

RHENISH NEWS

Excellence ● Compassion ● Accountability ● Integrity ● Diversity ● Respect

Photos: Mr Piron and members of Rhenish Media Services

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Rhenish Stars

Rhenishers Achieving



BE BRAVE

As we step into a new year we are encouraged to be brave



SAGE ADVICE - MS SLABBER

**BE IMPECCABLE WITH
YOUR WORD - ACT
WITH INTEGRITY**

**DON'T TAKE IT
PERSONALLY -
NOTHING OTHERS DO IS
BECAUSE OF YOU**

**DON'T MAKE
ASSUMPTIONS**

DO YOUR BEST

On 18 January 2023, Ms Slabber welcomed 737 Rhenishers to the new academic year.

The Ebenezer Hall was a sea of blue and white with the Class of 2023 proudly taking their seats at the front, an aisle (and 5 years of life as a Rhenisher) separating them from their sisters, the Class of 2027.

Identifying each of the Grades, Ms Slabber was particularly enthusiastic about the Grade 12s and the Grade 8s, the bookends of the Rhenish Sisterhood. It is through the traditions and the values that these Grade 12s now inculcate into the Grade 8s that the spirit of Rhenish Girls' High will continue into the future.

After an enthusiast rendition of a favourite Rhenish song - "I choose love" - followed by the School Song, Ms Slabber urged the learners to seek joy in everything they do, even in the midst of challenging times.

MESSAGE FROM OUR HEAD GIRL AND DEPUTY HEAD GIRL



ISHEKUDZWAI - DEPUTY HEAD GIRL

Ishekudzwai introduced the school to the two values the Learner Council will focus on this term:

- Kindness - this should be an act that we all practise on a daily basis without seeking anything in return. "I urge you all to spread kindness in everything you do because, ultimately, kindness is a gift that everyone can afford to give."
- Gees / Spirit - "the Rhenish Spirit means we don't give up, we put our hearts into everything. If we are writing a test and things get tough, the Rhenish Spirit will maintain us. Wherever we find ourselves in this year we will keep that spirit."

EMMA - HEAD GIRL

Emma asked the learners to reflect on a quote she had come across - "The first step to getting somewhere is to decide you're not going to stay where you are."

After welcoming all new Rhenishers, Emma urged the Grade 8s to make use of all the opportunities that they will be exposed to at Rhenish. Her message to the rest of the school was that it was never too late to try something new - "We are in our growth era. We are in our courage era. We are in our 'not letting fear hold us back' era."

INHALE COURAGE, EXHALE FEAR

"Through all that 2023 throws at us this year, use this motto to help you get through it. We have been through a lot. You have stood up from failure countless times and persevered to get to where you are sitting today.

You have survived double maths on a Friday and, soon enough, you will do it again.

When you feel as if you are struggling to get back onto your feet, remember what Destiny's Child once said:

"I'm a survivor
I'm not gonna give up
I'm not gonna stop
I'm gonna work harder."



NEW TO THE TEAM

S T A F F 2 0 2 3



20
23

BACK: MS MARINE WASSERFALL, MS GEMMA HALL, MRS MARSHA SCHWARTZ, MR MATTHEW KRIEL

FRONT: MS YVONNE MAKWARA, MS HELMIEN SLABBER, MS TAYLA-ROSE BISSET

MRS MARSHA SCHWARTZ



Mrs Schwartz is a very experienced German and Afrikaans educator who comes to us from Paarl Girls' High School.

An old girl from Lückhoff SS, Mrs Schwartz is not new to Stellenbosch itself - she also studied at the University of Stellenbosch

A lifelong learner, Mrs Schwartz enjoys imparting knowledge to her learners through her knowledge and experience, but she also enjoys learning from others.

She has found Rhenish staff and learners to be friendly and helpful and she loves the beautiful school grounds.

Interests and passions: traveling, baking, reading and walking (especially along the beach) and meeting new people.

GERMAN / AFRIKAANS

MR MATTHEW KRIEL



CREATIVE ARTS(DRAMA) / TECHNOLOGY

A Southern Suburbs guy, Mr Kriel went to Rondebosch Boys' Preparatory School, Westerford High School and then finished off at Abbots College.

He has a Bachelor of Arts in Theatre and Performance, specialising in Acting, from UCT. He worked as a performer until deciding to enter education, when he completed his PGCE at UCT.

