

Issue 13 of 2023

RHENISH
GIRLS' HIGH SCHOOL



1860

RHENISH NEWS

Excellence ● Compassion ● Accountability ● Integrity ● Diversity ● Respect

Photos: Members of Rhenish Media Services



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LSU - Here for you

2023

New kid on the block

**"Education has been in
my blood for years..."**

Allow me to introduce myself. I am Ivan Swart, the newly appointed Communications Manager at RGHS and I am thrilled to be a part of the history of the oldest Girls' School in the country. I have been working in the Higher Education and Training field for nearly 15 years and the education sector is still what I love as I know that what I do impacts the lives of the youth.



A little more about me...

I am an avid photographer, a husband to a beautiful wife whom I met while she also was working at an educational institution and I am a father of two very beautiful children, Ava and Luan.

I look forward to sharing this journey with you all and know that this is only the first of many steps that we are going to be taking together and I look forward to each of them.

Many people ask me: "Why Rhenish?" my answer: "Why not?" A school that is academically sound, has excellent results that speaks of the quality of education and that has been at the forefront when it comes to the inclusivity and adoption of online and hybrid learning.

A school that is not just invested in a one-sided development strategy but has a vested interest in the holistic development of their learner. Why would I not want to be associated with such a brand?

As the school enters into exams and as the term's clock slowly but surely runs out, I hope that you all will enjoy this edition of the Rhenish News.

I would like to wish all the learners well with their exams and I know that you will give it your all. I would also like to wish the staff well for the exams as their learners showcase the time and effort that they have placed in their fabric of being through their answers.

Parents, to you I wish you well and all the best during this time of exams.

Ebenerzer!

Mother and Daughter Tea



Tanya Mulder: PTO Chair

The Mother and Daughter Tea held in the Ebenezer Hall on Saturday, 13th May, was a showcase of beautifully set tables, dressed-up ladies and treats served by our generous hostesses.

This event, a Grade 11 fundraiser for the Matric Farewell, is a must-attend event every year.

Guest speaker, Aletté Winckler, spoke about "success in a women's shoes", "what colours work for you", and "how to present yourself as first impressions last". It was an insightful discussion and one that benefitted all who attended.

Aletté is a trained image consultant but she entered the entertainment arena as a TV presenter and motivational speaker. She, therefore, knows what she is talking about.

She wrote three motivational books for women, as well as a children's book series, Lulla-Bible. She now trains image consultants all over the world. Aletté has also designed an APP called "The Pocket Stylist". Her latest venture, The Confidence Co. offers Girl Schools which, through finishing and 'modern manners' classes, helps girls discover their inner and outer beauty.

Our second guest speaker, Eva Mazza, shared her journey of becoming an author or, as she puts it, an "Accidental Author". She also shared the trials and struggles that she experienced during the process of publishing her four books in an incredibly competitive environment.

With so many sponsors for the event, we were able to give away some wonderful prizes, including vouchers from Genki, Gino's, Radiance, With Love Loren, The Blue Bird Cafe, Wine from Almenkerk Wine Estate, soap products from Beatrix and biscuits from the Biscuity.

The photos at our PhotoBooth were taken at a donation cost and will be emailed to those who ordered.



Above: Sponsor Gifts



Above: Alette Winckler



Right: Eva Mazza

Thank you to everyone who attended or contributed to the event being such a success. We hope that this day is already marked in your calendar for next year.

Thanks to our sponsors



SENIOR MUSIC CONCERT



SCHOLARSHIP

1976	ALICE ASHWELL	1980	MARISA HONEY
1976	ANNE BIRCH	1982	T ^{INA} HOUWENI
1976	LEN-MARI METCALF	1982	LIBBI FERRARI
1976	CELIA REED	1982	GAYDREY BIRCH
1977	FRISCILLA CASTLEMAN	1983	NAOMI DOUGLAS
1977	SARAH ESLEY	1984	HARRIET DEACON
1977	PAMELA GREENWALD	1984	INGRID ROUX
1977	CHARLOTTE WARD	1984	STEPHANIE WARD
1978	NICOLA ILLING	1984	WENDY WILSON
1978	KAREN WIEGMAN	1985	MARIKE HONG
1979	YVONNE BLOK	1985	VERI ODENBALL
1979	NICOLINE DE BEER	1985	MARGARETHE VEE
1979	ALISON ESLEY	1985	MARIKA VOLKMAN
1979	LINDA SKIDMORE	1986	JENNIFER CASE
1979	SHEILA WOODMAN	1986	ANTONETTE MURPHY
		1986	LARISSA PHIBBS
		1986	LINDA RAUBENHEIM
		1986	MANDI SIEGFRIED

Sonja van Amstel

The annual Senior Music Concert of 18 May 2023 was an exceptional occasion.

The Grade 10-12 music learners performed a programme encompassing many genres – indeed a kaleidoscope of talent.

