



RHENISH NEWS

Excellence Compassion Accountability Integrity Diversity Respect



Jr Music Concert

Eisteddfod

Caring

RHECO

River Cleaning

RHECO ART

LiFe ScleNcE iN aCtioN

Sport Round-up

Rhenish Stars

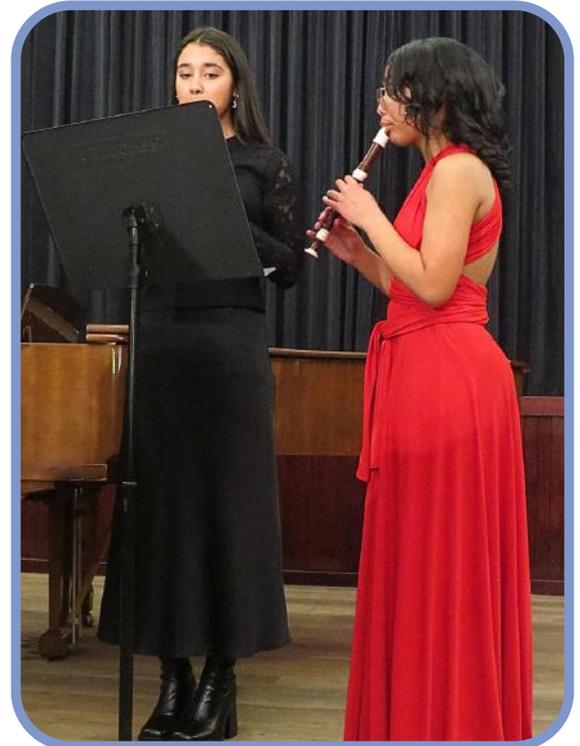
The future of music at Rhenish

Sonja van Amstel

Another special evening - celebrating Gr. 8 and 9 music learners and their beautiful music contributions. We are extremely privileged to share the gift of music, to give of ourselves, and to make the music come alive meaningfully.

A very big thank you to every parent who entrusts their children to us to develop each learner to their full potential. It is a pleasure to work with such a large group of musicians. The orchestra will greatly benefit, especially from string instruments.

In as much as no two learners look alike - so it is with their interpretation of their chosen musical instrument and the unique sounds brought forth. The coming together of one's emotions, intellect and physical ability produces a well-balanced identity and versatility, which is very sought-after in today's society.



Eisteddfod Stars



Front Left: Ziya Abrahams (2 CL, 1 G plus), Jenna Davidse (1 CL, 2 G plus), Mrs Van Amstel,
Simone Singe (5 CL), Zintle Warner (1 CL, 2 G plus), Sarah-Ellen Groenewald (3 CL),
Caryn Kaye de Bruin (4 CL), Princess Mbaya (1 CL, 2 G plus), Sienna Wilk (1 CL, 2 G plus),
Erin Gouws (2 CL, 1 G plus), Shannon Johnson (6 CL)
Absent: NiRita Schoeman (3 G plus)

The voices of Rhenish Girls' High School took on another Eisteddfod. This time, entering the Helderberg Eisteddfod vocal category. All the hard work paid off, and our Rhenishers received excellent results. We are extremely proud of the talent showcased.

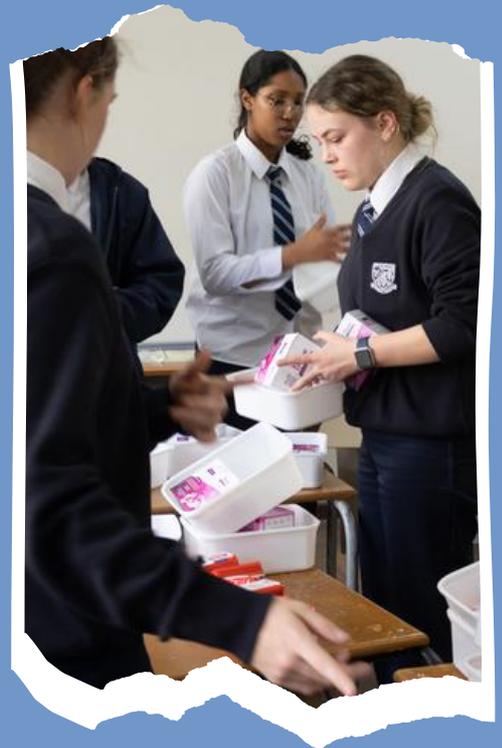
Sonja van Amstel

Rhenish Cares

Amy Davids

Khethani Woman's Wellness approached Rhenishers to help pack 1000 hygiene packs for high school girls in Lwand, Nomzamo and surrounding areas. Each hygiene pack container contained a face cloth, a bar of body soap, a bar of laundry soap, a roll-on and a pack of "Komani" reusable sanitary towels. The package also contained helpful information regarding the use of feminine hygiene products, organisations which assist in teenage pregnancy, and places to drop off a baby.

