

RHENISH NEWS

Excellence ● Compassion ● Accountability ● Integrity ● Diversity ● Respect

Photos: Mr Piron and members of Rhenish Media Services

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Rhenishers Achieving in all spheres



Rhenish Girls' High School - 9th in the Western Cape for NSC 2022 results; Rachel Meiring and Erin Commaile in the Top 20 learners in the Province



A CANDIDATES

A CELEBRATION OF EXCELLENCE



On Friday 27 January Rhenish welcomed back the A Candidates of 2022.

63 Rhenishers had achieved this remarkable level of excellence with 13 of them achieving an average of over 90%.

While Friday was all about our A Candidates, it is incredible that 111 learners achieved a B average or more - 80% of the class!

These incredible results were recognised this past Thursday, 2 February, when Ms Slabber, Mrs van Dyk, Rachel Meiring and Erin Commaile were invited to Leeuwenhof by the Premier of the Western Cape to celebrate our success.

Rhenish Girls' High School ranked 9th in the Province for the NSC 2022 exam while both Rachel and Erin were among the top 20 learners in the Province.



Full of praise for the achievements of the Class of 2022, Ms Slabber also commented that, "Grade 12 is not just about the top results, it is about whether a school is able to produce young citizens who will be able to come forward and be leaders, citizens who will make a difference in this country – I think we certainly get this right at Rhenish."

Quoting the saying, "Live each day as if it is your last (or indeed, your first)", Ms Slabber explained that this kind of attitude would force you to:

- think about your priorities
- quit the things that waste your time and energy to concentrate on the most important things and people in your life
- make better choices, you treasure each moment and you suck the life out of every hour
- remove the clutter and garbage that so often chokes our lives.



Her message to the newly matriculated Rhenishers was strong - one always has a choice - irrespective of the situation you are in; you have a choice. No matter how bad things are, you have a choice. No matter what you think you can or cannot do, you have a choice.

"You are also here because of the support of the people in your live."

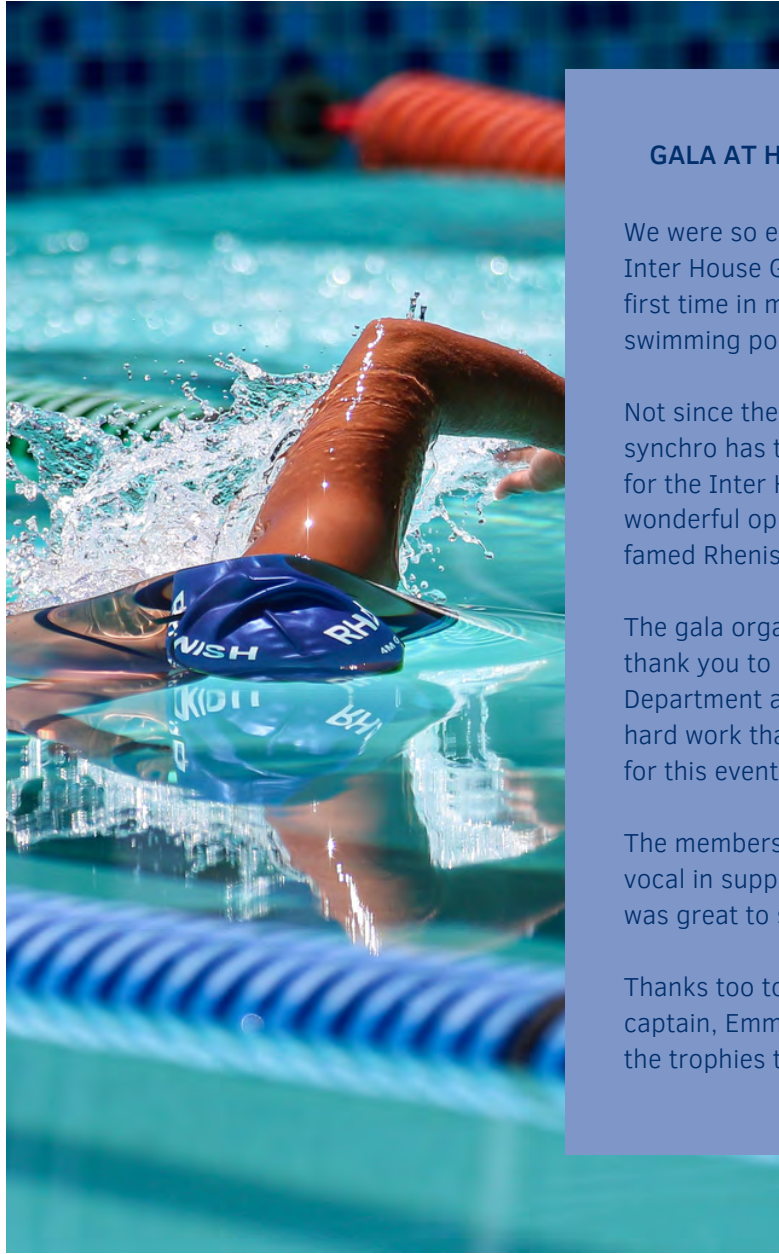
Victoria Beeka, Head Girl of 2017, was a powerful guest speaker and she urged the Top Candidates to recognise the role their support team had played in their success.

