

Issue 20 of 2023

RHENISH  
GIRLS' HIGH SCHOOL



1860

# RHENISH NEWS

Excellence | Compassion | Accountability  
Integrity | Diversity | Respect



**Rhenish Orchestra tour to Gqerberha**

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"O" was the letter for this year's 40 days on Wednesday, 16 August. It was "O"fficially also the day on the calendar for the Rhenish "O"rchestra's first-ever tour beyond the Western Cape borders. OOOH, what an "O"ccasion we will never forget.

We departed bright and early Wednesday morning from school. After a long day on the road, we were welcomed by the friendly staff and management of the Chapman Hotel in Gqeberha and spoilt with breathtaking views. To fall asleep with the sound of the ocean was music to our ears.

After a delicious breakfast on Thursday morning, we were off to rehearse with Grey High School's combined orchestra. Seeing the effort the school put in to produce a concert of such a high standard warmed our hearts. The extended stage, draped in black and elevated at just the right places, was specially built for the occasion.

Seeing and hearing so many new instruments was one of the trip's highlights: an entire brass section, an extensive cello section, two double basses and even a timpani. All the talent blew us away. Mr Shawn Lyon, conductor of the Grey bands and the head of music, took us on a tour around the school's music department and shared inspirational stories and the rich music culture of the school.

Summerwood Primary School awaited us for the afternoon's performance. The school sang one song with us, and a Grade 4 and 7 pupil got the opportunity to conduct our orchestra.

Thursday evening was the big night: A Winter Musical Evening, with Grey High Symphonic Winds (80 players strong), Grey High Voices, Grey High String Orchestra, Rhenish Orchestra and one of our vocal stars, Simone Singe. The highlight of the evening was the three combined musical items with Grey High: Theme songs from iconic films - Star Wars, Inception and Avengers. This was an evening we will never forget, and we were once again reminded that music unites.

Before our trip to Riebeeck College in Uitenhage, we visited Pearson High School and observed their early morning band rehearsal on Friday morning. We were amazed by the extensive collection of musical instruments they have in their arsenal.

At Riebeeck College, we performed for the whole school and staff. It was quite rewarding as the pupils were highly receptive and responded enthusiastically to the orchestra's music.

I was so proud of the orchestra that morning, playing with passion and giving it their all for the last performance of not only the tour but also the last one for our Grade 12s. Our hearts were full.

After our last performance, we went to Grey High to watch the Grey Day boys play rugby against the hostel boys.

# Blown Away



By Linda de Villiers





This day of camaraderie and tradition is usually only attended by the boys and their parents, but the Rector gave us special permission to attend. We enjoyed a lovely lunch at Something Good Roadhouse in Summerstrand. We were brave enough to dip our toes in the icy seawater. No trip is complete without some mall shopping! We enjoyed a short stop at the Boardwalk shopping centre and were treated to traditional woodfired pizza from the hotel that evening.

We are proud of the orchestra girls and grateful for a successful tour. Thank you to Ms Gemma Hall for playing an integral part in the orchestra performances and for all her support. This tour was only possible with our Head of Culture, Mr Piron. He made sure that all the logistics were in place and that the trip ran smoothly in every single way.

Thank you to my head of orchestra, Rosie House and deputy, Chelsy Pillay, for their leadership on the tour and for making this memorable.





Rhenishers were recently honoured for their performance and service at the first-ever combined Winter Sports, Culture and Service Awards held on 21 August in the Ebenezer Hall.

The evening was opened with a word from Ongeziwe (Ongi) Mali, a South African senior hockey player. Ongi is also our own U14B coach and the assistant coach for U14A.

Congratulations to all the winners!

# isiXhosa @

By Semihla Manxodidi

# Dinner 2023

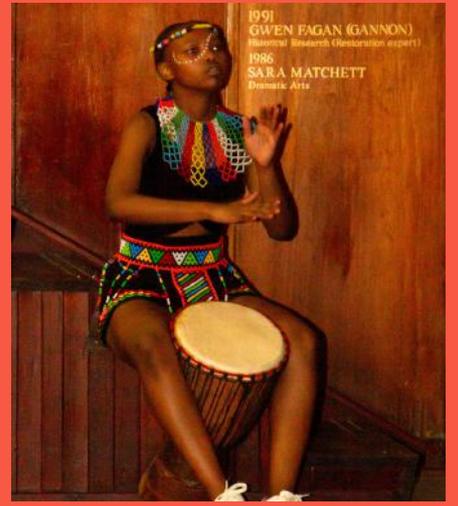
The annual Xhosa Dinner hosted by the Grade 11s who take isiXhosa, occurred on Thursday evening, 17 August 2023. The evening was a tremendous success as months of planning went into this evening. The theme for this year was "Umgidi WesXhosa," and wow - Sigidile!