First impressions of Rhenish - utter competence, "I have felt supported and emboldened by the confidence of everyone around me. The learners are among the most level-headed teens I have ever met. They seem to know that they have a right to their place in the world.

The possibility of lighting a fire in a learner is what excites Mr Kriel about teaching - most of us "... were helped by one legendary and weird teacher who showed us that there are many options and opportunities in the world. I hope to use my skills and my knowledge to light that fire in someone else."

MS TAYLA-ROSE BISSET



DRAMATIC ARTS

Pinelands High School and its legendary school productions was where Ms Bisset discovered her love for theatre. She went on to UCT where she graduated with a Bachelor of Arts (Honours) in Theatre, Dance and Performance Studies, specialising in Acting. Her PGCE was completed at Stellenbosch University where she specialised in Creative and Dramatic Arts.

"I am excited by the potential in the Dramatic Arts department and the passion which the art/music/cultural department has for young learners."

"Teaching," says Ms Bisset, "excites me because Dramatic Arts is one of the only subjects where I can work holistically with the whole child. I am so excited for this journey at Rhenish."

Outside of the classroom, Ms Bisset will be found in a garden, tending plants, growing food or cultivating her interest in ornamental horticulture.

MS GEMMA HALL



ENGLISH

Ms Hall matriculated from La Rochelle Girls' High School before going on to Stellenbosch University to study for a Bmus (Bachelor of Music) specialising in performance and also majoring in English Studies.

During her PGCE (Stellenbosch University) Ms Hall prac taught at Rhenish and the English Department is delighted to welcome her as an educator this year.

"The Rhenish staff were immediately so welcoming and helpful," said Ms Hall, "and the learners have struck me as willing to strive together to reach our full potential. It is clear that Rhenish is a family filled with those who keep kindness and acceptance in mind."

"Teaching is a life-long learning process, and I love to constantly learn from my students. Their viewpoints and thoughts inspire me to reconsider and enrich my teaching approach."

MS MARINE WASSERFALL



LIFE ORIENTATION TECHNOLOGY

Ms Wasserfall hails from Paarl Gimnasium where she matriculated before doing her undergraduate degree and her PGCE at Stellenbosch University. She too prac taught at Rhenish in 2022 when she was "blown away with how beautiful and welcoming the school grounds were and (she) was delighted to find that the staff and the students were equally lovely."

She has experienced Rhenish Girls' High as "a school focused and driven towards academics but one which strives to have a niche where each person has a place."

Ms Wasserfall is passionate about teaching which "excites me as I have the opportunity and position to be part of a young person's journey in making their own way in the world."

Reading, board games with her family and her faith are things in life which keep Ms Wasserfall grounded and grateful.

MS YVONNE MAKWARA



TEACHING ASSISTANT - LIFE SCIENCES PHYSICAL SCIENCES

It is always AMAZING to welcome back one of our own so we proudly claim Ms Makwara as a Rhenish old girl (Class of 2018). She went on to do her Bsc at Stellenbosch University. Ms Makwara will be assisting in teaching Natural Science, Life Science and Physical Sciences.

"So much has changed, yet so much has remained the same," says Ms Makwara. "The infrastructure may be completely different, but the Rhenish spirit, or 'gees', still remains the same! "

As a teacher, Ms Makwara says, "...sharing knowledge about science is always an exciting thing! Seeing students have those lightbulb moments when they finally understand a challenging topic is quite a rewarding experience. "

Outside of school, Ms Makwara enjoys cooking, baking, knitting and reading. She also owns up to "spending an ungodly amount of time scrolling through Pinterest!"

GRADE 8

Orientation Week

Welcoming the next generation
to the Rhenish sisterhood

EXCITEMENT
NERVOUSNESS
PRIDE
EXPECTATION

17 January - 20 January 2023

— *New Beginnings*

For Parents Too



On Tuesday 17 January we welcomed our new Grade 8s to Rhenish Girls' High School. That evening, we also hosted a newcomers' function for parents new to the school. While this was an information evening, it also reminds us that the learners are not the only ones who may be a little at sea with all the changes that come with moving schools, especially when it is as big a move as the move from Primary School to High School.

Thank you for entrusting us with your daughter's education for the next 5 years. Thank you for the contribution we know you are going to make while she journeys through Rhenish Girls' High School.

Watching parents, proudly anxious, as they dropped their daughters off for their first day always reminds me of a poem by Cecil Day Lewis, "Walking Away". It so beautifully captures both the hesitance of the child and the struggle of the parent as the child enters school and the journey towards independence.