Making this evening particularly unique, was the appreciation of each learner performing their specific piece – demanding a brave but vulnerable heart. It was indeed memorable to experience the individual interpretations of their various pieces.

From solo singing and pianists to other instruments including violins and recorders...Our ladies did indeed put their best note forward.

The evening's MC was Simone Singe who kept the audience abreast of the evening's procedure. Simone's spontaneity and exuberance added flavour to the concert. The audience mainly consisting of family and close friends certainly rose to the occasion in an extremely appreciative way.

A very special thank you to every teacher (outside teachers) who tribute to each learner's journey. Thank you to our 'wingman, soundman and photo man' Mr Piron.



Some of our learners who shared their talents with us on the evening

Stellenbosch Eisteddfod Rhenish Girls take gold...



Our Rhenish singers could finally perform live again at the annual Eisteddfod after three years of having to do so virtually due to the pandemic. We are extremely proud of all these learners who managed to learn a new repertoire, along with their busy academic and sports programmes. There is an interesting saying: 'The more you do, the more you can do.'

The results are as follows:

Grade 9:

Sarah Ellen Groenewald - 2 Cum Laudes, 2 Gold plus

Erynn Gouws - 1 Cum Laude, 1 Gold plus, 1 Gold

Princess Mbaya - 4 Gold plus

NiRita Schoeman - 1 Cum laude, 3 Gold plus

Grade 10:

Simone Singe - 5 Cum Laude

Sienna Wilk - 2 Cum Laude, 3 Gold plus

Alisha Sampson - 4 Gold plus

Grade 11: Jenna Davidse - 1 Cum Laude, 1 Gold plus

Ziya Abrahams - 1 Cum Laude, 4 Gold plus

Grade 12: Tasea Brown - 3 Gold plus, 2 Silver plus

Shannon Johnson - 5 Cum Laudes, 2 Gold plus

Caryn Kaye de Bruin - 1 Cum Laude, 5 Gold Plus

**By Sonja van Amstel and
Linda De Villiers**

Not only did the Rhenishers take part in the vocal part of this annual event, but also participated in the instrumental part of the Eisteddfod.

This, however, was still required to be recorded and sent to the judges and, although a recording is never the same as experiencing and hearing the sound of an instrument being played, our ladies shined and brought home the gold...and the cum laude's

The Instrumental results are in and the following students received awards:

Mari Roos (Violin) - 3 x Cum Laude's

Ella Lederle (Clarinet) - Gold

Rebecca Niesler (Trumpet) - Cum Laude

Eliana Hoctor (Piano) - Gold plus

Malaika Mortimer (Recorder) - Cum Laude

June Theron (Piano) - Gold

Peyton Kleynhans (Recorder) -

Cum Laude

Tamzyn Apollis (Piano) - Gold Plus

Chloe Le Roux (Flute) - 2 x Gold Plus

Zoë Booysen and Rosie House (Violin Duet) - Cum Laude

Alicia Pinkhard (Violin) - 3 x Silver

Rosie House (Violin) - 2 x Gold

Anna-Sophia Combrink - 2 x Silver

Chiara Terhoven - 2 x Cum Laude and 2 x Gold Plus

Junior Quartet (Alicia, Leah, Anna-Sophia, Chiara) - Gold Plus

Dayita Ramjugernath (Piano) - Gold Plus

Nitha Roos (Cello) - 2 x Cum Laude

Jada Whiteboyd (Piano) - Cum Laude

Jada Whiteboyd and Victoria Kelly (Piano Duet) - Gold Plus

Our instrumentalists



EMBRACING THE FUTURE

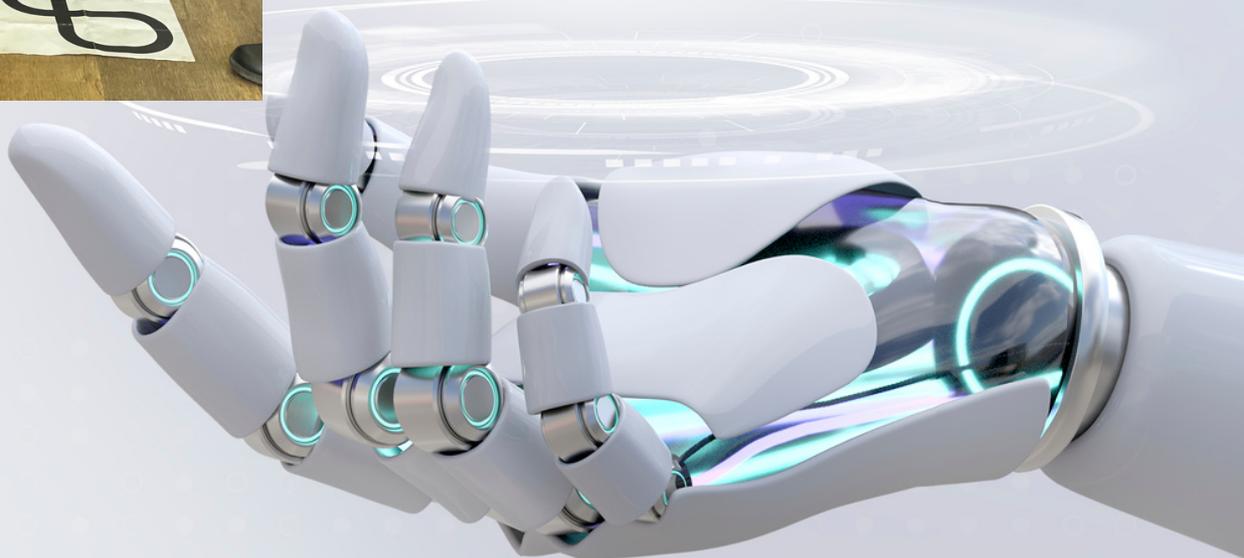


by Alexia Couvaras

On Wednesday the 17th of May, Resolute Education hosted a STEAM Robotics Day. There was only space for three grade 8 & 9's and I was lucky enough to be one of them.

They taught us some block-based coding, which we then used when programming robots to race against each other. I found it very enjoyable as we were able to learn about robotics used in the world, as well as have some fun experimenting with it ourselves.

"These are the first steps as the school steps proudly into this new normal post-COVID-19 - a place where artificial intelligence and unlimited learning capabilities will be utilised to take our girls from learning to working with these new technological terms," said Mr Leon Piron, the lead of the robotics programme at Rhenish Girls' High School.



Ready...Steady... **...Study...** Almarie Nel

Being faced with a first high school exam can be daunting. During times of unpredictability and pressure, we need to go back to the basics. Firstly, we need to 'pause', establish where we are in our academic progress and then set realistic, achievable goals to work towards. To achieve our goals, we need to start by connecting the dots. Taking control of our time is a crucial step in the right direction.

Mrs Pretorius is an expert in study methods, time management and exam strategies. On Friday the 19th of May, she guided the Gr 8 group in creating a personalised study timetable for the upcoming exams. This process gives a visual perspective to the time we have available to prepare for each exam paper. Subsequently, we can spread the workload into manageable chunks.

Different study methods don't work equally well for everyone. The Gr 8 and 9 phase is ideal to experiment with a variety of strategies. During our session on Friday, the Gr 8's were introduced to the 4 basic steps that are necessary for effective studying, regardless of the strategy or graphic organizer used for summaries.

These steps are:

- 1. Look for headings, summaries, diagrams, or questions.***
- 2. Read and re-read! Look for keywords and fact words.***
- 3. Write – it is found that written text is more effective during studying than typing on a device. Write headings, details and abbreviate where possible.***
- 4. Speed test – learning is testing your own knowledge!***

Ms Janse Van Rensburg spent valuable time explaining the procedures and rules for every exam day. There will be some time to study in the morning before your exam – keep in mind that this time should be spent revising, not studying from scratch.

Thanks to Ms Conchar for sharing tools and skills to manage the overwhelming feeling of stress and anxiety. It is normal to feel stressed about exams – we just need to monitor our stress levels and make sure that we know how to relieve excessive amounts. While it is important to prioritise your studies, your brain and body also need time to recharge to function to the best of their ability. Make sure you get enough sleep, eat healthy foods, stay hydrated, get some exercise and fresh air, and stay in touch with your support system. All the best to all Rhenishers for the upcoming exams!



NEW AFTER HOURS SUPPORT PARTNER

How to contact SADAG

Brandi Cole



PHONE

24 / 7

Suicide Crisis Helpline
0800 567 567

CIPLA Mental Health Helpline
0800 456 789

Substance Abuse Helpline
0800 12 13 14



WHATSAPP 8AM - 5PM

Cipla Chat Line
076 882 2775

Maybelline BraveTogether
087 163 2030



SMS

24 / 7

31393



Rhenish is excited to announce that our learners will now be able to access South African Depression and Anxiety Group (SADAG) for any possible after-hour support.

Their accessibility (WhatsApp, Phone or SMS) makes it easy for our learners to quickly and effectively get the support they need in any possible situation.

Should any of our learners experience any possible situation during school time then our LSU is still on hand and ready to take our learners and walk the journey with them till they (the learners) have overcome the obstacle that lead them to the LSU in the first place.

We encourage all learners to save these numbers and use them when needed.

SAVE THESE NUMBERS

Rhenish opens doors...and decorates them too!

On the 25th of April, the Cancer Society launched the Cancer Door Project where each register class had to design their doors according to the cancer their grade was assigned.

