

Issue 27 of 2023

RHENISH NEWS

Excellence ● Compassion ● Accountability
Integrity ● Diversity ● Respect



A celebration of success

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2023 ANNUAL PRIZE GIVING - THE SPECIAL AWARD WINNERS (SPORT)



SWIMMING

RIX CUP FOR THE BEST AQUATIC ACHIEVEMENT: Grace de Jongh
SWIMMING CENTENARY CUP: Emma Michell

ATHLETICS

JUSTINE JOHNSON ATHLETICS CUP: Deané Strydom

TENNIS

TENNIS CENTENARY CUP: Hailey Troup

SOCCER

NICHOLLS CUP FOR SOCCER: Tinita van Zyl

WATER POLO

TONI BROADHURST CUP FOR WATER POLO: Isabella Roche

NETBALL

NETBALL CENTENARY CUP: Jenna Senekal

BARBARA BURGER CUP FOR THE PLAYER OF THE YEAR: Carlie Olckers

HOCKEY

HOCKEY CENTENARY CUP: Baylee Engelke

HARRIS MEDAL: Baylee Engelke

AINSLEIGH DE KOCK SHIELD: Sarah-Ellen Groenewald

LA GUERENNE BASSON CUP FOR THE BEST ALL-ROUND SPORTS
WOMAN: Baylee Engelke

KIRSTEN VAN DER WALT SHIELD FOR INTERNATIONAL SPORTS
ACHIEVEMENT: Sarah Krone



2023

ANNUAL PRIZE GIVING - THE SPECIAL AWARD WINNERS

HOUSE CUPS

For the learner who has contributed the most points to her house during the past year:

TERLINDEN: Baylee Engelke

VAN DER STEL: Emily van Wyk

WEBER: Rosie House

SERVICE TO RHENISH: Anothando Matheza

BLUMBERG CUP FOR SENIOR MUSIC: Angenitha Roos

SARAH SCOTT CUP FOR SINGING: Shannon Johnson

IRENE KIM TROPHY: Jada Whiteboyd

DOROTHY JOHNMAN CUP FOR CHAMBER MUSIC: Rosie House

TRAILLWOOD CUP FOR PRACTICAL DRAMA: Jada Whiteboyd

INSPIRATION ART CUP: Jemimah Valentyn

BACKSTAGE AWARD: Jordan May

ELODIE DANEEL CUP FOR BILINGUALISM: Lila Lombard

ESME KINGHORN AWARD FOR CREATIVE WRITING: Grace Petty

REGINA VAN ZYL SHIELD FOR PRACTICAL SCIENCE: Chrissa Worship

GINSBURG CUP FOR SCIENCE: Lilly Hobbs

ALSONA BAIN FELLOWSHIP AWARD: Thobeka Mashiya

MERI WILLIAMS SCHOLARSHIPS:

Elizabeth Mulindwa

Thawaab Sadien

Tamzyn Brink

SALLY COLDICOTT CUP: Siena Prowse

NIKKI LIEBENBERG AWARD: Rosie House

INVESTEC OUT OF THE ORDINARY AWARD: Olivia Visser

BOURQUIN CUP: The 1st Hockey, Soccer and Netball teams.

PHILIPPA HUSBAND TROPHY FOR COMMUNITY SERVICE:

Lisa-Anne Ruthford

BERTHA VOIGT AWARD: Lila Lombard

MANNING AWARD FOR HELPFULNESS AND COURTESY: Marise Kriel

MERI WILLIAMS AWARDS:

The Meri Williams Award for perseverance, dedication and all-round excellence: Lilly Hobbs

The Meri Williams Award for diligence and commitment to Rhenish: Willemien Botha

The Meri Williams Award for loyalty and service to the school and others: Francesca Pate

THE ELLEN FOURIE CUP: Siena Prowse

THE ROSE BOWL TROPHY FOR COMMITMENT AND DEDICATION Syntyche Plaatjies

EBENEZER CUP FOR A SPECIAL ACHIEVEMENT: Baylee Engelke

TEDDY LANGE MEMORIAL CUP FOR LOYALTY AND SERVICE TO RHENISH: Anja Nel

LOUISE GARLICK FELLOWSHIP MEDAL: Tinevimbo Mavengahama

ALLDERMAN CUP FOR DEDICATION AND SERVICE TO RHENISH AND THE COMMUNITY: Olivia Visser

THE WHITNEY CUP FOR LOYALTY AND SERVICE TO THE HOSTEL: Mya Nenguke and Isabella Beffa

