



RHENISH NEWS

For parents & daughters

13/02/2015

Rhenish Girls' High School aims to provide its learners with an education of the highest quality and is committed to providing an environment that is conducive to effective teaching and learning. All learners, regardless of their intellectual abilities, social backgrounds and academic aspirations, are encouraged to develop their full potential, to strive for excellence in all they do, and to become responsible, caring and productive citizens.

Important Announcements

1. Sports Captains and Heads of Clubs and Societies are reminded that it is their responsibility to ensure that results of matches, match reports and reports on events are submitted to the Communications office. Results are to be sms'd or whatsapp'd to Mrs Hershaw (071 677 0246) immediately after games and reports are to be submitted on the next school day.
- 2 4 M – transport arrangements to and from Dal Josafat will be posted on our website, on our facebook page and on the communicator on Monday.
- 3 The procession and school cheers will begin at 3pm at Dal Josafat, please join us in Paarl as we support the cheerleaders and athletes.
- 4 “Like” our Facebook page (<https://www.facebook.com/rhenish.girls.high>) and get news as it occurs.

We Have a Dream ...

Like Martin Luther King Jnr, Rhenish too has a dream. While it may not be of as great international significance as the late Dr King's dream, it is a dream with historical significance and THIS year is the year that we start to turn our dream into a reality. Change requires a step and on the 19 February the athletes of Rhenish Girls' High take the first step towards realising our dream.

We have been bravely fighting an uphill battle to improve our position at 4M. We are no longer willing to accept our anticipated position as forth. Last year saw us break the 200 point goal and this year we will prove to ourselves and to others that the constant climb, the hours of practise and dedication has all been worth it.

Rhenish, let's make 4M this year one to remember.

I wish every athlete taking part the best of luck, may all your hard work of training pay off and may each athlete reach her goal, for herself and for Rhenish.

Giving up is not an option, remember to face the challenge and embrace the change. We pride ourselves in believing that our greatest glory is not in never failing, but in rising up after each time we have failed.

Athletes, your school backs you 110% so don't be scared, give it your all and have fun.

Anke Smit
Athletics Captain

Inter House Swimming

Last Friday, 6 February, Rhenish held the annual Inter House Swimming at the Paul Roos Pool. It was a successful day for all our water-born competitors. They fought the heat well and were relieved to find the PRG pool in fantastic condition with crystal-clear cold water!

The swimmers battled each other in high spirits, loving a chance to compete against each other for a change, aiming to win the top spots in the school team. It was also great to see just how many water lovers we have. A particular shout out to Weber, for entering the most non-competitive swimmers, most of whom were Matric learners. We hope they had a blast at their last Inter House.

Congratulations to our individual trophy winners:

U14 Free	Hannah Coates
U14 Breast	Hannah Coates
U14 Fly	Kiara Noades
U14 Back	Kiara Noades
U14 Individual Medley	Kiara Noades

U16 Free	Inge Weidemann
U16 Breast	Ash Loxton
U16 Fly	Inge Weidemann
U16 Back	Cailin Joubert
U16 Individual Medley	Cailin Joubert

U19 Free	Laura Loubser
U19 Breast	Ash Rutherford
U19 Fly	Tia Dixon
U19 Back	Tia Dixon
U19 Individual Medley	Ash Rutherford

As well as our relay winners:

U14 Free	Weber
U16 Free	Terlinden
U19 Free	Terlinden

U14 Medley	Terlinden
U16 Medley	Terlinden
U19 Medley	Terlinden

Senior Victrix Ludorum: Ash Rutherford

Junior Vixtrix Ludorum: Kiara Noades

Adrienne Hobbs is also congratulated on being awarded the Captain's Award for enthusiasm and sportsmanship. She did not lose her Rhenish spirit all season, and she continues to prove that her blood is clearly blue!