Grade 8 had Leukaemia, Grade 9 had Lung Cancer, Grade 10 had Bone Cancer, Grade 11 had Ovarian Cancer, and lastly, Grade 12 had Breast Cancer.

Each class was given until the 10th of May to finish their doors. Every door had to have at least 5 facts about the assigned cancer, and the allocated cancer ribbon that included the specific colour linked to it.

The aim of this project was not only to raise awareness but to educate others about different cancers, their causes, symptoms, and risks.

We are very grateful for the effort that was put in and we are glad to announce that Mrs Liebenberg's class, 11D, has won.

Thank you to every who contributed!

Danielle Prinsloo



SPORT ROUND-UP



SOCCER

ROUND-UP



SOCCER RESULTS
RHENISH VS FAIRMONT

RHENISH
ONLY HIGH SCHOOL
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U14A won 1-0
U16A won 4-0
U19A won 3-2



HOCKEY

ROUND-UP



HOCKEY RESULTS

RHENISH 1860 VS FAIRMONT

U14A	WON	5 - 1
U14B	WON	4 - 0
U16A	WON	3 - 0
U16B	WON	15 - 0
U16C	WON	8 - 0
U19A	WON	16 - 0
U19B	WON	4 - 0



HOCKEY RESULTS

RHENISH VS FAIRMONT

RHENISH CREEK HIGH SCHOOL
1860

1st team won 4-0
2nd team won 7-1
U16A won 2-1
U16B won 3-1
U16C won 8-1
U14A won 2-0
U14B won 1-0

NETBALL

ROUND-UP



NETBALL RESULTS

RHENISH 1860 vs FAIRMONT 1860

U14A	LOST	9 - 31
U14B	LOST	8 - 24
U14C	LOST	6 - 25
U14D	LOST	7 - 17
U15A	WON	24 - 12
U15B	WON	24 - 3
U15C	WON	16 - 3
U15D	WON	18 - 1
U16A	LOST	15 - 29
U16B	LOST	1 - 19
U16C	LOST	10 - 19
U17A	LOST	32 - 5
U18A	LOST	21 - 39
U18B	LOST	12 - 16

NETBALL RESULTS

RHENISH VS FAIRMONT

RHENISH GIRLS HIGH SCHOOL 1860

- 1st team drew 28-28
- 2nd team lost 13-12
- U17A *No game*
- U16A won 17-11
- U16B won 14-12
- U16C won 16-4
- U15A lost 16-11
- U15B won 13-9
- U15C won 19-7
- U15D won 18-1
- U14A won 11-20
- U14B won 18-16
- U14C won 12-11
- U14D drew 11-11

NETBALL RESULTS

RHENISH VS STRAND

RHENISH GIRLS HIGH SCHOOL 1860

- 1st team won 33-13
- 2nd team lost 13-7
- U17A won 16-10
- U16A won 13-10
- U16B won 7-6
- U16C lost 11-7
- U15A won 16-13
- U15B won 19-5
- U15C won 31-8
- U15D won 13-1
- U14A lost 17-7
- U14B won 17-9
- U14C won 19-7
- U14D won 19-0

SWIMMING

AMY HARTUNG AND GRACE DE JONGH

Amy Hartung took part in Durban's Kings Park 50m indoor swimming pool for the 2023 SA National Junior meet that was hosted in KZN, from 21 to 25 March.

This national event brings the best junior swimmers together from within South Africa and included swimmers from Namibia and Zimbabwe. Amy's top placing was 7th in the 200m butterfly but she also swam finals in the 1500m free, 100m fly, 800m free, 400m IM and 400m free; and also competed in the 200m free and 50m fly events. This was Amy's first National pool meet.

Grace de Jongh swam herself into the finals of 2 of her main events at the recent SA Seniors. She placed 14th in the 100m back and 13th in the 50m back.



AMY



GRACE

WP ICE HOCKEY

ALICIA PINKHARD

Alicia has been selected to participate in the WP Inter-provincial tournament for u18 from 25 June to 05 July in Cape Town. She will be part of an inter-provincial team that will be participating in the competition



BOLAND NETBALL

ISSATAYA BREDELL & NALANI NALUMANGO

Congratulations to Issataya Bredell U15A Boland team as well as Nalani Nalumango U17A Boland team



ISSATAYA



NALANI

GOLF

INECKE BRYNARD

inecke has been selected for the SA Woman's 72 holes team Championship from 22-24/25 May 2023



PERFORMING ARTS

LAYLA FERNANDES, CHLOE LE ROX AND NIRITA SCHOEMAN

Congratulations to Laya who participated in the World Dance Masters as part of Team South Africa that took place in Croatia from 13-23 May 2023.

Then our Chloe and NiRita took their performing talents to the Star Theatre as they were part of the Shakespeare School Festival that will be taking place from 8-27 May 2023



LAYLA



CHLOE



NIRITA

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