



RHENISH NEWS

For parents & daughters

06/02/2015

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. All New Girls: Library Numbers have been posted on the notice board outside the library. Remember please that you need a strong library bag to borrow books from Rhenish library.
2. Maynardville 2015
The buses will leave Rhenish promptly at 5pm. Please remember that if you are not travelling by bus (either there or back), you need to inform Ms Hendricks IN WRITING.

SA Women's Hockey Hold Skills Clinic at Rhenish

Last week Friday, the South African Women's hockey team hosted a clinic at the new Rhenish Girls' High Astro turf. Girls from different schools in the Boland area, ages 9 to 18 were privileged to receive quality coaching from six SA hockey players.



The six players who coached us were Bernadette Costons, Lisa Deetlefs, Jade Mayne, Ilse Davids, Tiffany Jones and Kaila Flemming.

It was an eventful day, the girls were taught many new skills which will hopefully be

mastered in the near future in their games. The girls left the clinic inspired, motivated, filled with knowledge and ready to put it all into play in the upcoming season.

Anuschka Bennet



Inter House Athletics

Inter House Athletics was a much bigger event this year than that to which Rhenishers are accustomed. Traditionally, it is held in November and the matrics do not participate. The new Grade 8s have also for the past several years had their own inter house in the first week of school to choose the U14s for the 4M team. It was wonderfully exciting to have the entire school at Coetzenburg where the emphasis was on competition and on MASS participation.

It was a real challenge for the staff involved to get everything organized this early in the term and they rose to the challenge with aplomb. Everyone pulled together as a team and the huge number of participants – especially in some of the field events – was efficiently put through their paces by the officials and their helpers. Mr van der Hoven had organized the event and instructed and motivated the girls and the staff and, in balance, the athletics meeting was a huge success.

In particular, thanks must go to Mr van der Hoven, Ms Henery and Mrs Smith. Also vital to the success of the day were Mrs Fourie who kept the officials fed and hydrated and Mr Coetzee and the ground staff who ensured the delivery and set up of all the necessary equipment.

Not even the very high temperatures on the day could dampen the high spirits among the girls on the pavilion as they shouted and cheered for their athletes.



Two Oceans Aquarium Museum Science Academy

In April 2014 Gabrielle Dicke and Christie Monroe participated in the Two Oceans Aquarium's Marine Science Academy course: Exploring Oceanography and Zoology part 1. We learnt exciting content such as Ocean geology, Ocean chemistry and an Introduction to oceanography, taught by Mr Russell Stevens and team. We worked in different groups each day to foster interpersonal skills. In addition to the theory work, we also took part in a series of fun and practical experiments. By the end of the week we were grouped by location and given a small research project. This was done to assess our skills of solving a problem using scientific methodology, which we were to present in September. Upon finishing part 1 I was relieved but sad to part with all the new friends I made.

In September, each group had to do a PowerPoint presentation to all participants and course facilitators.

We reconvened for part 2 on the 11 - 16 December. Taught by Mr Xavier Zylstra and team, we tackled subjects such as Marine ecosystems, Levels of organization in living organisms, Comparative life processes and physiology and Classification and characteristics of major marine Phyla. We were aided by the real life "creepy-crawlies" at the aquarium and some dissections of sea life. We concluded our course by going on a marine game viewing trip around Table Bay.

This course has further inspired me to study marine science at university. I sincerely encourage other girls to sign up for this and other courses offered by the two oceans aquarium.

Gabrielle Dicke

President's Award

The President's Award has been running at Rhenish for about 3 years now and has become a very popular programme in which the girls get involved. The President's Award is a national programme and over the years Rhenish has become more involved.

The aim of the President's Award is to encourage girls to be more responsible by getting involved in the communities around them. You are required participate in activities such as community service, learning new skills, taking part in sport related activities and adventurous journeys. The programme operates on the basis that you earn points for completing various activities and then moving up the points table based on the points you have accumulated.

There are 3 levels, bronze, silver and gold. You have to complete bronze and silver before moving up to gold. In each level



Alex Butterfield
educational psychologist
Pr. Nr:0487228
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SERVICES AVAILABLE

(Individual or Group Sessions; Presentations & Workshops)

Assessments

School Readiness	Subject Choice
Scholastic /Psycho-Educational	Career Assessments

Psychotherapy

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

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

Parent Guidance

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Office Premises:

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

you are required to log a specific amount of hours related to each of the four categories. Once you have completed a level you will be awarded a certificate and badge for your service.

This course is an extremely enriching experience and great for your CV when you apply to university.

This year the President's award committee plans to organise many more events in order to make it easier for all girls to log their hours. We want to make sure we can efficiently assist and advise girls on upcoming opportunities to get involved in the communities. We encourage all Grade 8s to get involved this year.

If you have any questions please feel free to speak to Mrs Keyser, Nicole Blows or Storme-lee Oliver.

Storme-lee Oliver

The First Week at Hostel



For non-hostel dwellers it may be difficult to imagine how nerve-wracking and potentially anxiety inducing the first few nights in hostel can be. Hostel may be something you have dreamed of, something you desperately wanted to be a part of and yet the night before you are to report to the hostel to start high school AND to start your new life as a hostelite is a sleepless one for many. That said, however, the hostel Learner Council is on hand from the very beginning to ensure that the Grade 8s adjust to the experience, feel at home and are comforted when they miss their homes and their families.

