

Issue 23 of 2023

RHENISH NEWS

Excellence ● Compassion ● Accountability
Integrity ● Diversity ● Respect

Hostel and school LC camp 2023



- A time to grow together -

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Learner Council Camp 2023

On the 8th of September, the newly elected school and hostel learner councils (LC) embarked on their first adventure as a family - their LC camp. Excitedly, we departed from Rhenish on Friday morning with the sounds of Justin Bieber and Beyoncé echoing from the bus. On arrival, we were sorted into our dorms and began our first workshops as a leadership body. The sorting ceremony followed, and each team was tasked with designing their unique flag and war cry - an easy job for this competitive bunch!

The rest of the weekend followed with empowering leadership workshops, team-building exercises, plenty of Ouma Rusks, karaoke nights and lots of "stok brood." The girls' camp highlights included the Amazing Race (which led us all over the campgrounds performing tasks from kayaking to archery) and the morning intentions session. Other highlights were the obstacle course, which had us crawling through muddy terrain, the karaoke night, where naturally we screamed our lungs out and the many opportunities presented to become a family with the common goal of uplifting Rhenish.

Our camp was a crucial point in building the Learner Council family. We learned the value of teamwork, humility, adaptability and unity together. We supported one another through highs and lows, cheered through the challenging moments and loved every minute.

We left camp on Sunday recognising the honour of serving our school and feeling empowered to put our best foot forward in uplifting the Rhenish community. A huge thank you goes out to our passionate camp leaders and teachers who supported us every step of the way. We look forward to serving our sisterhood with passion and dedication in the coming season of our lives.

Amber Mendes



We are still

#strongertogether

A message from the Acting Principals



*Acting Principals
Dr Kroon and Ms Sarga*

“Strength, in its purest form, is not measured by individual might, but by the power of unity. We are each unique threads in the vast tapestry of life, and it is when we come together, weaving our strengths and dreams into a shared vision, that we become truly invincible.

In every challenge we face, remember that we are stronger together. In our collective efforts, shared wisdom, and unwavering support for one another, we find the resilience to overcome even the greatest obstacles.

When doubts and fears try to cloud your path, take solace in the knowledge that you are not alone. Reach out to your fellow travellers, for they, too, have faced the storms and emerged stronger. Together, we can weather any tempest, scale any mountain, and reach the stars. Remember, it is not the strength of the individual but the strength of our bonds that will shape the future. We are, and always will be, stronger together.”

RHEC Art Project Winners



Made Winner:

Grace Op't Hof - 9C

Drawn Winner:

Mariam Janelidze - 9C



Written Winner:

Lulibo Kwayimani - 9C

In fields of flowers, where sunlight gleams,
A buzzing symphony, the realm of bees
With wings that flutter, a dance in the air,
They gather nectar with utmost care

From blossom to blossom, they gracefully roam,
Collecting sweet nectar, their precious home.
Their diligent work, a gift to behold,
Creating honey is a treasure untold.
In gardens, they thrive, a vital link,
Pollinating flowers, a crucial sync.

They carry life essence from bloom to bloom,
Ensuring nature's cycle will cover the resume.

They have a bustling, harmonious place,
Each bee with purpose, a role to embrace.
The queen, a leader, her subjects obey,
Building a kingdom, day by day.

But bees face challenges, a world in strife,
Lots of habits, and threats to their life.

Let's protect these creatures, so small yet grand,
For their survival, we must lend a helping hand.

RHECO BEACH CLEANING AT STRAND



Despite RHECO's tremendous enthusiasm for a beach cleanup, we have been unable to make it work; the last one was cancelled due to rainy weather. We got it right this time, and Mrs Joubert could drive 15 of us to Strand for the first RHECO beach cleanup. Following such a cold and rainy weekend, we were lucky to have such beautiful weather, and after collecting, we enjoyed ice creams opposite the beach. We are very grateful to have had such lovely "cleaner-uppers" and a dedicated Mrs Joubert who spent her whole afternoon with us.

Siena Prowse

On the 8th of September, the U16A water polo girls flew down to Durban Girls College to compete in a highly competitive tournament consisting of 18 schools.