The hall was full of people who were there to have fun, celebrate and enjoy each other's company. Our programme for the evening consisted of the following performances: the Siyaphambili choir and our hip-hop group, umxhentso consisting of Grade 8s, a funny and educational skit from the grade 9s and 10s and a fantastic performance from our surprise guests - the Thanda Choir.

The meals were delicious and included a light starter to a traditional Xhosa dish served with samp, steamed bread and, most importantly, tripe. The isiXhosa culture honestly does not throw away anything regarding meat, and they use the whole animal from hoof to snout.

The evening was a success, thanks to our Xhosa teachers, Mrs Jikela and Mrs Boo, and us the learners, working together to host such an event. We look forward to the dinners to come!





ENKOSI KAKHULU

SIBONANE KUNYAKA OZAYO

# From the Old Girls



**ORDERS  
CLOSE**

**31 August 2023**



## **ROGU SCARF**

## **ORDERS**

Matrics, remember to purchase your Old Girls Silk Scarf before the end of August. This is the first time ever that an OFFICIAL Rhenish Old Girls item is available for purchase. We will only do orders again at the end of next year, so don't miss out. You will receive them at Valedictory and be able to wear your scarf for the remainder of your school year.

**You can pay via the Karri App or at the bursar's office.**

# SANTA SHOEBOX PROJECT 2023

Thank you for your support for this project.

This document briefly explains the process, especially for those who have not done this before.

You have just pledged to do a certain number of boxes. Don't do anything else after you have pledged. The name, age, sex and clothing size of your pledge(s) will be sent to you next week. Once you have this information you can start buying the eight (8) items you need to put into each box: A toothbrush, toothpaste, a face cloth, soap, a set of clothing, something educational, a sweet and a toy. I have attached a picture below, which will give you some ideas of what to buy.

## WHAT TO PUT IN YOUR SANTA SHOEBOX

All items should be new and age-appropriate.

### TOYS - Something to love

Soft toy, tennis ball, finger puppet, yo-yo, building blocks, trucks and cars, doll, dress-up clothes. Older kids/teens LOVE board games, cards, marbles, tool kits, science kits, mini torches.

### EDUCATIONAL SUPPLIES - Something to do

Felt pens, pens, pencil sharpener, rubber, coloring book, notepad, picture/puzzle book, pencil case, stickers (see our suggested stationery list).

### HYGIENE ITEMS - Something to use

Toothbrush, toothpaste, a bar of wrapped soap & a wash cloth are required items for your shoebox. You can also add a hairbrush, comb, hair clips, roll-on deodorant or spray-on, talcum powder, sanitary towels (for our teens) if you would like.

### OUTFIT OF CLOTHING - Something to wear

T-shirt and shorts, blouse and skirt, dress, pyjamas, etc. Consider an added extra too like gloves, scarf, sunglasses, cap, hat, bangles, necklaces, clip-on earrings, make-up or hair accessories.

### SUGAR AND SPICE - Something to eat

Sweets, chips, packet of biscuits, chocolate (in a zip lock bag).

### BABY BOX - Something for the youngest

Barrier cream, talcum powder, baby soap, outfit of clothing, bath towel, baby blanket, soft toy, toy, rattle.

### TEENAGE BOX - Something for our teens

All of the above plus something cool e.g. cap, sunglasses, toiletries, nail polish, make-up, deodorant (the teens LOVE spray-on).

## SUGGESTED STATIONERY FOR YOUR SANTA SHOEBOX

This is a suggested list of stationery items/educational supplies by age and grade. Your recipient child would really appreciate a few of these items in his/her shoebox.

**Grade R and Grade 1 (ages 4/5/6 years):** plastic aprons, plastic pencils, triangular pencils, 24/36/48 piece puzzle, pencil crayons, wax crayons, blunt nose scissors, colour paper, glue sticks, white craft glue, lunch box, water bottle, denim chair bag, blank page A5 book for colouring/drawing, a miniature whiteboard with an erasable pen, or a blackboard with chalk. For grade 1's in particular – 100 piece puzzles, HB pencils, pencil bag, metal sharpener.

**Grade 2 (age 7/8 years):** denim chair bag, glue sticks, HB pencils, kokis, metal sharpeners, large pencil bags, pencil crayons, plastic sleeves, ruler, blunt nose scissors, eraser, water bottle, lunch box.

