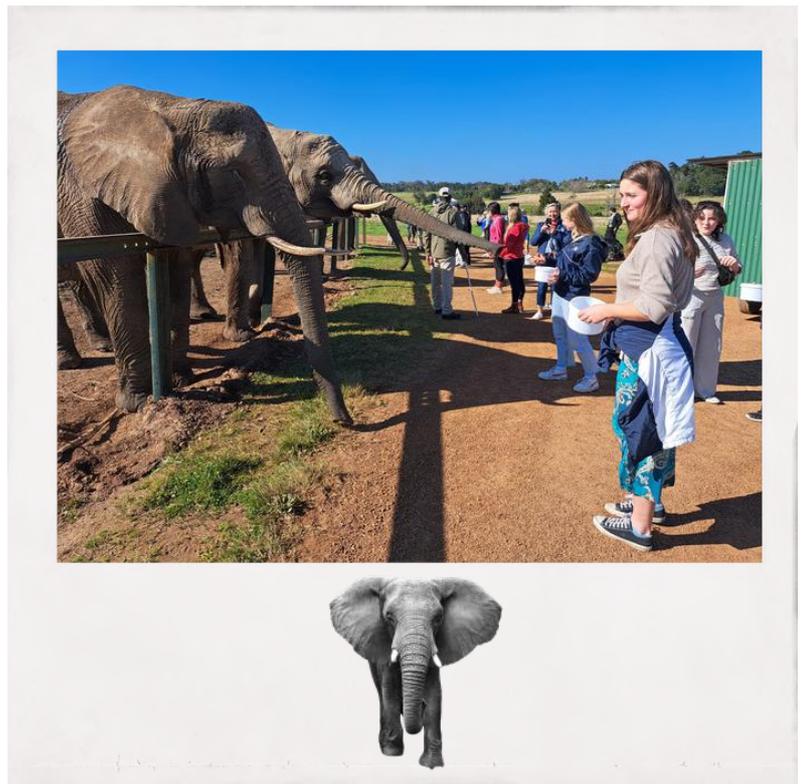
Aan die Knysna waterfront kon ons sien hoe lyk die deursnit van 'n kalender (geelhoutboom) wat oor die 600 jaar oud is waarna ons 'n heerlike ete by 'n plaaslike restaurant geniet het.

On our last day, we visited The Big Tree in the Woodmill forest. It was a special occasion because we read the last chapter of "Kringe in 'n Bos" in the shade of this giant 800-year-old tree. What an unforgettable way to end the reading of this remarkable novel. Die res van die dag het almal vrye tyd gehad om die oulike winkeltjies in Wildernis te gaan verken om sommer net lekker te ontspan.

Die huistaalklas van 2023 is 'n besondere groep meisies wat deurgaans onverbeterlike gedrag openbaar het. Julle entoetiesme en meeleving met beide die boek en die toer, maak my trots.

# AFRIKAANS HOME LANGUAGE CLASS MAKES SOME "KRINGE IN DIE BOS"

By Magda Vermeulen



# GRADE 9 SUBJECT FAIR

BY REBECCA MORGAN



On Monday, the 14th of August, the grade 9s were allowed to learn more about Rhenish Girls' High School's subjects. The matrices stationed themselves in the Rhenish Hall, and we wandered in our own time, asking questions and gaining valuable knowledge. This subject fair allowed us to ask questions about anything that may have been on our minds regarding our subject choice. Whether it was: "Who are the teachers?" or "What is the workload like?" the matrices were happy to answer. The subject fair was beneficial, giving us lots of information from experienced learners. It was highly insightful and helped me with my subject choice. Overall it was a great success.

## SCIENCE WEEK 2023 CONTINUES...

The very successful Maths and Science week ended off with the much anticipated Science Amazing Race. Ten teams waited eagerly in the quad to get their first task where they had to decipher clues or answer questions in order to find the location of their next task. Clues to the task locations were only revealed if the previous task was done correctly.

The five tasks proved a great challenge and the 25 minutes of break almost seemed too short, but well done to all the teams who participated!

Congratulations to our winners:

1st place: Chloe Beaton, Amber Mendes and Katherine Stoms

2nd place: Lyné Anthony and Jenna Dyers

3rd place: Katrien Booysen and Anja Durand

Two of the tasks are include here - try them and see whether you are up for the challenge in next year's Science Amazing Race!

Thank you for the STEM club committee for their hard work during this week.

