

Issue 21 of 2023

RHENISH NEWS

Excellence | Compassion | Accountability Integrity | Diversity | Respect



Rhenish U17A Netball 2023 Winelands Fast5 Top Schools Champions

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We are the champions!
We are the champions!
We are the champions!



On 1 September, Rhenish Girls High School's U17A Netball team took on the Winelands trek to Paarl Gimnasium as the 2023 edition of the Winelands Fast5 Top Schools Tournament took place. Teams from all over the Winelands participated in the tournament, and although the teams were smaller, there was nothing small regarding the speed and skill the girls showed on the courts.

But what is the difference between the "normal" format of the game? According to the World Netball: "Each side only has five players on the court, compared with seven in normal netball competition. Timing: Each quarter lasts only six minutes, compared with 15 minutes in a normal international netball competition. Breaks in between quarters are two minutes each." There is also a difference in the goal scoring. According to Wikipedia: "There are three different scoring zones with goals shot from outside the goal circle worth three and inside the goal circle split into two and one goal zones."

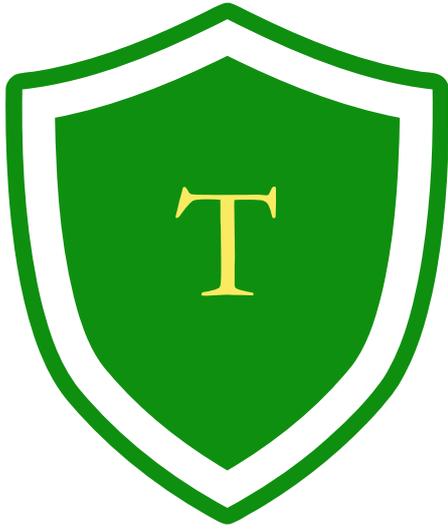
The Rhenish team took to the courts and ended their campaign unbeaten as they met our sister school, Bloemhof Meisieskool, in the finals. They outscored the girls in maroon by 22 goals to 11. The win enabled the Rhenishers to qualify for the Western Cape Top Schools tournament that will take place on Saturday, 9 September 2023.



**Full
breakdown
of results
in Sports
Round-up**

Academic House Badges

- based on term 2 results -

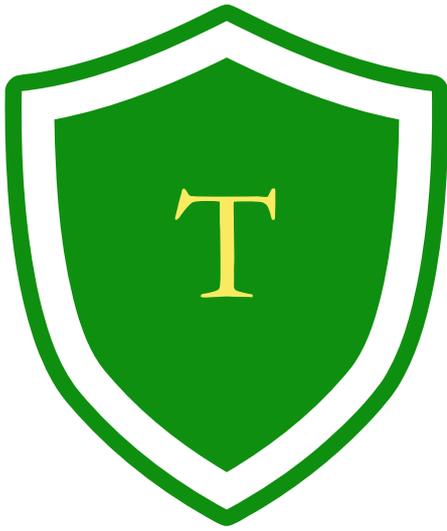


Grade 8

Agar, Olivia
Barrett, Riley
Campbell, Keira
De Araujo Magalhaes, Lia
Durrant, Alice
Eggers, Olivia
Griffiths, Gemma
Henn, Frankie
Holm, Karoline
Joseph, Yumna
Kwayimani, Aghama
Liu, Yanling
Mothapo, Mandlakazi
Parish, Rebecca
Savage, Annabella
Van der Merwe, Nicola
Van Olst, Tessa

Booyen, Hannah
Desplanque, Isabella
Donald, Emma
Essien, Lois
Johnson, Jemma
Latti, Lia
Miller, Eva
Pietersen, Alveca
Saaiman, Naylan
Van Wyk, Gabriella

Arendse, Peyton
Beaumont, Isabella
Buchanan, Madison
Flier, Rebecca
Hendrikse, Charissa
Heymans, Joah
Hollander, Fabia
Kotze, Christie
Muller, Nicola
Petersen, Jodi
Prinsloo, Mina
Ramjugernath, Daryita
Roche, Aryanna
Van Woudenberg, Stephanie
Williams, Layla