LETITIA SNYMAN AWARD FOR ALL-ROUND EXCELLENCE AND SERVICE: Melissa Muller

ARCHIBALD CUP FOR OUTSTANDING SERVICE: Ishekudzwai Matope

THE BUISINNE AWARD FOR LOYALTY AND LEADERSHIP: Emma Green

PRINCIPAL'S AWARD: Emma Green

THE HOUSE SHIELD:

RUNNER-UP - Van der Stel,

WINNING HOUSE - Terlinden



Multimole Science Results



For the first time this year, Rhenish Girls' High School participated in the Multimole Interschools Science Championship. Two groups of four Grade 11 learners entered the Championship and participated in two rounds, first an individual round and then in a group round.



Congratulations to Lyné Anthony, Amy Elms, Halle-Jade Johnson, Saskia Bosman, Kiara Beamish, Courtney Bowker, Sydney Springhall and Hannah Stephanou-Lazarus for receiving participation certificates. A special congratulations goes to Courtney Bowker for being awarded a prize for the top local group achiever at Rhenish, for which she also received a medal of excellence.

We hope more learners will enter the competition next year!

LANA SCHREUDER



Interhouse Play Festival

TAYLA-ROSE BISSET

When the 2023 year began, Mr Kriel and I, as novice teachers, had a vision to stage a one-act play festival at Rhenish for the first time since the pandemic and both the staff and learners displayed much enthusiasm for this event.

The relaunch of the Interhouse Play Festival was an immense success, with Rhenishers showcasing both maturity and artistry in their ability to act and produce theatre.

The learners spent many hours preparing for the showcasing of their one-act plays and have all discovered a newfound appreciation for theatre and performance.

All three houses developed murder-mystery narratives which engaged the audience from beginning to end. Terlinden's play, written and directed by Saskia Lipjes and Anu Böhmer, won the audience votes and was made this year's festival winner.

The Dramatic and Creative Arts department is looking forward to continuing to produce theatre at Rhenish and is aiming for bigger and better productions in the years to come.



PHOTOGRAPHS: LEON PIRON



Terlinden
- Winners -



HOËRSKOOL KYLEMORE



Care Packs Project 2023

LISE-ANNE RUTHFORD



On Tuesday, 17 October 2023, the LC service portfolio of 2022/2023 was accompanied by Bloemhof and Paul Roos to the Pebbles Project to hand over the sanitary items collected from the Sanitary Product Drive.

Our Sanitary Product Drive was introduced in 2023. In honour of celebrating Women's Month in August, we joined hands with Bloemhof Girls' High and Paul Roos Gimnasium to collect essential sanitary products for women and girls in underprivileged communities. We donated these products to the Pebbles Project, an organisation in Stellenbosch whose mission is to make a difference in the lives of others. This initiative was a great success as we provided 400 young women with sanitary products. These products will be used in Pebbles Project initiatives, including their sex education workshops, After School Club Centres, and Youth Development Centres and have them available at their clinic for their beneficiaries.

We hope that this is just the beginning of a tradition where the three neighbouring schools can collaborate to ultimately make a positive impact in more women's lives within our community.

The Stationery Drive was our Mandela Day Project for 2023. We collected stationery throughout July for Kylemore High School in the Stellenbosch community. The objective was to ensure that the Grade 12 learners of these schools were better equipped for their Final NSC Examination. We were overwhelmed by the amount of support we received for this project.

On Tuesday, 17 October 2023, the service portfolio handed over 100 stationery packages, consisting of the necessities for the upcoming examination, as well as a R3000 Office National voucher for any additional stationery to Kylemore High School.

A heartfelt thank you to everyone who supported these initiatives. We would not have been able to impact so many lives without your support and generosity. We are immensely grateful to every one of you!