All the products were supplied, and Rhenishers gathered on Wednesday afternoon to form a very impressive production line and packed over 1000 packs within two hours. In the upcoming weeks, these packs will be distributed to girls in need. Thank you to each Rhenisher who came out to help those who do not have the basics we so often take for granted.



RHECO - CARING FOR THE ENVIRONMENT

One of the better-known benefits of volunteering is the impact on the community. Volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. Even helping with the smallest tasks, such as a river clean up, can make the biggest difference for the tiniest creatures, such as bees. As a Stellenbosch community, Rhenish, Hoër Meisieskool Bloemhof and Paul Roos Gymnasium came together to better the community park at the Eerste River. RHECO has always believed in making a difference and encouraging others to give back, and we are thankful for all the learners who joined us with Bloemhof's clean-up event.

Thank you to Bloemhof for inviting us and allowing us to help make a difference in our community.

Kristy Joubert



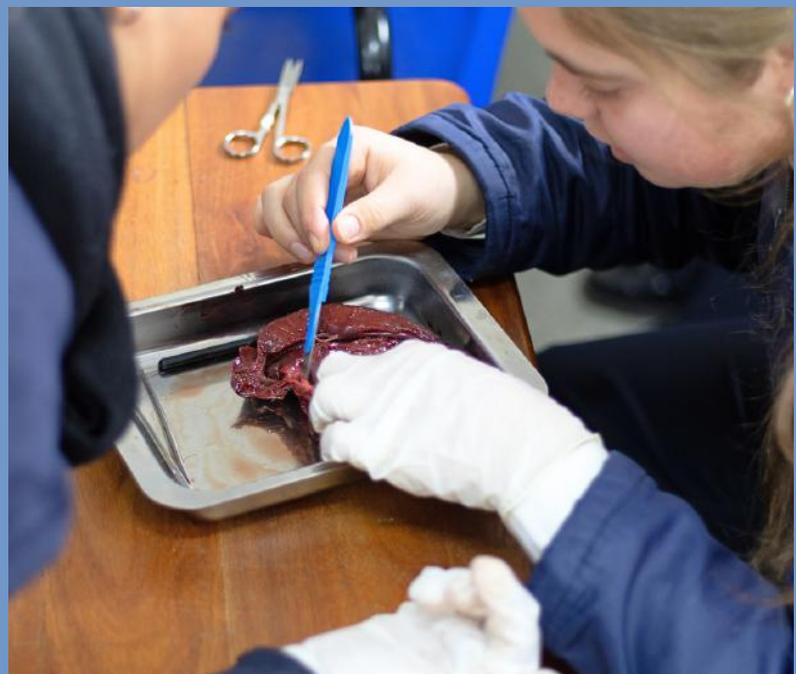
LIFE IS LIFE..LIFE IS SCIENCE



We took Life Sciences at Rhenish Girls' High School during the past couple of weeks and made it practical. Our Rhenishers experienced what the textbook's pictures look and feel like in real life.

Our grade 10s opened up hearts, and our grade 11s dissected kidneys and did a simulation of population counting exercise.

This learning experience was a good example that Rhenish, in the words of Dr Kroon, Acting Principal and Academic Head "does not only focus on teaching "hard skills" like math but also provides opportunities for our learners to observe, communicate, experience, analyse, and evaluate."





**SPORT
ROUND-UP**

HOCKEY

BROUGHT TO YOU BY

Jess



optimi
classroom

Matthews
Legends
Cup 2023



***First Team lost 3-2 vs.
Invitational side***



**Harriet Smit
has been
selected for the
Western Cape
Cross Country
team.**

Rhenishi's Book

Drive 2023

is happening
during Term 3

Ask the
Library!

The gift of reading



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