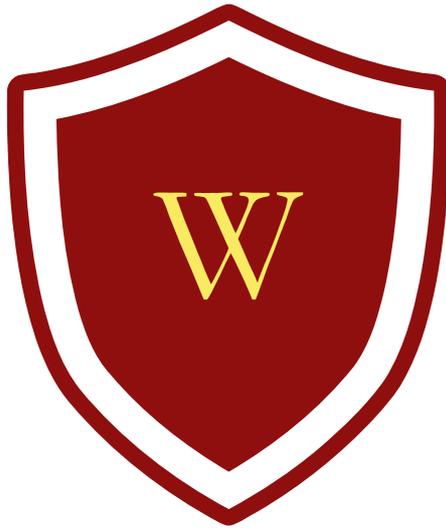
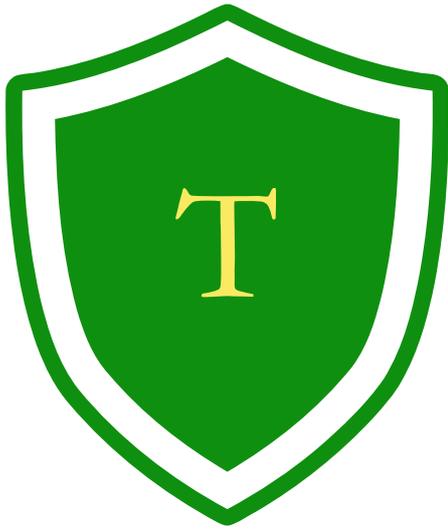


Grade 9

Arnolds, Nuba
Baxter, Megan
Boshoff, Meghan
Campher, Emma
Combrink, Anna-Sophia
Currie, Samantha
De Kock, Jemma-Jayne
Fink, Julia
Franke, Sophia Mara
Gibson, Amy-Leigh
Gordon, Leah
Hobbs, Grace
Kleynhans, Peyton
Moss, Katharina
Niesler, Rebecca
Pettipher, Jenna
Roos, Marie-Elizabeth
Schagen, Lia
Smit, Harriet
Tatana, Mbali

De Vries, Isabella
Griffiths, Caris
Hodsdon, Sarah
Jansen van Rensburg, Emma
Louw, Larissa
Martin, Faith
Matheza, Anothando
Newton, Lilly
Oscroft, Sarah
Snyman, Claudia
Steyn, Olivia-Rose

Blignaut, Grace
Cloete, Zoie
De Kock, Layla
Hagen, Olivia
Hodges, Ervine
Krige, Danielle
Ligthart, Sonya
Lurie, Emma
Morgan, Rebecca
Mossop, Kika
Stoms, Lauren
Van der Linde, Lana
Van Wyk, Claire
Wentzel, Raquel
Worship, Chrissa
Yip, Emma

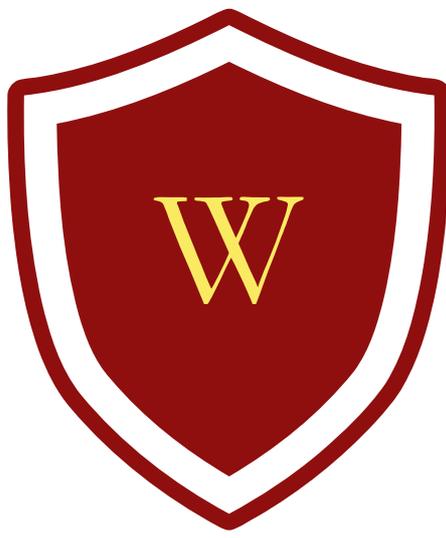
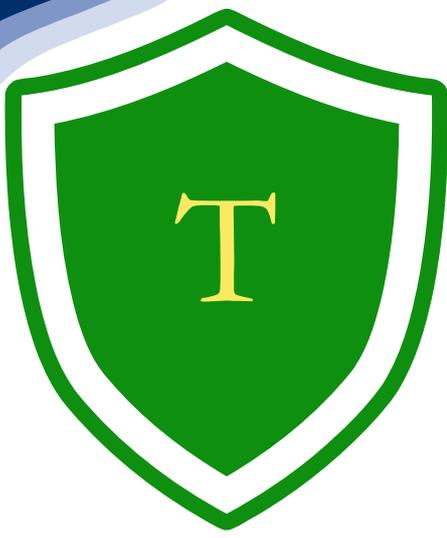


Grade 10

Armitage, Robyn
Behmer, Anu
Cillie, Tyra
Currie, Danielle
De Kock, Montana
Fitzhenry, Sophia
Hobbs, Georgia
Holtmann, Dannika
Knight, Hannah
McLachlan, Xenia
Morton, Tayler
Oelofse, Hannah
Pratt, Katie
Pyke, Jaeda
Snell, Kirsten
Theron, June
Van Almenkerk, Annabelle
Van Wyk, Morgan
Williams, Halle

