

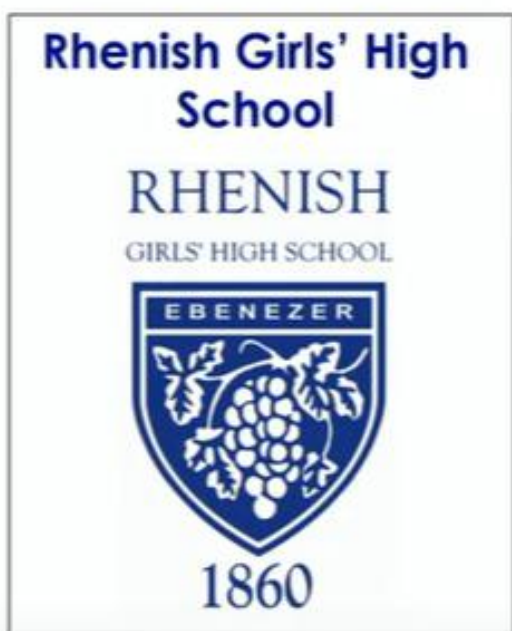
Issue 02 of 2024

# RHENISH NEWS

Excellence ● Compassion ● Accountability  
Integrity ● Diversity ● Respect

## *Rhenish Girls' High School* *- #6 in the WC*

Top 20 schools in the province with an NSC enrolment of 80 or more candidates



## In this Issue:

Rhenish in Top 10 in Western Cape | Food testing in Life Sciences | Creative Art Days | Sports News | Extra classes and support

# Rhenish Girls' High School claims a top 10 spot in the province for 2023 NSC Results.



Source:  
[iol.co.za](https://www.iol.co.za)

**3E: The top 20 schools in the province with an NSC enrolment of 80 or more candidates (including independent schools) that have achieved excellence in academic results in 2023 are:**

1. Diocesan College
2. Herschel Girls School
3. Rustenburg Girls' High School
4. Westerford High School
5. Hoër Meisieskool Bloemhof
6. Rhenish Girls' High School
7. Springfield Convent of the Holy Rosary
8. Rondebosch Boys' High School
9. Paarl Girls High School
10. S.A. College High School
11. Paul Roos Gimnasium
12. Parel Vallei High School
13. Parklands College
14. La Rochelle Girls' High School
15. Wynberg Girls' High School
16. Hoërskool Gimnasium Paarl
17. Hoërskool D F Malan
18. Fairmont High School
19. Pinelands High School
20. Spine Road High School



This past week, Rhenish Girls' High School was invited to attend the 2023 NSC Awards Ceremony hosted by the Western Cape Government.

Rhenish Girls' High School was, at this prestigious event, recognised by the Western Cape Department of Education (WCED) for the achievement of being placed, not only among the Top 20 schools in the province with an enrolment of 80 or more learners, but being placed 6th, as compared to 9th at the same event last year. This speaks volumes about the amount of hard work, effort and dedication put in by the staff and learners and we are extremely proud of the class of 2023.





## ***Food testing for the grade 10s***

The first topic to be tackled by our Grade 10 Life Science learners is 'The Chemistry of life'.

In this topic Grade 10s learn about the importance of organic and inorganic molecules necessary for our bodies and they are taught all about Carbohydrates, Proteins, Lipids, Nucleic acids, Vitamins and Minerals.

While covering this topic they had the opportunity for some hands-on practical work, so during this week the learners carried out food tests to test for the presence of glucose, protein, starch, and fats in foodstuffs they brought to school. It is always rewarding to see learners so engaged in the process of learning.

**Dr Alison Bennie**







# GRADE 8

This past month saw our grade 8s and 9s experience what is meant by Creative Art days as these groups got the opportunity to find their stroke in the beautiful and limitless art world.

These days form part of the creative arts subject offered in grade 8 and 9, allowing the learners to apply their creativity and see if this is something they can build on in the future of their school careers.