The House Captains deserve a huge congratulations as well, for keeping the *gees* going. Final scores reveal:

1st - Terlinden 241
2nd - Weber 169



A great day drew to a close with the Teacher vs Prefect relay. It is always good to see that our teachers have swimming potential too. The Prefects *clearly* won, however the Staff were not far off. They owe it to their 'newest' staff member, Tia Dixon, for that.

As tradition, Matric T-shirt relay finished the day and was a highlight for most of the Grade 12s. I may be biased, but 12E won.

A huge thank you goes out to Mrs Mouton and her tech team for constant commentary throughout the day; Ms Viljoen and her First Aiders; all our dedicated teacher-timekeepers for bearing the sun under those umbrellas; our outside judges and starters; and to the rest of the school for never losing spirit... ever.

Caitlin Sleet (Rhenish Swim Team Captain 2015)

Choir Camp

If something works, sticking with the working formula is smart ... it does not make the outcome hackneyed.

The 2015 choir camp at the Mizpah Campsite, outside Grabouw, was a wonderful "Music in the Mountains" experience and the report back is easy: a blessed weekend with happy girls working hard who learnt to sing when the going got tough. It was a positive and rewarding event.

On the Saturday evening we host a concert in which every dorm has to participate. The concert always leaves us amazed at the talent and the sharp sense of humour of the girls, as well as the powerful spirit of love and compassion that exists in our 'sisterhood'.



A highlight of the weekend is always a hike to the rock pools where the girls jump from a 3 metre ledge into the crisp clear water below. The jumpers are enthusiastic and fearful, but the sense of achievement once they're in is overwhelming and great whoops of delight echo through the mountain glen.

Thank you to the people who form an important part of the weekend – Ms de Villiers who went through on one of the busses on the Friday and helped with sectional rehearsals. We appreciate you SO much. To Heidi and Essie, thank you for feeding us so well, we all left stronger and ... leaner. We are grateful to Mrs Fourie for planning the menu and buying all the food and to Mrs Smith for her time and energy as our accompanist. Finally, to Mr van Amstel, thank you for leaving very early on Saturday and Sunday morning to arrive with fresh, warm bread rolls JUST in time for breakfast. Also for helping out at the tuckshop throughout the weekend.

"I leave you with a song" is our theme song for 2015 and I leave you on that note.

Sonja van Amstel

Chaos Hike In Jonkershoek

On Saturday the 7 February a group of Rhenish girls embarked on an exciting adventure in the Jonkershoek Nature Reserve. We visited a series of three waterfalls, each more breathtaking than the previous one.

The look of sheer amazement upon the faces of girls who had not yet experienced this hike was something I will not soon forget. Hopping over lizards and frogs was all part of the fun as



we explored the untapped corners of this scenic nature reserve. Convincing everyone to submerge themselves in the icy waterfall is something only Mr Potgieter could accomplish. His motivating reason: it would indeed make for an epic action photo!

Overall the hike was an unforgettable experience that all the girls thoroughly enjoyed. Thanks to Mr Potgieter for his participation and humour that keeps us in constant stitches. Keep your eyes peeled for pictures of the hike on our CHAOS Facebook page.

Lijan van Niekerk

Grade 9 Workshop

It is time for the Grade 9s to focus on themselves. No longer the babies of the school, but not yet seniors either. A time of uncertainty perhaps; a time of discovery.

A fantastically informative and enjoyable day is planned for the Grade 9s on Friday 20 February. It is an opportunity to learn more about yourself and about your fellow Grade 9s, a chance to learn more about the people not in your immediate circle of friends.

Date: 20 February 2015

Time: 8:00 – 13:00

A light lunch will be provided – please inform Mrs Bellstedt of any specific dietary requirements.



