

Issue 7 of 2023

RHENISH
GIRLS' HIGH SCHOOL



1860

RHENISH NEWS

Excellence ● Compassion ● Accountability ● Integrity ● Diversity ● Respect

Photos: Mr Pirn and members of Rhenish Media Services



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Over 1 300 prospective parents and learners visit our Open Days

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7 AND 8 MARCH 2023



Open Day '23



Which High School ... choices, choices

Term 1 is a very busy term at Rhenish Girls' High School and with the dates for applications set now by the Department of Education, 13 March - 14 April, the decision was made to host our Open Day just before applications opened. Rhenish Girls' High School would be fresh in the minds of the parents and Grade 7 learners as they went about the daunting task of selecting and then applying for their choice of high school.

The number of visitors to our Open Day in recent years has necessitated the decision to host this event over two days - we simply cannot accommodate all of the families who want to see what Rhenish has to offer in one sitting. Over the two days in 2023, more than 1300 people (learners and their parents) attended our Open Days.

"A Rhenisher tries her best to respect her peers, teachers and community at all times. A Rhenisher conducts herself with grace wherever she may be. A Rhenisher carries her badge on her chest with immense honour; honour for those that have come before her for 162 fruitful years, and honour for those who are still to come. A Rhenisher radiates spirit into the hearts of all of those around her, she loves to have fun."

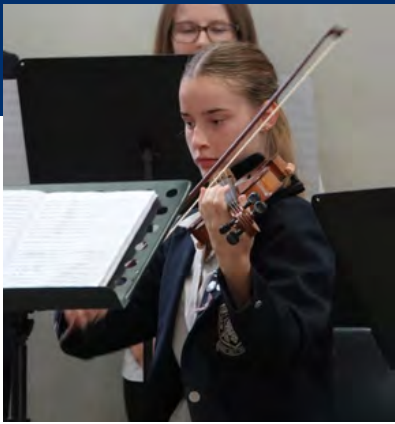
Emma Green



What sells Rhenish Girls' High School as the premier choice for a high school is our learners. The impassioned speeches delivered by our Head and Deputy Head girls, our Head and Deputy of hostel and the Heads of Pillars give the Grade 7s and their parents some insight into what life at Rhenish Girls' is like for a learner. The speeches are inspired by these learners own experiences and their obvious enthusiasm and love for their school and the Rhenish sisterhood.



Our orchestra, a selection of voice learners, the marimba bands, choir and drumline all performed on the two evenings and impressed the visitors with their talent and the joy they experience in performing. It is always a privilege to experience these Rhenishers in performance and we are so appreciative of the time they sacrifice in practice and their willing participation in our Open Days.



A huge debt of thanks is also owed to the Learner Council and Mentors for their assistance on the two days. Faultless in their appearance and the pride with which they represented their school, they engaged confidently and with grace with the visitors to Rhenish.

Mr Hartung and the support staff in school and hostel ensured that the Rhenish grounds and hostel facilities were immaculately presented and our academic and administrative staff were also present to answer any questions prospective parents and learners may have had.



Finally, thank you is also owed to the PTA mums who enchanted the visitors with their enthusiasm for Rhenish Girls' and their charm as they chatted to them and offered them light refreshments. A special word of thanks to Mrs Devereux for the beautiful arrangement of flowers on the stage.

With Open Day in the past, the hard work of sifting through applications now begins.

It is humbling for all Rhenishers to remember how very privileged they are to have been selected to attend Rhenish Girls' High School when we annually have close to 900 applications for 150 places.



■ BY
LISE-ANNE RUTHFORD



Blood Drive Term 1

The LC Community Service Portfolio hosted the first of our blood drives for 2023 in collaboration with the Western Cape Blood Services on Monday 6 March 2023. The blood drive is an initiative that provides Rhenishers with the opportunity to help save a life and make a difference by donating their blood to someone in need.

The LC was immensely grateful for all the support we received for the Blood Drive. We had a number of previous donors as well as a few new donors who were all very excited to donate blood.

The Western Cape Blood Services team was extremely helpful and caring towards our Rhenish donors as they informed our donors about the blood donation process and ensured that our donors were comfortable at all times. We collected a total 19 valid units of blood, meaning that 57 lives were saved.