**Task 2:** Write down the surnames of the scientists in the correct order.

**Famous scientists decided to come together for a tea party...**

	Surname of scientist
<u>Scientist 1</u> went back to the tea table several times per second.	
<u>Scientist 2</u> was charged up the whole time.	
<u>Scientist 3</u> was under too much pressure to enjoy himself.	
<u>Scientist 4</u> spent a lot of time resisting Ampere's opinion on current events.	
Everyone gravitated towards <u>Scientist 5</u> .	
<u>Scientist 6</u> thought the tea party had a lot of potential.	

**Take the names (in the correct order!) to the classroom in block C with the same room number as the atomic number of helium. If the names are correct you will receive your next task.**

By Lana Schreuder



# Blanket Ceremony 2023

Our annual blanket drive delivered almost 2000 knitted squares, which were sewn together by community members, including Mrs Sanelle Hobbs, Mrs Annelie Booysen, Mrs Dalene Carinus, and our very own Mrs Marisa Nel. Thanks to everyone's hard work, we can donate around 230 baby blankets to our chosen charity.

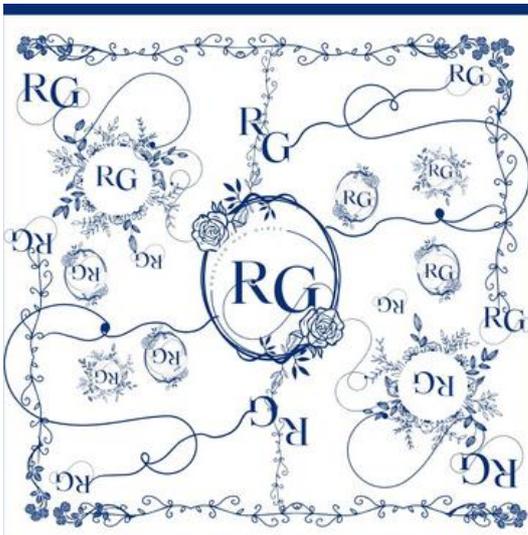
The winning class this year was 12D with 837 squares. A significant contribution came from the Lombard family, who knitted about 450 squares together.

The winning class will receive pizzas next week as a thank you. This year's charity is the Bless a Baby project, to which we donated products earlier in the year. They put together care packages for mothers leaving the hospital with their new babies with nothing so they have a kick start in life. Ms Glynne Rosselli received them on behalf of Bless, a Baby.

Our guest speaker, Ms Leanne Keet from Masikuhle, an NGO in Somerset West to whom we donated last year, attended the ceremony to share our blankets' impact and thank our Rhenishers for their contribution to Masikuhle.



## From the Old Girls



## ROGU SCARF ORDERS

Please remember to order your Old Girls' Silk Scarf if you are in Matric. These will be handed out during the Valedictory Assembly. Orders close at the end of August, so the scarves will be ready for Valedictory. No more orders will be placed this year after August. Remember that you will be allowed to wear your scarf with your uniform for the remainder of your school year. Payments can be made via the Karri App. The scarves are R250; if you would like your daughter to sign up for ROGU, it will be R375, including a lifetime membership (R250) and a silk scarf (R125).

# BUDGET 2024

## The School Governing Body (SBG) of Rhenish Girls' High School

**Invites parents/guardians and learners of  
Rhenish Girls' High School to submit proposals for  
consideration by the SGB FinCom as they plan for the  
2024 School Budget**

**Proposals are to be mailed to [budget@rhenish.co.za](mailto:budget@rhenish.co.za)**

**Closing date for submission of proposals  
*25 August 2023***



# READING FUN

This week we visited the Usiko aftercare and transported these young minds to the fun and exciting worlds that are alive in the books we read.

*Our book drive is also on the go again. Let us see by how much we can beat the previous number of books we collected.*



Rhenishi's Book

Drive 2023

is happening  
during Term 3

Ask the  
Library!

The gift of reading

# Rhenish ★s



Congratulations to the following learners who have, after an audition process, been selected to be part of the recently restarted Stellenbosch Youth Orchestra.

Left to right: Marie-Elizabeth Roos, Rosie House, Chloé le Roux, Zoë Booyesen, Anna-Sophia Combrink, Rebecca Niesler, Alicia Pinkhard and Chiara Terhoven.

We look forward to hearing you at your first performance!



The Rhenish Girls' High School Choir was awarded Gold+ at this year's Helderberg Eisteddfod.

Erynn Gouws, grade 9, recently auditioned for a spot in the Western Province team for the Performing Arts and was elected for the team. She will travel to the North West Province at the end of September to compete against learners from all over South Africa. We wish her all the best for the competition.



# 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](#)

# 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](mailto:lauren.conchar@rhenish.co.za)**

**[almarie.nel@rhenish.co.za](mailto: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