Alex Butterfield

educational psychologist

Pr. Nr:0467228

HPCSA Nr. PS0119724

SERVICES AVAILABLE

(Individual or Group Sessions; Presentations & Workshops)

Assessments

School Readiness	Subject Choice
Scholastic /Psycho-Educational	Career Assessments

Psychotherapy

Emotional; Social; Family;	Stress & Anxiety
Relationship; Self-esteem; &/or	Low Mood State &
Behavioural; Challenges	Depression
	Play Therapy

Skills Training

Time Management	Stress Management
Organisational Skills	Motivation
Study Skills	Effective Goal Setting

Parent Guidance

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23 Mount Villa, Somerset
Ridge, Somerset West,
7130

Learning Support Centre, Somerset House Preparatory,
Drama Street, Somerset West,
7130

No More "I left my textbook at home" Excuses for Rhenish's Grade 9s



The Grade 9 teachers are smiling and with good reason. Never again will they have to listen to the most incredible stories of why learners don't have their textbooks in class. With the Grade 9 textbooks now available in electronic format on the girls' tablets, they are always just a tap away.

Not only are their textbooks always available, but they can do so much more. Photos are in colour and of better quality than before, and you can even zoom in if you want to have a closer look at that Life Science diagram. Or you can change the font size of your novel to suit your eyes. The EMS textbook has little video clips embedded inside the book and in the History textbook, if you tap on a word that is in red, it will take you directly to the definition of that word. So, instead of having a glossary at the back of the book, that nobody ever uses, the glossary is now at your fingertips.

It has also been a steep learning curve for teachers and girls. Page

numbers are being replaced by chapter headings. Packing your books the night before is now replaced with plugging in your tablet. Your heavy school bag is replaced with a smaller bag, but you have to look after it a lot more carefully.

And this is only the start of the exciting changes technology will bring into our classrooms.

Ms Röhrs

4M Athletics ... let the Games begin!

Only 6 days to go!

Thanks to all the athletes who attended practices so diligently in the run up to 4M. Thanks also to all the non-athletes who created a lot of spirit in the school with their singing and the cheerleaders who, under the guidance of Mrs Taylor, played a leading role in this spirit building. I believe that everybody's hard work, under the leadership of the athletics captain and vice-captain, Anke Smit and Megan Leslie, will pay off on Thursday.

Next weekend the Central Boland Athletics Championships takes place at Coetzenburg. Anybody can enter for this, not only the 4M athletes. If you want to attain Boland colours, you HAVE to take part in this event. The girls have been reminded about this, but very few have entered. The closing date is TODAY! If anyone is still interested, you need to e-mail Mr van der Hoven over the weekend with the following detail:

Full name and surname of athlete,
Date of birth

Events she wants to enter for.

Congratulations to Weber for winning the Inter House athletics. Congratulations also to Inge Weidemann and Monique Bartsch for receiving the Junior and Senior Victrix Ludorum trophies. Well done!

P. van der Hoven
paul.vanderhoven@rhenish.co.za



Speech & Drama Classes

Wednesdays (Somerset West)
14:00-14:45 is Age 4-6 (pre-school)
15:30-16:30 is Age 7-12 (grade 1-6)
16:30-17:30 is Age 13-18 (grade 7-12)

R450/term

Voice In Action Film & Drama Academy

www.voiceinaction.co.za info@voiceinaction.co.za www.facebook.com/voiceinaction Jennifer: 072 298 1013

Rhenish Attends Maynardville

On Tuesday 10 February, four buses full of Rhenish ladies from Grade 8 to Matric embarked on the annual trip to Maynardville to see this year's play: Shakespeare's *Othello*. This was extra exciting because this happens to be a set literature piece for Matric and therefore many Matrics tried even harder to attend.

Maynardville is always a highlight on the Rhenish calendar and the sale of tickets for this performance already began last year. We are always well-prepared for the evening with our blankets - even summer nights can get chilly when you are sitting outside - and snacks.

As always, the performance itself was excellent. The actors brought Shakespeare's work to life. A few South African touches were added, bringing the play closer to home. The drama of the tragic story was gripping and for Matric learners especially, it was a wonderful opportunity to gain more insight into a play with which we will be spending a lot of time this year.

By the time the buses arrived back at school, we were all eager to get to bed, but happy. Thanks to Mrs Hendricks and all

the teachers who accompanied us, as well as the rest of the people involved in the organisation of this event, we were all able to enjoy a fun and culturally enriching evening.