Old Girls' Business Breakfast

DOMINIQUE GOLDER



On Friday, 20 October 2023, Rhenish Old Girls' hosted their first Business Breakfast networking event. This event took place at De Volkskombuis, just down the road from Rhenish Girls' High School. Throughout the decades, Rhenish Girls' High School have nurtured so many talented and confident women, and this event was an opportunity to bring some of these women together to celebrate one another and to learn from each other. Many of the Old Girls who attended have their own businesses which are local to Stellenbosch, like our guest speaker, Jeanneke Malan, owner of Mia Mélange. It was wonderful to hear how she came to own Mia Mélange, what she strives to do with her business and how she strives to help her local community through job creation for local women.

Jeanneke commended her old high school by saying, "Rhenish played a massive role in my journey in the belief that women can do anything".

When leaving Rhenish Girls' High, you leave with an unbreakable bond. Regardless of which year you matriculated in, you will always have a connection with each other, and that was prominent at this event. Women who matriculated in 1986 were connecting with women who matriculated in 2018, which reiterates our motto, "Once a Rhenisher, always a Rhenisher".

First Aid Club - ready for new sports season

Dr Pettipher has generously donated to the Rhenish First Aid Club with brand-new and fully equipped first aid kits. The First Aid club will also be privileged to learn new skills to use these kits. The first aid club will be ready to kick start the following year with upgraded first aid kits. This will improve our service at the school's sports events, and we will successfully overcome any obstacles that come our way.

First Aid Courses:

When considering the first aid society, you can't help but mention the first aid courses. Rhenish hosts first aid courses in the June holidays every year, and you can take part in three different levels of training. From a level 1 qualification to a level 3 qualification, it can be awarded to any learner from Rhenish and allows you to first aid at any of the sports matches or events that take place at school. This experience teaches you so many valuable skills that can one day save a life. You meet new people with similar interests and walk out with a better understanding of the human body and a brand new qualification that you can add to your CV. By taking part in the first aid courses, you will automatically join the first aid society and be added to a Whatsapp group sharing all the available slots and times for first aid. The first aid course is definitely something you don't want to miss out on!

What does being a first aider entail?

Besides being able to live out your Grey's Anatomy dreams, being a first aider at Rhenish is one of the most eye-opening, helpful experiences that you can be part of during your high school career. First, aiding allows you to work in a team as you put your skills to work; it will enable you to support your fellow Rhenish sisters, both medically and in spirit, and finally, it equips you with a lifelong skill that you can use wherever you are at any time. Becoming a first aider at Rhenish will never disappoint and will guarantee a smile on your face as you get to serve your sisters in blue.