# & Grade 9 creative arts days





# ***SPORTS NEWS***



2024 Interhouse Winning Gala





It is that time of the year when our learners exchange the green grass of the athletics track and field for the blue coolness of the pool, as the 2024 edition of the Interhouse Swimming Gala took place at the Rhenish Pool and Aquatic Centre this past week.

The heat was literally on as the Rhenishers fought it out for the top spots and a place in the 4M Gala that will be taking place in February in Stellenbosch.

Weber, Van der Stel, and Terlinden were all looking for a stroke of genius to see who would walk away with the spoils this year. The other houses were ready for revenge after the Green Machine, Terlinden, took the Interhouse Athletics win earlier this year.

The hotly contested gala also saw some fun races that included the teachers, and...the teachers took first place.

Here are the final results:

1st place - Weber with 222.50 points

2nd place - Van der Stel with 145.50 points

3rd place - Terlinden with 138 points



**Junior Victrix Ludorum**  
**U14:**  
**Mikalla Laubscher**



**Senior Victrix Ludorum**  
**U16 & U19:**  
**Grace Morris**



**Well done to the "Red Machine" - Weber -  
2024 Interhouse Gala  
Champions**





# HTS Drosdy athletics meeting in Worcester



Our Rhenishers were on fire this past Friday night as they won three of the relays they participated in. They walked away with an excellent number of medals including:

- 10 gold
- 10 silver
- 12 bronze

These athletes also broke records in the following track and field events:

Taelan Viljoen - 1500m

Pippa Viljoen - 400m

Zoë Beresford and Danni Fortuin - 400m

Mary Roux - Discus

Katherine Sickle - 100m

Preparations for 4M are going well, and we look forward to seeing these Rhenishers walking away with another batch of excellent results, just like these!

Jean-Maré Hambridge



The Rhenish 1st water polo team participated in the Brian Baker Water Polo Tournament in Makhanda, Grahamstown, from Thursday, 25 January, to Sunday, 28 January. The tournament, hosted by Kingswood College, welcomes many top girls' water polo teams from around the country. The flight there was filled with a mixture of nervousness and great excitement as we knew we would have to play hard and dig deep whilst also enjoying the experience of this prestigious tournament.

The tournament started on an extreme high for Rhenish, securing a win against Pearson Girls with a score of 8-7. It was a gruelling and intense match, and we quickly learned we could not let our guard down. Our girls in blue, fought hard and came out victorious.

Throughout the next day our fitness and resolve were put to the test, having to play three 1 hour matches. We were grateful for our hard work during pre-season training. The day started brightly and early with a 6:00 wake-up. The Rhenishers faced some tough competition, and, unfortunately we lost two matches in a row against Rodean and DSG. This, however, motivated us to fight harder than ever, focus on our teamwork, and we successfully came back with a win against Hudson Park Girls, 9-8. By the end of Friday we placed third in our pool games.

On Saturday we moved onto the cross-pool stage. We knew we had to give it our all and that the matches to follow would test our resilience and resolve. The girls fought tremendously hard against Reddam House Constantia, but we were outmatched. A close encounter with Durban Girls' College followed shortly afterwards, and we unfortunately lost that one 11-6.

The girls from Rhenish were not ready to admit defeat. We gathered our heads and hearts and came together as only true Rhenishers can. On Sunday, we came out guns blazing against St Anne's, conquering the waters in a challenging and physical match. The support from our teammates, coach, liaison teacher, and parents helped us end our tournament with an exhilarating win that showed us what we are capable of and inspired us for the season ahead.

A big thank you goes out to our new coach, Jessica Brown and our liaison teacher and personal photographer, Ms Jansen van Rensburg. The encouragement and support we received from both was incredible and we couldn't have done it without them. Although our results may not have shown on the scoreboard, the Rhenish flag and all it stands for flew proudly once again.