Victoria had 5 main thoughts to share with her Rhenish sisters -

1. Change is inevitable, you will need to adapt, cope and transform - through this try to remain true to yourself;
2. Consider your community - you don't have to let everyone into your circle and the time you invest in them is valuable. Choose quality over quantity'
3. Gratitude is a gift - in expression to others and in receipt of it yourself. Give it generously and receive it with grace;
4. You can't pour from an empty cup - do not compromise on self care;
5. Fear is your Foe - be courageous, try new things, be brave.



INTER HOUSE GALA



GALA AT HOME

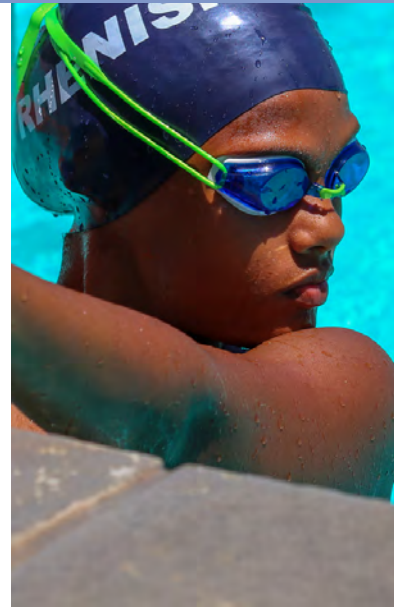
We were so excited to be able to host our Inter House Gala in our own pool for the first time in many years. And, in the new swimming pool for the first time ever.

Not since the days of Grade 12 inter class synchro has the entire school been present for the Inter House gala and it was a wonderful opportunity to witness that famed Rhenish 'gees'.

The gala organisation was very slick - thank you to Mrs Carstens, the Sports Department and the ground staff for all the hard work that went into the preparation for this event.

The members of each of the houses were vocal in support of their swimmers and it was great to see the level of participation.

Thanks too to Mrs Michell, our swimming captain, Emma's mother who presented all the trophies to our very deserving winners.



**WINNING HOUSE
VAN DER STEL**



GRACE DE JONG
SENIOR
VICTRIX LUDORUM



EMMA MICHELL
BUCHANAN CUP
SPORTSMANSHIP



AMY HARTUNG
JUNIOR
VICTRIX LUDORUM

VAN DER STEL 180
WEBER 160
TERLINDEN 157

STELLENBERG HIGH

Athletics



Deané Strydom

The new year of 2023 started off strong for our athletes. It was an early start to the morning with the school bus leaving before 7am with some of our athletes. The day was competitive with us going up against some of our 4M opponents. The wind was super strong and everyone was pushing hard to get those times on the board. We managed to finish the day with a few medals and tops placings.

BRIAN BAKER



TOURNAMENT



LILLY HOBBS

Captain

This exciting weekend started off with a 04:00 alarm for most of the team as we had to catch the 06:30 flight to Port Elizabeth. We met up for an early morning breakfast at the airport's Mugg and Bean to celebrate our teammate, Julie's, birthday.

Later that same evening we had our first game of the Brian Baker tournament at Kingswood College, Grahamstown. Unfortunately we lost against Reddam 12-6, but we put up a good fight.

The following day was exhausting but extremely rewarding. We won two out of our three games that day, putting us third in our pool. In between our games at the beautiful DSG campus we watched many of the boys games being played at St Andrews College.