Aitken, Jasmine
Bennie, Caitlen
Berry, Amber-Rose
Botha, Kristin
Briers-Danks, Ashleigh
Daniels, Shiloh
Du Plessis, Leah
Farrell, Chloe
Grant, Hayley
Jappie, Layla
Kilpin, Amelia
Mansfield, Isabella
Michell, Caitlin
Rawoot, Sara
Reyneke, Tallulah
Turner, Amber
Wilk, Sienna
Williamson, Kristin
Zaphi, Kelsey

Barker, Nikita
Du Plessis, Ingrid
Du Plessis, Shene
Ernstzen, Kaitlin
Fernandes, Arabella
Jacobs, Mia
Khumalo, Asemahle
Lambrechts, Tilly-Tallulah
Michael, Kendra
Milton, Chloe
Mulder, Jade
Purves, Kate
Schipper, Jemima
Schulz, Anwen
Schulz, Mia
Seyffert, Victoria-Lynn
Te Roller, Jade
Van Galen, Emily

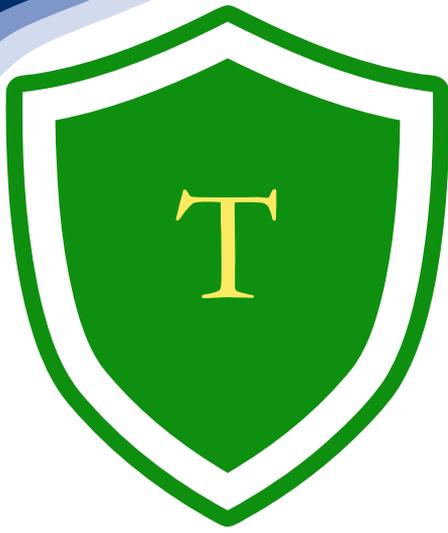


Grade 11

*Arnolds, Zakiyah
Bailey, Jessica
Barnard, Cara
Barnard, Kate
Beaton, Chloe
Booyesen, Katrien
Broekhuysen, Madison
De Waal, Lisa
Durand, Anja
Elms, Amy
Evert, Nicola
Godlonton, Gabriella
Hoctor, Eliana
Jordan, Juliette
Kingham, Victoria
Louw, Lisa
Maritz, Olivia
McLulich, Tallulah
Mendes, Amber
Nalumango, Nalani
Pettipher, Amy
Slabbert, Hannah
Soderland, Samantha
Stanford, Léa
Van Graan, Denise
Wiid, Abigail*

*Anthony, Lyré
Brown, Emily
De Villiers, Amy
Donald, Mackenzie
Dugmore, Suede
Gouws, Jana
Kesonk, Alexia
Krige, Sophie
Meiring, Tessa
Mulindwa, Elizabeth
Proudfoot, Rynne
Rimmer, Meika
Shaw, Keira
Stapelberg, Meghan
Te Water, Jenna
Viljoen, Manon
Viljoen, Taelan*

*Blignaut, Ruby
Blood, Hannah
Booyesen, Zoë
Bosman, Saskia
Bowker, Courtney
Champanis, Alysa
Dzama, Anesu
Groenewald, Ruth
Jacobs, Teagan
Manzodidi, Semikha
Nel, Emma
Petersen, Martanique
Prinsloo, Danielle
Raymer, Abby
Springhall, Sydney
Stoms, Katherine
Uheida, Ream
Williams, Siena*



Grade 12

Bergstedt, Judy
Botha, Willemien
Dramat, Jenna
Engelke, Baylee
Green, Emma
Griffin, Tayla
Grobler, Cateelin
Hobbs, Lilly
Landman, Liyah
Matope, Tshekudzwai
Pestana, Raquel
Petika, Anna
Rogers, Kayla
Rubino, Aimee
Schultz, Kayleigh
Underwood, Natalie

Beffa, Isabella
Botha, Thenielle
Grant, Megan
Hendrikse, Olivia
Kriel, Marise
Lombard, Lila
Matthews, Leya
Michell, Emma
Mitrovic, Millicia
Msolo, Mlibo
Penfold, Olivia
Petty, Grace
Roche, Isabella
Senekal, Jenna
Van Wyk, Emily
Visser, Olivia
Wilk, Isabella

Babafemi, Esther
Bauer, Anouk
Benjamin, Chloé
Bradley, Jade
Buckton, Hannah
Combrinck, Katerina
Greenwood, Cameron
Holmes, Chloe
House, Rosie
Jenkin, Holly
Kleinbans, Carla
Krone, Sarah
Mason, Jesse
Mortimer, Malaika
Muller, Melissa
Nel, Anja
Prowse, Siena
Roos, Angenitha
Rossouw, Annabelle
Ruthford, Lise-Anne
Savory, Lechae
Sibaca, Tariro
Valentyn, Femimah
Wepener, Adriana