Talya Beyers
Grade 12E

Ever since starting at Rhenish, getting aboard the bus for Maynardville has been a special highlight for me. The play was excellently acted and easy to follow. It had us all grinning and the suspense filled plot had us sitting on the edge of our seats. The evil villain, Iago, masterfully manipulated the two main characters like puppets on a string and the actor's performance was so spectacular it gave me goosebumps. I think I speak for all of us who attended the show when I say that it is one of the best performances we have seen at Maynardville. Kate Sinclair

Maths Extra Classes – 2015

Gr 8-12:	Mrs Liebenberg	Mon	14h30-15h30
Gr 9:	Miss Marais	Mon	14h30-15h30
Gr 8-12:	Mrs Smart	Tues	15h30-16h30
Gr 8:	Miss Vlok	Wed	14h30-15h30
Gr 11-12	Mrs Smart	Wed	14h30-15h30
Gr 8-12	Mrs Hodges	Thurs	14h30-15h30

Thoughts from the Learner Council

In Celebration of Valentine's Day, the LC has dedicated this past week to the theme of LOVE!

Roses and homemade Valentine's Cookies have been on sale and were handed out during an LC organised Valentine's picnic with Bloemhof and Paul Roos. The school was decorated with hearts and cute love had friendship quotes that were pinned up.

We hope every Rhenish Lady had a wonderful love-filled Valentine's Day.

Sports News

Tennis

This past weekend four of our girls were selected for the Boland Tennis Interpro Team.

Cindy Dorrington under 18 Number 1

Megan Lombardi under 15 Number 1

Sinazo Solani

Elmarie Swanepoel made the B team.

Water Polo

vs Wynberg Girls' 6 February 2015

1st team won 8-5

2nd team won 11-1

U16a won 6-4

U16B lost 6-3

U14a Lost 15-10

U14b Lost 7-3U14A

Thank you to the captains of the U14A and B teams who promptly turn in their match reports. Unfortunately, NO REPORTS were received from any of the other teams.

U14A

It was our first water polo match EVER and we set off very excitedly for Wynberg Girls' High. The butterflies in our tummies were caused by both our nerves and excitement.

The game was tough, tiring, but a whole lot of fun. Our first chukka found us very edgy and uncertain. In our last three chukkas, we fought hard and managed some good goals, sadly losing 15 – 10.

Our overall performance was very pleasing given that it was both our first game and our first time together in the pool as a team and we are very proud of the result.

Lauren Robb

U14B

On Friday 6 February, the U14B water polo team played their first match against Wynberg Girls'. Congratulations to the team on their score: we lost 3 – 7. The bus was late getting through the traffic and the team, already very anxious, walked straight off the bus into the swimming pool.

The girls played an excellent game and displayed great on-the-spot thinking.

Michaela Budge

U14A and U14 B vs Herschel Girls – Monday 9 February

Rhenish lost both matches with the B team ending on 1 – 14 while the A team lost 0 -15. The girls fought really hard, they never gave up trying and they are commended on a superb effort.

Michael Budge and Lauren Robb

Please take note of the following changes to water polo practice days and times as the two student coaches coaching u14b and u16b lecture times have now changed we have had to assist them and change their practice times. They have both chatted to their teams regarding the changes .

Water polo u14b practices will now be Mondays 17:00-18:00 and Wednesdays 15:30-17:00

Water polo u16b practices will now be Mondays 15:30-17:00 and Thursday 15:30-17:00.

Swimming

Inge Weidemann and Kiara Noades will both be competing in the National Grand Prix Swimming Championships that takes place this weekend at the new Maties swimming pool. They will be competing against top National and International swimmers. Rhenish wishes both swimmers the very best of luck.

Unfortunately, results for the Individual Gala held at Wynberg Boys' High on 12 February and the report have not been received.



**Save the date!
Tuesday 31
March**

**Dad &
Daughter
Dance**

**Tickets on sale
from Thursday 5
March**