It was wonderful playing water polo with this group of girls who were always positive and full of energy, and did not let anything get them down. The team worked extremely hard and after many rounds of playoffs we placed 11th out of 20 teams at the tournament.

This was an immense achievement for our team as we were ranked 20th going into the tournament. To end off the weekend on a very high note, our team watched and cheered for the Paul Roos first team who beat Rondebosch in the finals of the St Andrews College Shield Water Polo Tournament.

A big thank you to Ms Jansen van Rensburg for keeping us super organised on this tour, our coach, Keegan, for all the motivation, all the parents who came to support us and Tannie Liza who bought many snacks for our always hungry team.



RHENISH SPORTS

**20
23**

WEEK 2



RESULTS

ROUND UP

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TENNIS

U19B2 A team vs Parel Vallei,
Rhenish won 6-0

U19B2 B team vs Bloemhof 2
Rhenish won 6-0

U19C vs Paarl Gymnasium
Rhenish lost 8-4

U15A vs Stellenbosch
Rhenish won 6-0



Tennis requires fitness and stamina - 1st team work on this with coach, Sunel Malan



WATER POLO VS ST CYPRIANS

U14A Lost 6-3

U14B Lost 12-3

U16A Won 14-0

U16B Lost 4-3

2nd Team Lost 8-6

SWIMMING

Gala @ The Settlers High School
2 February 2023

1. Herschel Girls' High	306
2. Rhenish A	282
3. Fairmont High	228
4. Stellenberg High	215
5. Durbanville High	152
6. Reddam Durbanville	130
7. DF Malan High	105
8. Rhenish B	104
9. The Settlers High	94



Papillon dress hire

Stellenbosch 

Junior, senior, matric dances & parties.

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Congratulations! Rhenish STARS

DANCE

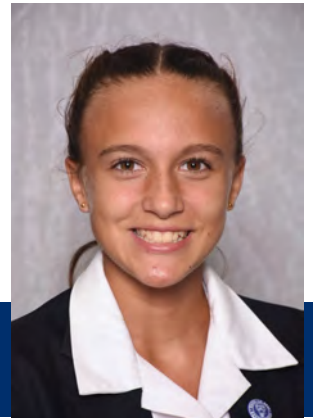
During 2022, Arabella Fernandes (Grade 10), took part in two national and three international dance competitions. Through this, she has received her Western Cape Colours and also qualified to represent the South African delegation at the Dancestar international competition which will be held in Croatia in May.



GYMNASTICS

Kaylee le Roux, Grade 9, recently represented the Western Cape at the SA National Gymnastics Championships in Pretoria.

Kaylee competed in the Level 6, 14 years-and-older division along with 80 other gymnasts from around the country. She placed 19th overall, with her best performance coming on the Uneven Bars in which she placed 4th.



MUSIC

Gemma Paynter in Grade 9 played her Trinity Grade 3 Orchestra Percussion exam and did extremely well: 91 % !



HOCKEY

In December 2022 Olivia Hagen and Rachell Wentzel (both now Grade 9) were chosen to represent the PSI Boland - Scorpions Yellow team in the PSI u14 Pool B nationals where they ended 3rd.



TENNIS

Alicia and Ashley Taylor participated in the Cavaliers Tennis trials last weekend.

Alicia is number two in the interpro team. She played on Sunday for the number 1 spot but unfortunately lost 7/5 6/4.

Ashley is number 7 in the Cavaliers team.



SHOW JUMPING

Deané Strydom was chosen to represent the Western Cape as part of the Show Jumping and Dressage Teams at SA Youth Champs 2022, held at Shongweni in KZN in December 2022 .

Dressage Junior Novice

Qualifier 1 - 2nd

Qualifier 2 - 1st

Individual Championship - 4th

Team Championship -1st from 11 teams

Show Jumping 90cm

A2 - Clear - Placed 12th out of 48 riders

Accumulator - 4 Penalties - 16th out of 48 riders

2Phase - Clear -16th out of 48 riders

Individual Championship - Double Clear - Placed 10th out of 48 riders

Team Championship - Clear - Placed 1st out of 11 teams



Thanks

TO EVERYONE WHO
CONTINUES TO SUPPORT
RHENISH BY SWIPING
THEIR MY SCHOOL CARD



R8,650.00

VS



R11,324.61



548

VS



590