Amy Pettipher

# Brian Baker Water Polo Tournament





# SWIMMING



## Results

This past week, our Rhenishers were busy on the track and in the pool and saw our swimming team trek across the vines to the Giflo Aquatic Centre at Paarl Girls' High School. The Nautical Gala is an annual aquatics event and is a great curtain raiser for the 4M Gala, as many of the same teams will be vying for the top spot at the Rhenish Girls' High School Aquatics Centre.

Our Rhenishers walked away as the gala winners, obtaining a total of 504 points and outswimming the second-placed Paarl Girls' High team by more than 20 points.

# TENNIS

Our tennis teams served up some great results this past week.

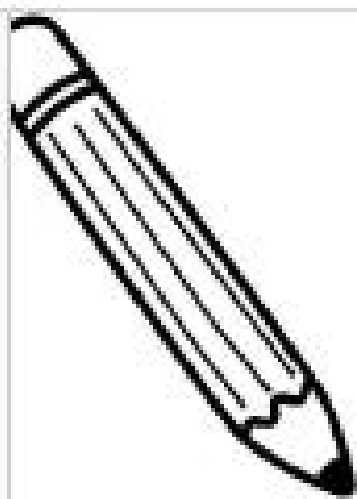
U19A - BYE  
U19B2 A team vs Parel Vallei, Rhenish won 6-0  
U19B2 B team vs Bloemhof 2, Rhenish lost 36 games to 36 games  
U19C vs Labori, Rhenish won 8-0  
U15C Rhenish vs Bloemhof, Rhenish won 6-0





*Academic  
support and extra  
classes available.*





# Peer Tutoring sign up code

**TUTEE FORM (TO BE TUTORED)**

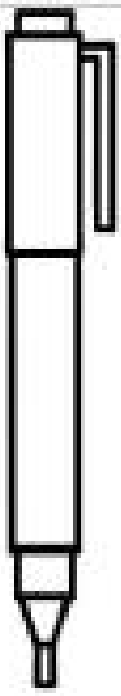


**IF YOU ARE INTERESTED IN  
GETTING HELP FROM PEER  
TUTORING, SCAN THIS CODE AND  
FILL OUT THE FORM THAT IT  
TAKES YOU TO.**

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**IF YOU HAVE ANY  
QUESTIONS AT ALL PLEASE  
EMAIL US AT:  
PEERTUTORING@RHENISH.CO  
.ZA**