The hostel year started off with a bang. The imminent arrival of the Grade 8s had the hostel LC rushing around the hostel, manic with preparations.

The new hostelites arrived at 4 and after a few introductions, the activities begun.... Monday evening was an evening filled with games, laughs, a braai and a night swim.

Tuesday soon followed and the Grade 8s were off – after their first hostel breakfast - to their first day of high school where they were kept busy the entire day. On Wednesday evening the Grade 8s were shown the town of Stellenbosch and, on Friday, their memories were tested with a Stellenbosch treasure hunt.

Friday evening was an interesting one with a garbage bag(recycling) fashion show and they were enthralled with a few midnight hostel tales.

Saturday, the last day of the Grade 8 orientation week, consisted of cake-icing, swimming and informative sessions with Ms Sarga (hostel superintendent) and Mrs Mare (the psychologist who provides guidance and support at school and in the hostel).

To say the Grade 8s' first week of school was a busy one is a serious understatement. The Hostel LC hopes that we have managed to instil the Rhenish spirit in our new sisters and have helped to welcome them into the Rhenish hostel family. We know that they are going to love being at this school and they will enjoy the privilege of being part of the hostel family.

Jessica Brtan (Head of Hostel)

Kaitlyn Sparks (Deputy Head of Hostel)

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

The LC is taking every opportunity and challenge in its stride. Last week Thursday our LC – together with some consumer girls and members of the Interact Club - worked tirelessly at the successful astro opening. Rhenishers were out in full force meeting and greeting guests, serving refreshments to the VIPs and generally ensuring that everyone enjoyed the opening. The LC has also been working hard behind the scenes on some very exciting up and coming projects – more on these will follow.

At our meeting Jessi Africa shared words of wisdom. She reminded us that success isn't always about greatness, it's about consistency. Consistent hard work guarantees success.

The LC's motto – “face the challenge; embrace the change” - has been displayed around the school to remind the girls that no challenge is too great if you approach it with the right attitude.

Suzaan Hobson

The LC is selling White Roses (R10) and cookies (R15) for Valentines Day. Place your orders ASAP to avoid disappointment

First Aid

The Rhenish First Aid club is a great way for our girls to learn useful, life-saving skills.

Joining our club is as easy as ... well, signing up on our notice board. All girls who want to get involved in this service club are welcome to do so. If you want to join the club but don't have any qualifications, we do offer a course during the April school holidays (details are on the First Aid board).

If you are interested, please talk to either Estelle Hislop or Dinisha Cooposamy or check our notice board.

As a first aider, you will not only be providing a great service to the school, but you will also learn many important skills.

Estelle Hislop



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PRINCIPAL: MS E H SLABBER

5 February 2015

Dear Parents

First Aid Course – April School Holidays

Rhenish is hosting a First Aid course in the April holidays for any Rhenisher that is interested. The course is hosted at Rhenish High School in the classrooms and is presented by Dynamikos Occupational Health and Safety Training. The qualified girls can then join our first aid club that helps out on sports days and other events. The times per day for the course will be from 09:00 to 16:00 every day and all days must be attended to receive a certificate.

Cost: Level 1: R360 (7-8 April 2015)
Level 1-3: R790 (7-11 April 2015)

If your daughter is in Grade 8, we recommend that she only do level 1 as the other two levels may be a bit too graphic for her.

If you are interested, please complete the form below, pay the bursar or do a direct payment to the school (use your daughter's name and FIRST AID as reference) and send the reply slip with proof of payment and a copy of your daughter's ID or birth certificate to Ms Viljoen no later than Monday 23 February 2015.

Yours sincerely

Ms Karien Viljoen
Teacher-in-charge: First Aid

Ms Helmiën Slabber
Principal

I _____ parent/guardian of

_____ in Grade _____

hereby give permission for my child to do her first aid training in level ___(1 or 1-3).

_____ (signature of parent)

Sports Results

Swimming Gala – Thursday 5 February

Rhenish won the SACS Relay Gala on Thursday. The top 3 positions were:

Rhenish 1st 202 points

Rustenburg 2nd 182 points

Herschel 3rd 170 points

Our Swimmers swam exceptionally well, doubling last week's 10 point lead. We are looking in good shape for the Boy/Girl Gala where we intend taking the trophy for the 10th consecutive year.

Paul Roos is also to be congratulated on tying first place with Rondebosch.

Caitlin Sleet (Captain)

Water Polo vs Herschel Girls' – Friday 30 January

U19A lost 6 - 0

U19B drew 4 – 4

U16A lost 15 – 0

U16B lost 17 – 1

While there were some disappointing results here the 2nd team did exceptionally well to draw level with this strong team. Ms Vlok was very proud of you. The other teams have some hard work ahead if they are to become more competitive in the pool.

The U14s play their first water polo matches EVER this afternoon. Complete novices to the sport, and with only a practice or two under their belts, we wish them well for their games.

Athletics

Download the athletics programme for the week of 9 – 13 February here:

<http://www.rhenish.co.za/images/forms/athleticsprogramme9.2.pdf>

We will include a complete list of all the top achievements from Inter House in the newsletter of next week. We are also going to announce the winning house at a combined athletics/swimming event in next week.

Congratulations to all the girls who made the 4M team. Now is the time to persevere! Only 5 practice days left. Be there in numbers, so that the coaches can make the final touches in preparation for what promises to be a great day.

P. van der Hoven