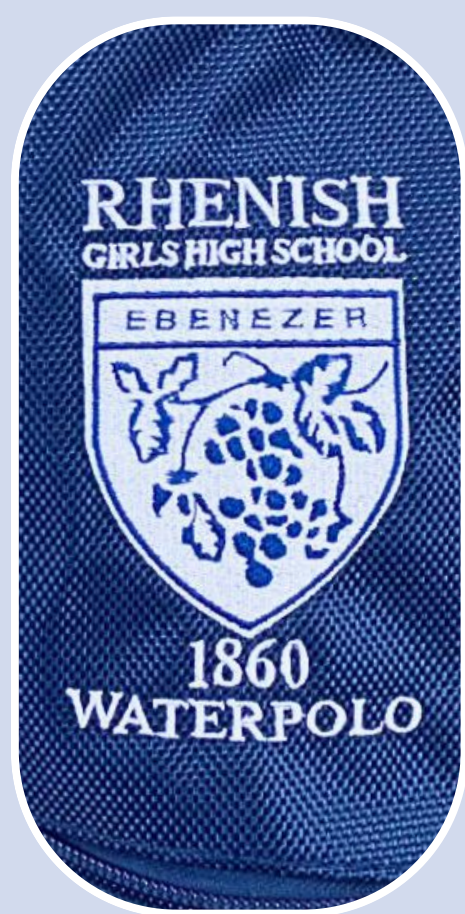
We had two challenging games on the day we landed, having a cracker of a start against Maris Stella but unfortunately losing to St Stithians in our second game. But this did not stop the girls from keeping a positive mindset for the following two days.

Ending second in our pool, we met Reddam Umhlanga in our first playoff game with a win to ensure our place in the quarter-finals, a massive achievement for the girls and a very proud moment.

Despite the sweltering weather, every girl managed to fight until the end despite what was presented on the scoreboard. And even though we were the underdogs going into each playoff game, we managed to show the other teams what we've got, ending up 8th out of 18!

Durban Girls' College set a fabulous environment and tournament for our girls, and I am very proud of how each player gave their all until the end. I am very excited about what will come with this talented group. Congratulations girls!

Coach Jessica Brown



Tournament DGC





SPORT ROUND-UP

WATER POLO

DGC U16 Tournament Results

Game 1: vs Maris Stella
Won 11-2

Game 2: vs St Stithians
Lost 3-12

Game 3: vs St Peters
Won 4-0

1st round play-offs: vs Reddam UMH
Won 4-1

Quarter finals: vs Roedean
Lost 4-8

Play-offs: vs St Anne's
Lost 4-6

Position 7/8 game: vs St Dominic's
Lost 2-4

Final position: 8th out of 18 teams





Alicia Pinkhard has been selected for the National Ice Hockey Team for the 2024 IIHF Ice Hockey World U18 Women's Championship, Division II, Group B. The World Championships will be held in Bulgaria from the 8th of January 2024 to the 14th of January 2024. The National Team will compete against Mexico, Belgium, Iceland, New Zealand and Bulgaria.

Sara Rawoot has been selected to be a part of the Western Cape Debating Squad. She will be training with the squad as a reserve for the National competition and will participate if one member can no longer participate.



Rhenishi's Book

Drive 2023

is happening
during Term 3

Ask the
Library!

The gift of reading



Rhenish is looking for a new

CHAIRPERSON

for the PTA Committee

The Rhenish PTA needs a new chairperson. We are looking for a volunteer who has the time and energy to lead a phenomenal team.

The ideal candidate must:

- provide leadership for the Committee throughout the year
- be available for on-site meetings with the Principal, or contractors when running projects
- set the agenda for once/termly Committee meetings
- manage these meetings in line with the agenda
- ideally not have a full-time job
- possibly be available at short notice when needed
- assist with fundraising initiatives.



The Chairperson works closely with the Executive to ensure that the PTA is run effectively and responsibly. They ensure that the business of the PTA is: conducted in accordance with both the wishes of the school and the representatives of the PTA, and is in line with the constitution of the PTA. They also prepare and submit reports to RGHS SGB as well as attend SGB meetings. The election will be held at the first AGM next term.

**For more information or to submit your nomination,
please email pta@rhenish.co.za**

MATHS SUPPORT 2023



GRADE 8 – 12

(14H30 – 15H30 ON THESE DAYS)

Grade 8 - 12	Mrs Liebenberg (B12)	Monday
Grade 8 - 12	Mrs Adonis-Maarman (B11)	Monday
Grade 8 - 12	Mrs Hodges (C5)	Wednesday
Grade 8 - 12	Ms Robinson (B8)	Thursday
Grade 8 - 11	Ms Skog (B9)	Wednesday

GRADE 8 – 9

- Educators will leave after 10 minutes if no learners arrive so please be prompt!
- 14H30 – 15H30 on these days

Mrs Fanton (D6) Wednesday

Mr Hugo (A4) Thursday

Maths Support here means:

- Assistance from Maths teachers with homework, redoing of tests, catching up on work or completing worksheets (ADEX)
- NO TEACHING takes place, but individual help is given where necessary
- Learners may attend any of these classes when they need additional assistance

Grade 8 and 9 Post Test Maths Intervention

- After completion of a test, learners will be identified by their teachers to attend a COMPULSORY lesson.
- Time will be arranged by teachers.

The responsibility for seeking support in Maths, i.e. attending a session, lies with the learner. Take responsibility for your own success; do what you know you need.

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