**Grade 3 (age 8/9 years):** South African Oxford School Dictionary, oil pastels, glue sticks, coloured card stock, HB pencils, kokis, metal sharpeners, large pencil bags, pencil crayons, plastic sleeves, ruler, scissors, eraser, water bottle, lunch box.

**Grade 4 (ages 9/10):** same as grade 3 as well as a calculator.

**Grade 5 (ages 10/11):** same as grade 4 as well as blue ball point pens and highlighters.

**Grade 6 and 7 (ages 11/12/13):** same as grade 5 as well as a geometry set, colourful book covers, homework diary.

**Grade 8 -12 (ages 13 to 18 years):** same as grade 7 as well as a scientific calculator.

## WHAT NOT TO PUT IN YOUR SANTA SHOEBOX

Please DO NOT include any of the following in your boxes for obvious reasons:

**FOOD:** Do NOT include tinned food, cakes or other perishable food. Do NOT include anything containing nuts. Place chocolate in a ziplock bag to prevent it from possibly melting onto the other contents of the Santa Shoebox.

**MEDICINE:** NO medicines or vitamins of any kind.

**WAR RELATED ITEMS:** Do NOT include toy guns or knives.

**FRAGILE ITEMS:** Do NOT include glass containers or mirrors.

**LIQUIDS:** All liquids, like cosmetics or blow bubbles, must be put into a ziplock plastic bag, so that the contents cannot leak out and spoil the Santa Shoebox.

**DANGEROUS ITEMS:** Such as sharp objects in boxes for smaller children.

**ELECTRONICS:** Please include batteries with battery-operated toys (please note – these children cannot afford to replace the batteries once they are flat) or choose a non-battery-operated alternative (preferred). Cell phones with chargers are allowed.

**LASTLY:** Do NOT include anything of a political, religious or racial nature.

Remember to assess whether the contents of your shoebox are appropriate to the age of the recipient child.



You will also need to get a shoebox or a plastic container of more or less the same size to put the eight items in. From the start of September, you will be able to collect up to five free boxes at Somerset Mall or any Hyprop shopping centre. You can then decorate them. By the end of the term, the label you must print, cut out and paste to the top of the box will be emailed to you. The completed boxes must be handed in from the 12th to the 20th of October. More details about the "handing in" and "collection of the boxes" will be sent out later. If you have any queries, please do not hesitate to contact paul.vanderhoven@rhenish.co.za.

# TIME TO EXPLORE *Eastern Europe*

FIVE COUNTRIES:  
GERMANY,  
AUSTRIA,  
POLAND,  
CZECH REPUBLIC,  
SLOVAKIA

EIGHT CITIES:  
BERLIN,  
DRESDEN, PRAGUE,  
KRAKOW,  
BRATISLAVA,  
SALZBURG, VIENNA,  
MUNICH



- INCLUDED:
- RETURN ECONOMY CLASS AIRLINE TICKETS
  - TRANSPORT BY LUXURY COACH
  - 12 DAYS, 9 NIGHTS
  - NUMEROUS OUTINGS AND GUIDED TOURS: AUSCHWITZ, SALZBURG, BRATISLAVA, EAGLE'S NEST, BERLIN WALL MUSEUM, PRAGUE UNDERGROUND GHOST TOUR, GERMAN REICHSTAG, SCHOENBRUNN PALACE, HOLOCAUST MEMORIAL AND MANY MORE.
  - ACCOMMODATION INCLUDES BREAKFAST DAILY
  - 6 DINNERS
  - TRAVEL INSURANCE
  - ACCOMMODATION IN TWO/THREE STAR HOTELS
  - AIRPORT/FUEL TAXES

TOUR DATE:  
14 - 25 JUNE 2024

TOUR COST:  
R 45 900

LIMITED SPACES  
AVAILABLE

CONTACT: [PAUL.VANDERHOVEN@RHENISH.CO.ZA](mailto:PAUL.VANDERHOVEN@RHENISH.CO.ZA)