A heartfelt thank you to everyone who supported this initiative. We would not have been able to make such a difference in so many lives without your generosity and support. We truly admire and appreciate your selflessness and good hearts as it is what encourages us to continue our work and help those in need.

We look forward to hosting further Blood Drives in May and July in 2023.





DONORS MAKING A DIFFERENCE



**LIFE IS UNCERTAIN.
EAT DESSERT FIRST.**



**grade 10s
cook up a storm**



This past week, the Grade 10s started their cooking adventure in the Consumer Studies kitchen.

They also had the opportunity to bake in their new gear - and they looked very professional in their chef's caps and Rhenish aprons.

We always start with basics in Grade 10 so that everyone is equipped with the basic skills needed to tackle more advanced skills in Grade 11 and 12.

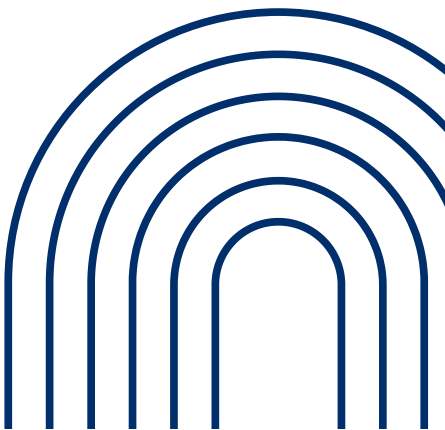
The Grade 10s made chocolate and coffee muffins. "I was most impressed with this new group of gr 10s as they really took everything I had taught them on board. Especially cleaning up!" commented Mrs Burger.



AFRIKAANS



LEARNING
CAN BE FUN



DANIELLE KRIGE

Die 9E klas het op Dinsdag, 7 Maart almal hulle eie advertensies ontwerp in allerhande kleure, lettertipes, interessante oorredingstegnieke, oulike prentjies en natuurlik spesiale aanbiedinge.

Die hoogtepunt was egter toe Nicola Engelbrecht vir ons elkeen 'n houertjie Tru-Dough, wat sy adverteer het, gegee het. Nie net ruik dit baie lekker nie, maar dit is gemaak met liefde en is só sag.

Dit was regtig 'n lekker belewenis en ons het soooo baie geleer.



MADISON BROEKHUYSEN

ONDERHOUD MET MELISSA MÜLLER

Hoe jy ervaar Graad 12?

Dis baie besig, maar baie lekker! As jy op datum bly met die werk is dit draaglik, maar Sporttoere vat baie tyd en jy mis baie skool, maar dis pret.

Is daar baie akademiese druk op jou omdat jy eerstespan waterpolo, hokkie speel en n prefek is?

Ja, maar die juffrouens help baie. Dis nie te sleg nie want baie van die oefeninge is voor skool en dit help baie. Wedstryde is lekker, maar dit vat baie van jou leertyd.

Wat is jou raad aan ander leerdere wat baie druk op hulself sit?

Hulle moet definitief vir die juffrouens hulp vra. As jy goed in klas luister en die werk verstaan, hoef jy nie soveel te leer nie.



Wat is jou hoogtepunt sover van jou matriekjaar?

4M, maar sport is n groot deel van my jaar en die waterpolo-toer was ook definitief een van my hoogtepunte.

Is daar iets wat jy graag sou wou verander en hoekom?

Nie eintlik nie, die werk en sport raak baie, maar ek kan nie iets opgee nie. Ek is lief vir alles wat ek doen.

Comserve

Pet Food Drive

by Alysa Champanis

The Animal Welfare Society has been reinvigorated and relaunched. We started our comeback with a very successful pet food drive project. This project saw the Rhenish sisterhood combine their efforts in support of a really good cause and we were able to donate 130 kg of cat and dog food.

We saw a need in the community and attended to it. The Stellenbosch Animal Welfare Society was completely blown away by the generosity of the Rhenish community and they were both surprised and grateful by the generous donation we dropped off at their premises.