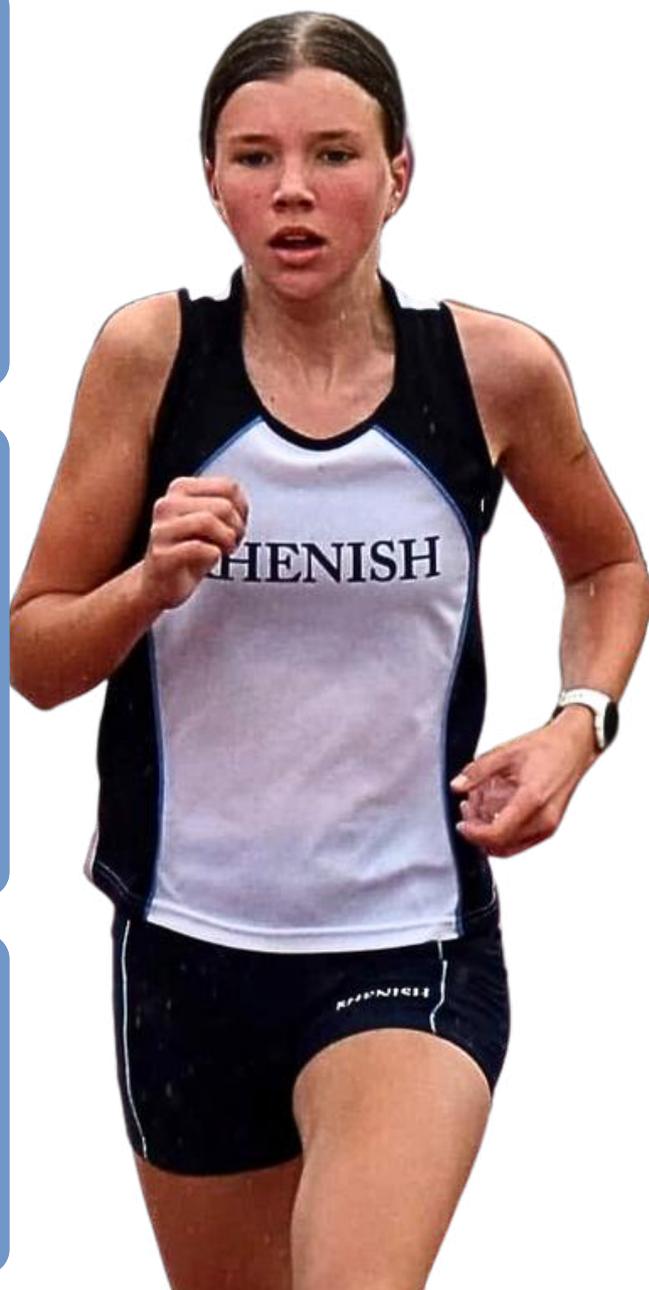
GA YOUNG MOON



**Thank you
Dr Pettipher & Busamed!**



Sports Results *Round-up*



KWAGGA TOP 10 - 2023

ZOË BERESFORD

On Friday, 20 October, Rhenish took two teams to the Kwagga Top 10 Athletics meeting. It took place at the De Jagers Sports Track in Oudtshoorn on Saturday, the 21st of October. We left Rhenish at 12:30 with a long bus ride ahead of us. We made a few stops on the way up to ensure we stayed fueled. We arrived in Oudtshoorn at about 19:00. We got settled into the hostel dorms at Langenhoven Gimnasium hostel. On Saturday, all the girls were excited to compete. We had breakfast before heading to the track. Although the weather was not the greatest, with a few hours of rain followed by wind, we managed to do our best. Rhenish A team finished 5th out of 17 Girls' school teams, with Rhenish B ending 15th.

The following learners achieved medals:

U14: Lia Latti - in the 400m

U15: Harriet Smit - in the 800m

U17: Taelan Viljoen - in the 800m and in the 1500m

We enjoyed the weekend and look forward to the rest of the athletics season.

Rhenish Girls' High School Menlo Park Gala Winners



On Friday the 20th of October, 18 of our swimmers went to Pretoria to swim in an invitational gala at Menlo Park against the top schools of the nation. Arriving Friday, we went straight to the pool after grabbing lunch to start our weekend of swimming. We were kindly invited to stay at the Menlo Hostel, where they gave us great hospitality. Saturday was an early start at the pool. We were starting with the Individual Medley event, which we did super well in, as well as winning medals in every event of every age group. Not only was the heat getting to us, but so was the higher altitude, which put us at a lesser advantage than everyone else. It stressed us out as we thought it would be a massive advantage to the other teams, who were used to the heat and altitude.

With all the camaraderie and support, we achieved what we came there for! Ending our score with 213 points, we were the top female school and came first to Menlo Park, who had 198 points.

No other school has been able to beat Northcliff High School, Menlo Park High School and Eunice High School. Additionally, we are the only sport in Rhenish to beat Oranje Hoër Meisieskool!

The night of our victory, we joined the Paul Roos team for bowling and dinner at the mall. We had water gun fights just before getting settled to watch our Bokke play, "GO BOKKE".

As said by Michael Phelps, "You can't put a limit on anything. The more you dream, the further you get."

Thank you, Rhenish, for our fantastic experience and thank you team for making the experience memorable.



AMY PETTIPHER

Somerset College Stayers Champions

From the 21-22 of October 2023, Rhenish's first team, Water Polo, played in the Somerset College Stayers Tournament hosted by Somerset College. This tournament is one of the first of the 2023-2024 season to be played without this year's matrices making it exciting as we forge new friendships, try out new tactics and bond as a team.