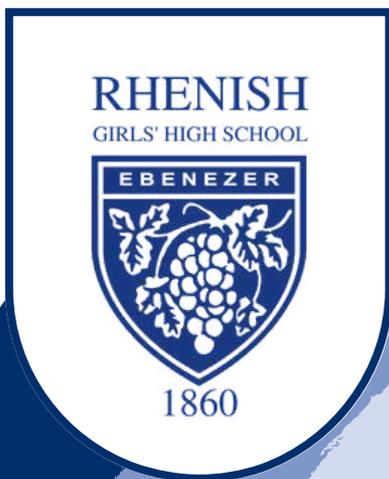
# JESS MATTHEWS LEGENDS CUP

*1 September 2023*

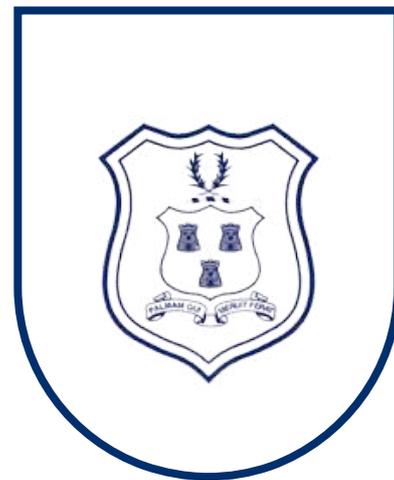
**18:00**

# 1st Team vs Old Girls





# VS



## ...FROM THE SOCCER PITCH

By Tinita Van Zyl

On the 18th of August, Rhenish Girls' High School played a soccer match against Rustenburg Girls' High School at the picturesque school grounds of Rustenburg Girls in Cape Town. A dominant performance led the U16 Rhenish soccer team to a convincing 3-0 victory against Rustenburg Girls.

From the opening whistle, it was clear that Rhenish's U16s meant business. Team Rhenish scored two goals in the first half and added a third goal in the second half, showing everyone that Rhenish is the real RGHS.

The first team fought hard during their match, leading to a 1-1 draw. This match kept spectators on the edge of their seats; Rhenish was giving it their all, constantly putting Rustenburg's defence under pressure. Unfortunately, Rustenburg scored in the first half, making it 1-0, but the Rhenishers kept the pressure at bay and prevented any other goals from being scored before they went into the break.

In the second half, Rhenish returned stronger and scored a goal, making it 1-1, but it didn't stop there. After getting level with goals, Rhenish kept trying to walk away with a victory. There were multiple times when the team got close to getting a second goal, but Rustenburg was not going down without a fight.

This gruelling match ended in a 1-1 draw as nothing could separate these two sides, leaving it all on the field.

The Rhenish "gees" was there and gave us that little extra push to continue not giving up. Seeing past Rhenishers and current Rhenish pupils supporting our match was great.



**YOU  
GOT  
THIS!**



To our Grade 12s...

The Rhenish staff members wish all Grade 12s well in their preliminary examinations.





# ***SPORT ROUND-UP***

# HOCKEY

ROUND-UP  
BROUGHT TO YOU BY



## vs Rustenburg Girls' High School

1st won 4-1  
2nd won 2-0  
3rd lost 4-1  
U16A won 2-0  
U16B won 2-1  
U16C lost 1-0  
U16D won 8-0  
U14A won 5-2



## U16 Bloemhof Fairtree All Stars Tournament

Won 3-1 vs Rustenburg  
Won 3-0 vs Stellenberg  
Won 5-0 vs Bloemhof B  
Won 1-0 vs Bloemhof A  
Won 2-0 vs Stellenberg (Final)

# NETBALL

## ROUND-UP



**VS**  
**Rustenburg**  
**Girls' High**  
**School**

- 1st team won 28-16
- 2nd team drew 10-10
- U16A won 22-13
- U16B drew 13-13
- U16C won 15-5
- U14A won 32-17
- U14B won 21-12
- U14C won 25-12
- U14D won 16-5



# ***SOCCKER***

ROUND-UP

## **vs Rustenburg Girls' High School**

**1st team drew 1-1  
U16A team won 3-0**



# Rhenish ★s

Harriet Smit and Danielle Cronje finished in first and second place, respectively, at a recent Cross Country event hosted by Paarl Gimnasium.



Taelan Viljoen finished in first place at the recent Boland Cross Country Championships for U17.

Grace de Jongh recently took part in the SA Championship. She made the finals for all the events and won gold for her 50m Backstroke, making her a SA Champion.



Amy Hartung recently participated in the National Short Course Championships held in Somerset West. Amy swam a total of six individual events and two relays. Her top placement was 1st reserve in the 200m Butterfly Stroke.



# Rhenish ★s



Alexandra Eagles joined the 100 Cap "Club" this past week as she played her 100th match for the Rhenish Girls' High School hockey first team.



Baylee Engelke was selected to join the South African U21 squad.



Katerina Combrinck has been selected for the U18 Boland Surfing Team. She will participate in the SA Junior Surf Championships in Jeffrey's Bay from 4-8 October 2023.



Layla Niehaus is one of the six Trinity College London's Top Achievers for the Western Cape. She obtained 91% for her Trinity College London singing exam.

Rhenishi's Book

Drive 2023

is happening  
during Term 3

Ask the  
Library!

The gift of reading

THE BOOKS COLLECTED WILL BE DONATED TO WEBER GEDENK PRIMARY

# 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