Our goal with this society/club is to support our local Animal Welfare Shelter. We hope to do more projects like this in the future, raise funds to donate and regularly volunteer at the Stellenbosch Animal Welfare. We strive to have many more successful projects in 2023 so please watch out and support.



SANDWICH DRIVE

Community Service is really about identifying needs in your community and then creating opportunities for our learners to drive projects that are aimed and filling these needs.

Sadly, hunger is a huge issue in the greater Stellenbosch community. The learners undertook to provide sandwiches to community support organisations who are focused on feeding groups within our community.

Each grade was allocated a day during the course of the past week to bring to school either the ingredients for simple, tasty sandwiches or to bring extra pre-made sandwiches.



BENEFITS OF COMMUNITY SERVICE

- ✔ Builds a connection with others
- ✔ Gives you the chance to give back value to your community
- ✔ Improves your mind and body - you practice problem-solving
- ✔ Gives you insight in the lives of others, you gain perspective on life
- ✔ Gives you a sense of fulfillment when you know that what you are doing makes a difference

12C really got behind
this project and
enthusiastically
created sandwiches.



Thank You!

Pelisa, Head of Ithemba
aftercare in Kayamandi,
receives some of the
sandwiches put together
with love by Rhenishers

Sandwiches were
delivered to
organisations in
Kayamandi, Klappmuts
and Idas valley

SPORTS ROUND UP

SPORTS

1ST TEAM CAPPING

QUEST 4 BEST TOURNAMENT

U16 SPAR HOCKEY

GERRIE BERNER TENNIS

TOURNAMENT



This photo by

KRISTIN WILLIAMSON

READ NOW

9 MARCH 2023

CAPPING CEREMONY 1ST TEAMS

On Thursday 9 March 2023 the 1st Netball and 1st Hockey teams and their parents attended the Capping Ceremony for the 1st Teams for 2023.

It is an evening filled with pride for these Rhenishers who have worked incredibly hard at their form. Using their talent and honing their skills until they are in peak form, ready to take on the challenges of the 2023 season.

Each member of the 2023 hockey and netball team has earned her place in her team and she always gives 100% of herself when she puts on that Rhenish team shirt.

Mr Gerber, Head of Hockey and 1st team coach, urged his team to make a difference in 2023.

"This 1st Team has been preparing hard for the year ahead," he said. "We have put in the hard work over the past few years to get to a point where we can excel and take our Hockey to the next level."

Mr Gerber believes that the 2023 1st team has what it takes to be one of the best teams in the country. "We can beat anyone on any day and we have been playing well."

He urged his team to play with passion and fire and to put on a show as only they know how to do.

The team is exactly that - a group who will go every inch for each other and do whatever it takes to do what's best for the Team.

In closing, Mr Gerber urged his players to have fun and to enjoy every moment, "because, before we know it it's all over."

Ms Corné Lottering, Head of Netball and 1st Team coach, urged her players to, "Practise like you've never won; Perform as if you've never lost."

1st Hockey



Baylee
Engelke



Justine
Basson



Olivia
Visser



Alexandra
Eagles



Melissa
Müller



Raquel
Pestana



Leah
Du Plessis



Kaitlin
van
Binsbergen



Ruby
Cilliers



Puck
Bakker



Shené
Du Plessis



Montana
De Kock



Jasmine
Aitken



Halle
Williams



Anna
Petika



1st Netball



Jeanne
Jordaan



Anouk
Fourie



Nicolette
De Lapelin Dumont



Danielle
Currie



Sarah
Krone



Ruby
Blignaut



Jenna
Seneka



Milibo
Msolo



Anja
Durrant



Carlie
Olckers



U14A 2023



RHENISH GIRLS' QUEST 4 BEST



The Quest for the Best! What a way to kick off the season. Teams from across the Province came to push the limits with a friendly festival on the Rhenish Astro. New players, new teams and new opportunities.

The competition was fierce. We fought hard, practised game plans and dug deep to put points on the scoreboard.

Special thanks to our coach, Elvin, Mrs Kruger and Mrs Henery and her team for putting together a most enjoyable tournament.

The U14 Hockey girls are fired up for the 2023 season!