It was an early morning wake-up on Saturday morning, but we started the Tournament out strongly, winning our first pool match against Rustenburg Girls High School with a score of 7-2. Our winning streak continued throughout the rest of the day as we obtained scores of 8-0 and 14-0 against Saint Cyprians and Wynberg Girls' High School. The new Rhenish First team became a family, bonding even more after each match. The girls' support, love and care helped us stay calm and focused through a few tough situations and made our new coach, Jess Brown, very proud.

On the second and last day of the Stayers Tournament we started our day at 07:30 with our first match against Westerford. We were able to secure a 10-1 win after a late night of Bokke celebrations. The adrenaline rush never wore off and we were able to go on to beat our sister school, Bloemhof, with a score of 13-0, sending us into the finals against Reddam! We arrived back at Somerset College after an afternoon of maths studying and sleeping, for a long warmup and some team bonding to get our heads into the game. With the support of our Rhenish sisters, past first team players and aspiring young players as well as many parents and friends we were able to reclaim the title for the second year in a row as the Stayers Champions!! We beat Reddam 5-3 in a nail-biting clash. It is a privilege for me to be a part of this team. There is amazing camaraderie amongst the players and the values of respect, integrity and compassion are truly felt. My hope is that these continue to get stronger as we grow and train together as a team.

Thank you to Coach Jess for helping us grow as a team and creating a fun, safe environment for all of us to flourish. We are excited to continue the journey with Jess as our new coach. Thank you as well to Mrs Henery and Mrs Van Biljon for all their support and encouragement and Mr Piron for the amazing action photography. This captured the true spirit of our team!

SWIMMING



SACS Swimming Gala

Thursday 26 October

Rhenish 1st place - 128 points

Herschel 2nd place - 114 pts

Springfield 3rd place - 95 pts

Rustenburg 4th place - 92 pts

Reddam 5th place - 81 pts

Fish Hoek 6th place - 64 pts

Milnerton 7th place - 57 pts

Pinelands 8th place - 55 pts

Rhenish

Aquatics



Aquatic KIT

OUR KIT

Our Water Polo and Swimming Team Kit form an integral part of our Rhenish Girls' High School Brand.

The kit - rebranded in 2018 - remains the same. We have sourced the best quality fabric at the most affordable prices and the kit will be used for the time your daughter plays the sport at Rhenish Girls' High School.

The costumes are of a high quality, and should last for at least 3 seasons if the girls take care of them.

Order Here

[Kit & Costume](#)

THE PROCESS -

HOW TO PLACE YOUR ORDER

- Kit orders need to be placed by completing the google link by 31 October 2023 .
- Proof of Payment must be loaded onto the order form before it can be submitted.

NOTE

Early orders needs to be placed as there is a lead time of 8weeks for kit to arrive so we cannot only place the order in Term 1 of 2024. If you do not order now, the learner will not have kit for the 1st term.

Payment

Rhenish Girls' High School

Nedbank

Account No: 1180253698

Ref.: Name+Surname+Aquakit

All Items of the Kit are Compulsory

Swimming KIT

- TYR costume R450

Costume



Swimming



U19A

Water Polo

All other
Water Polo Teams

- White T-shirt R195
- Navy Shorts R250

T-Shirt



Navy Shorts



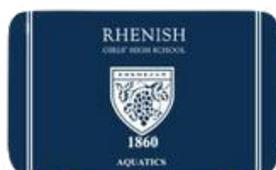
White Cap

- Navy Swimming Cap R80

Navy Cap



- 1 x Rhenish Towel R220



Rhenish Towel

Water Polo KIT

- Water Polo Costume R680

- White T-shirt R195
- Navy Shorts R250

- 1 x navy swimming cap R80
- 1 x white swimming cap R80

- 1 x Rhenish Towel R220

Yearbook 2023

Order NOW on Karri App
Available for collection 1st week Dec.



Limited copies available

LSU DETAILS

In need of emotional support?



Ms Conchar

Mrs Nel

**QR CODE
(for learners)**

Counselling Psychologist
Office: A block next to A1

Educational Psychologist
Office: B block next to B14

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