Every year, Rhenish receives an invitation for Physical Sciences learners to enter the Royal Society of South Africa's National School Science Essay Competition. The Royal Society of South Africa is the oldest of the nation's scientific academies. Its roots date back to the 1820s, but it received its present name by the grant of a Royal Charter in 1908. Its fundamental aim is promoting science and recognising excellence in research and scholarship. The National School Science Essay Competition, established in the late 1990s, is one of the Society's ongoing projects to encourage schoolgoers to consider science as a career. This competition is open to Physical Sciences learners, who must choose one of three topics and write an academic, scientific essay. This means the topic must be well-researched, and learners must use in-text referencing throughout their essays.

The topics for 2023 were:

- 'How would you advise your local authority to develop better sustainable waste management? Are recycling, upcycling, and developing the circular economy the best approaches?'
- 'How should the car of the future be powered: fossil fuels, electricity, hydrogen or something else?'
- 'Discuss how indigenous knowledge in South Africa has led to the development of valuable new products and services used internationally and what would you do to increase this development?'

As entering this competition requires many hours of hard work, we don't usually submit many entries to the society – between two to five entries annually. Learners need to spend many hours researching their topic of choice and write an essay of 2000 words. We are delighted that Angenitha Roos in 12D has won second prize (nationally) for her essay in the "indigenous knowledge" category. With this prize, she won R4000. Congratulations Angenitha! Angenitha also won third prize in the same competition in 2022.

To read her essay click [here](#)

Lana Schreuder

Science flows through her pen.



Angenitha Roos



International Science Fair Finalist

Chrissa Worship, a grade 9 learner and her Eskom Expo for Young Scientists project has been selected for the Eskom Expo International Science Fair that will take place later this year. Chrissa walked away with a gold medal at the regional rounds of the expo recently held at Paul Roos Gymnasium.

DEBATING PROVS!

Basics

- The championship is held over two weekends at UCT
- Schools from across the Western Cape compete
- There are also independent teams
- We compete under 'codenames'
- Each round has a theme that the motions (topics) are based on
- After seven rounds (second Saturday), the 'break' is announced, which means we see which teams made it to the quarter-finals.
- The Sunday of the second weekend is the Quarter-Finals, Semi-Finals and the Grand Finals.
- After the Grand Finals, the selection for Western Cape Trials is announced
 - This is based on speaker points as well as panel discretion
- These learners attend trials and then can be selected for the Western Cape team that competes at Nationals (2022 - two learners were selected)
- At Nationals, you can be selected for the SA team

Where are we?

- We have a junior and senior team competing
- Junior codename = 12 Dancing Princesses
- Senior codename = Antananarivo
- Our results were as follows:
 - Juniors:
 - Won 4, Lost 3
 - Placed 13th
 - (31 teams)
 - Seniors: 3W/1L
 - Senior results
 - Won 4, Lost 3
 - Placed 11th
 - (39 teams)

Sarah Shaw

<u>Juniors</u>	<u>THEME</u>	<u>Seniors</u>
Lost	SPORT	Lost
Won	RELIGION	Won
Lost	ADVOCACY PLATFORMS	Won
Won	THE ENVIRONMENT	Won
Won	GOV.POLICY	Won
Lost	MORALS/ETHICS	Lost
Won	DEMOCRACY: VOTING	Lost

Team 'Antananarivo'



"Being able to participate in the Western Cape Schools Debating Tournament was an unforgettable experience. While at first, it was extremely nerve-wracking, and not to mention at 7 a.m., participating in the competition was truly rewarding. Not only did we get the chance to compete against other, more experienced teams, but we also had the opportunity to learn and grow throughout the process.

Our knowledge and skill set expanded with every debate, allowing us to improve in the next round. We are incredibly proud of our performance throughout the competition and are excited to return even stronger next year." - Sara Rawoot.

Who has the cutest pet in Rhenish Girls' High School?

Alysa Champanis



Last term, Rhenish's Animal Welfare Society held a competition to see who had the cutest pet in the school. The tough decision had to be made after being buried in almost 150 entries and an overload of cuteness.

The anticipation was overwhelming due to the range of diverse animals we received. We had guinea pigs in tutus, snakes with hats, dogs with bow ties and cats in bags. How could you choose just one?

After weeks of having entries open, donations made, and counting up votes, we finally announced the winner.

Drumroll, please...

Congratulations to Jana Gouws and her adorable puppy, Carlos. They received a gift bag filled with goodies from our local Animal Welfare Society Stellenbosch (AWSS), along with Jordan Schaffer in second and Isabella De Vries in third - both winning a sweet treat.