Frankie Henn



RHENISH GIRLS' QUEST 4 BEST



NETBALL



CYLER CLARK

Coming into a new school and having to play with a completely new team is very difficult. Especially when you have to adapt to how they play and you have to figure out how to work together.

The U14A team participated in our own "Quest 4 Best" tournament over the past weekend and it was the first time we had played together as a team. Many lessons were learned and, through it all, a great deal of fun was had on the courts.

Netball is a team sport and the whole team needs to work together to win.

We won most of our games and only lost 2 which is very good for our first time playing together.

We can be very proud of the outcome. I can't wait to continue the season with our coach and the team.



SPORTS RESULTS

THIS WEEK

HOCKEY

1st Team

U16A - Spar Tournament

RHENISH 1ST 15 vs 0 OUTENIQUA

RHENISH 1 vs 0 STELLENBERG

RHENISH 1ST 8 vs 0 OUTENIQUA

RHENISH 4 vs 0 SOMERSET COLLEGE

RHENISH 1ST 10 vs 0 OUTENIQUA

RHENISH 6 vs 0 SPRINGFIELD GIRLS'

RHENISH 1ST 10 vs 0 SPRINGFIELD

RHENISH 1 vs 0 ST CYPRIANS

RHENISH 1ST 6 vs 1 DF MALAN

"Team of Tournament"

U14A - Quest 4 Best

RHENISH 7 vs 0 PAARL GIRLS'

RHENISH 9 vs 0 LA ROCHELLE

RHENISH 6 vs 1 OUTENIQUA

RHENISH 1 vs 2 ST CYPRIANS

RHENISH 4 vs 3 BLOEMHOF

RHENISH 3 vs 0 PAARL VALLEI



NETBALL

U14 Quest 4 Best

RHENISH 13 vs 1 SPRINGFIELD GIRLS'

RHENISH 4 vs 3 REDDAM

RHENISH 12 vs 5 ST CYPRIANS

RHENISH 4 vs 11 BLOEMHOF

RHENISH 9 vs 12 PAARL VALLEI

RHENISH 11 vs 7 WYNBERG GIRLS'



TENNIS

Rhenish Tennis players played in a rain-delayed Gerrie Berner Tournament and earned a fantastic 3rd position.



Rhenish Achievers

Amy Hartung

Amy represented the Western Cape in the SA Open Water Nationals that were held in Jeffries Bay from 10 - 12 March.

Amy swam personal bests in both the 3km and 5km open swims in her age group and placed 4th in the 3km event.



Danielle Cronje

Danielle was selected to represent the Cape Town Aquatics team, competing at the Inter District Prestige Gala in Gqeberha. The gala brought together all of the Western, Eastern and Central Cape Regions. Danielle achieved 2 gold medals and 2 bronze medals. She participated at the Western Cape Elite Gala from 24 to 26 February, achieved a 2nd, 3rd, 4th and fifth place in the U16 age group.

Danielle is currently swimming at the South Africa National Junior Level (SANJ) Championships.

Abby Raymer

A multi-talented young lady, Abby swam in the Bridge House Mile in Franschhoek on Saturday and came 5th in her category.

On Sunday, she took part in the Cape Town Cycle Tour and did a PB of 4:41.



Kendra and Zoë Beresford

Kendra and Zoë participated in the Western Cape Lifesaving Championships on 4 and 5 March.

Kendra: 1st in Beach Sprints, 1st in Beach Flags, 5th in Beach Long Run. Her team placed 1st in the Beach Sprint Relay.

Zoë: 3rd in Beach Sprints, 2nd in Beach Flags. Her team placed 2nd in the Beach Sprint Relay



Rhenish Achievers

Indoor Hockey

Frankie Henn and Eva Miller took part in the U14 Indoor Hockey Intercity Championships held in Cape Town this weekend. After a nail-biting final, their team won a well deserved gold!



In addition, the following Rhenishers also took part in the Indoor Hockey Intercity Championships, playing for the Boland Foxes:
Leah du Plessis
Sharné du Plessis,
Grace Hobbs
Amy-leigh Gibson and
Sarah-Ellen Groenewald