# Peer Tutoring sign up code

**TUTORS FORM (TO TUTOR)**



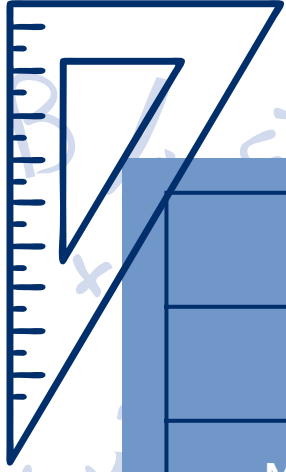
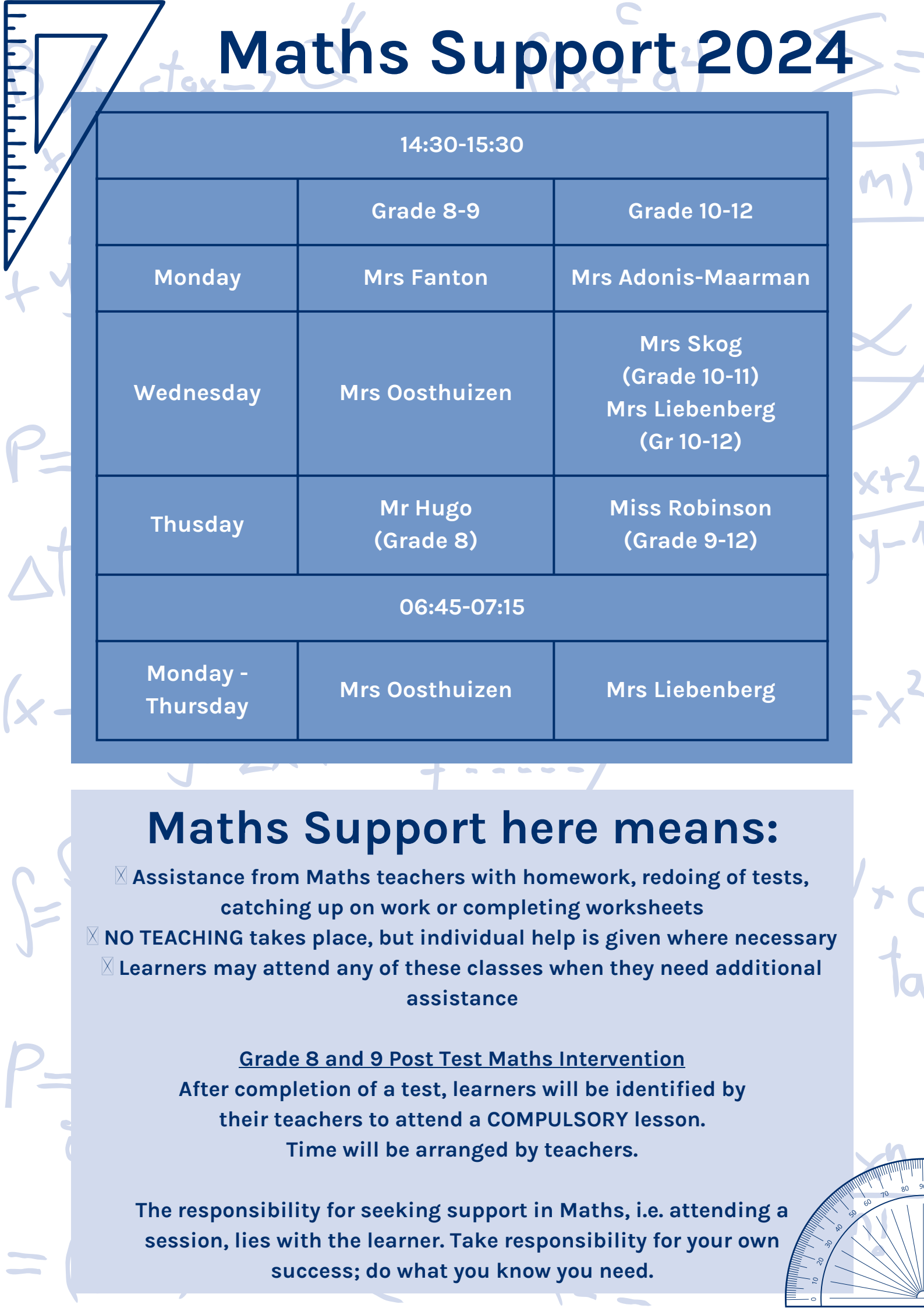
**IF YOU ARE INTERESTED IN HELPING OUT AS  
A PEER TUTOR, SCAN THIS QR CODE  
COMPLETE THE FORM THAT IT TAKES YOU TO.**

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**IF YOU HAVE ANY QUESTION PLEASE  
EMAIL US AT:  
PEERTUROINGRHENISH.CO.ZA**



# Maths Support 2024



14:30-15:30		
	Grade 8-9	Grade 10-12
Monday	Mrs Fanton	Mrs Adonis-Maarman
Wednesday	Mrs Oosthuizen	Mrs Skog (Grade 10-11) Mrs Liebenberg (Gr 10-12)
Thursday	Mr Hugo (Grade 8)	Miss Robinson (Grade 9-12)
06:45-07:15		
Monday - Thursday	Mrs Oosthuizen	Mrs Liebenberg