We hope you have a paw-some rest of the term.

First



Second



Third





RHENISH

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SPORT ROUND-UP

NETBALL

ROUND - UP

Fast5 Tournament Results



Won 18-8 vs Worcester Gim 2

Won 14-6 vs Paarl Gim 2

Won 17-11 vs Paulus Joubert

Won 22-11 vs Bloemhof

Won Semi-final 16-8 vs Worcester Gim 1

Won Final 16-14 vs Bloemhof

SOCCER

ROUND-UP

vs St Cyprians



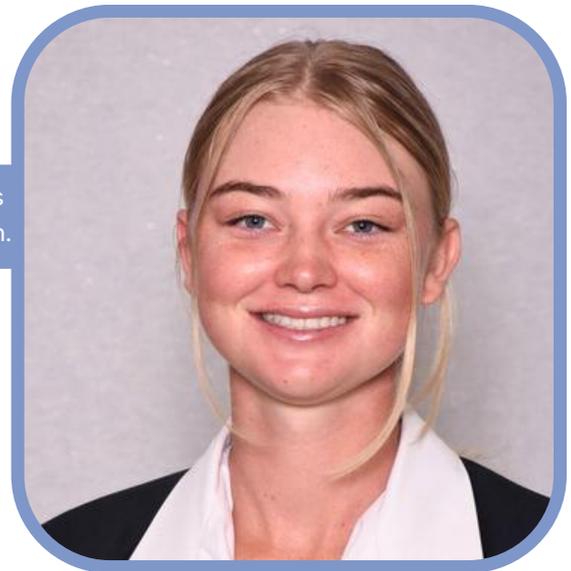
U16A team won 5-0

Rhenish ★s

Harriet Smit has been selected for the Boland Cross Country team.



Sara Rawoot has been selected for the Provincial Debating Trials.



Ineke Brynard has been selected for the Boland 2023 SA Women's Golf Inter-Provincial Championship Team.



The following Rhenishers have been invited to represent South Africa in a contemporary dance group competition in Italy in June 2024:

Aeron Osmond
Kate Barnard
Cara Barnard
Danielle Cronje
Tayler Morton

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
• AIRPORT/FUEL TAXES
• 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

TOUR DATE:
14 - 25 JUNE 2024

TOUR COST:
R 45 900

LIMITED SPACES
AVAILABLE

CONTACT: PAUL.VANDERHOVEN@RHENISH.CO.ZA



Our librarians are working hard cleaning the books we have received thus far.

...And the boxes are starting to pile up.

We have reached 600 books that have been donated so far.



Librarians at work at breaks. Let's double the figures!

We aim to achieve more than 2000 by the end of the term.

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



RHENISH GIRLS' HIGH SCHOOL

Presents the

Junior Music Concert

7 September 2023

18:30 - 20:00

Rhenish Hall

R50.00 per person

-Tickets available on Karri App-



"Music education stimulates, challenges, and enriches our young people during their formative, school years; its value lasts a lifetime."



Thank you for your support for the Santa Shoebox Project.

The details about your box(es) have been emailed to you. This will give you the name, age, sex and clothing size of your child(ren). You may now start buying the 8 articles in each box. If you are unsure, videos about the content and how to wrap the box will be placed on our social media profiles. - Keep an eye on them for updates.

You do not need to worry about the label for your box now. All the labels will be sent to everyone during the last week of the term. Remember that the boxes only need to be dropped off at the school at the start of the fourth term.

If there is anybody who still wants to pledge a few boxes.

For more information, please view the following links:

[Link 1](#)

[Link 2](#)



Rhenish is looking for a new

CHAIRPERSON

for the PTA Committee

The Rhenish PTA needs a new chairperson. We are looking for a volunteer who has the time and energy to lead a phenomenal team.

The ideal candidate must:

- provide leadership for the Committee throughout the year
- be available for on-site meetings with the Principal, or contractors when running projects
- set the agenda for once/termly Committee meetings
- manage these meetings in line with the agenda
- ideally not have a full-time job
- possibly be available at short notice when needed
- assist with fundraising initiatives.



The Chairperson works closely with the Executive to ensure that the PTA is run effectively and responsibly. They ensure that the business of the PTA is: conducted in accordance with both the wishes of the school and the representatives of the PTA, and is in line with the constitution of the PTA. They also prepare and submit reports to RGHS SGB as well as attend SGB meetings. The election will be held at the first AGM next term.

**For more information or to submit your nomination,
please email pta@rhenish.co.za**

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