## Maths Support here means:

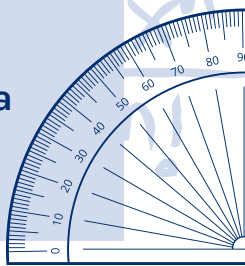
- ☒ Assistance from Maths teachers with homework, redoing of tests, catching up on work or completing worksheets
- ☒ NO TEACHING takes place, but individual help is given where necessary
- ☒ Learners may attend any of these classes when they need additional assistance

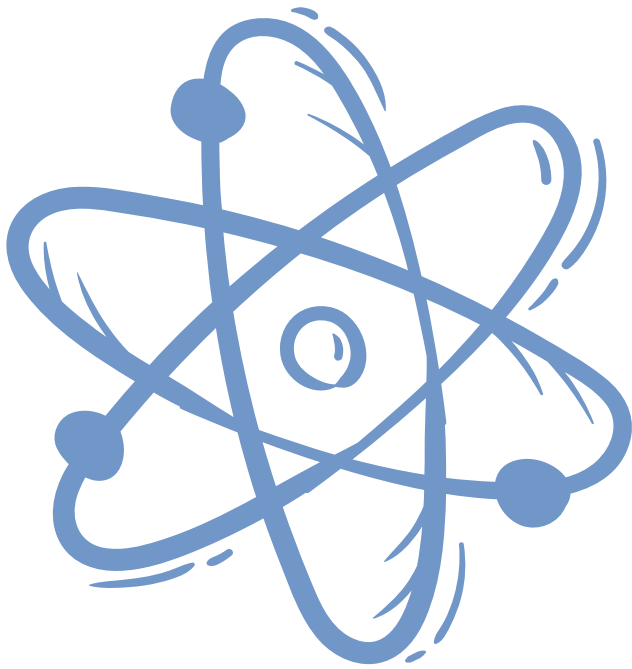
### Grade 8 and 9 Post Test Maths Intervention

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.





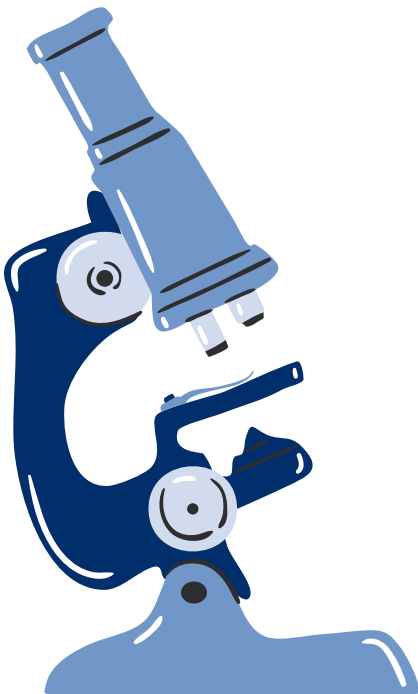
## Physical Science Extra Classes Schedule

Week of	Day in the week
22 January	Wednesday 24 January Thursday 25 January (focus on Nov papers)
29 January	Wednesday 31 January Thursday 1 February (focus on Nov papers)
5 February	Wednesday 7 February
12 February	Thursday 15 February
19 February	Wednesday 21 February
26 February	Thursday 29 February
4 March	Wednesday 6 March
11 March	Thursday 14 March



## Natural and Life Sciences Extra Classes

Extra classes for both Natural Sciences and Life Sciences are booked with the relevant teachers on an ad hoc basis whenever a teacher or learner feels the need for such assistance.





# AFRIKAANS

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# AFRIKAANS

## EXTRA CLASSES AND LESSONS

Extra Afrikaans lessons are provided on an ad-hoc basis. Learners can make appointments with their Afrikaans teachers for once-off support lessons, weekly support, or revision lessons before tests or exams. The learner and teacher's extra mural responsibilities will be taken into consideration in the scheduling of these lessons.

*Other!*

*extra lessons and classes*

Please get in contact with your teacher or subject head to arrange a time and venue to assist you with the extra lessons or classes that you need.