*"selfhood begins with a walking away,
And love is proved in the letting go."*

May you as parents have the strength to trust the journey as your young people take this further step in their road to independence.

Learner Council Welcome



The Learner Council and Mentors were at the gate on the morning of Tuesday 17 January to welcome the new Grade 8 learners.

The nervousness and uncertainty of the Grade 8s was tangible, but it was tempered by an undercurrent of excitement. It was all new and unsettling for sure, but it was also so exciting to be starting a new year and a



new school with seemingly endless opportunities.

With parental farewells behind them, the Learner Council directed the Grade 8s to the Ebenezer Hall. A very busy day followed - loads of admin, meeting of new people and figuring out the literal

lay of the land - where are the toilets, who is in my register class, who is my teacher, what is expected of me, where do I leave my bag, where do I go at break

Orientation week was certainly a unique one.

The Grade 8s went through lots of bonding exercises, and seem to be a closely knit grade already. It was so lovely to watch them all slip out of their shells and find groups in which they could connect. Where they could already have a sense of belonging. It didn't take them long to feel comfortable, and by the end of the first day the laughter and excitement indicated that their first day had been a success.

Of course, we had some bumps in the road. It's a difficult thing to start high school, as we all know. It's often overwhelming and feels as if you've been dropped into the middle of the sea with no way out. But, the LC, Mentors and teachers were there to comfort, to answer questions and to show the way.

We all sincerely hope that the Grade 8s feel at home and have enjoyed their first two weeks of high school.

Rosie House



8A



8B



8C



8D



8E



Class of 2027

HOSTEL 2023



2023 has brought with it new goals, new friends, and new challenges for all of us at Rhenish. It has also brought to us a new group of Grade 8s. On Monday 16 January the hostel LC welcomed a new group of Rhenish hostelites.

The day started off with some ice breakers and a welcome chocolate on their bed - we had to introduce them to the true Rhenish way. With food! They then had their first hostel meal which was very entertaining. The dining hall finally rang once again with a familiar buzz.

After dinner, the Grade 8s toured the hostel with the LC members to learn their way around. However, the most exciting part of the day was the Rubbish bag fashion show. A long standing tradition in Hostel, each Grade 8 was given a black bag and told to create an outfit which they then had to model for us. It was so interesting to see all the creations and the laughs from all the girls.



Tuesday was very exciting because the rest of the hostel arrived back at their second home.

After a brief tour of town and an explanation of the boundaries, the Grade 8s were able to witness the arrival of their new sisters.

Wednesday was extremely hot, so the hostel girls were delighted to be welcomed back with a pool party. The Grade 8s could enjoy themselves and cool down while still meeting and making new friends.

Thursday was by far the best day (at least, for the matrics). Yet another Rhenish tradition, it is on this night that the Grade 8s are enthralled and entertained by a ghost telling session - at 3am in the morning! A spirit of fun permeates this hour long scary session of tales of red eyed men and ghosts that bounce tennis balls.

Overall it was an eventful week for the whole of the Rhenish hostel.

We hope that the young ladies who walked through the hostel doors on Monday will enjoy becoming part of the Rhenish sisterhood.



MYA NENGIKE

26 January 2023

Newcomers

LC Function



Mlibo Msolo —————>

The Grade 8s are not the only newcomers at Rhenish. Every year, Rhenish expands its sisterhood, welcoming new girls in various grades. These newcomers also need help in finding their feet in a new environment with different people.

The Learner Council hosts a New Girls' Function, where we focus on ensuring that our new sisters feel welcome and comfortable. We socialise and get to know them. This way the girls can feel like they have a familiar face in crowded passages and they are encouraged to feel that they too are Rhenishers.

2023

SWIM CAMP



— *Emma
Michell*

The Making of the 2023 Swim Squad

This past weekend the Rhenish swim team travelled to Hermanus for a camp. The aim: to introduce the Grade 8s to our squad and really to come together as a team.

The weekend started off with a bang when our girls beat the Curro Hermanus boys in a relay. This really set the tone for the weekend which lay ahead and had us seriously amped.

We headed off to our accommodation at the *See en Sand* campsite. We had a fun night of games and challenges before heading off to bed to get a good night's rest ahead of what promised to be a tough Saturday morning training session.





As we finished the training session , the *See en Sand* instructors took us to the beach where we learnt a few life saving drills and learnt how to swim in the currents. We then went cliff jumping - scary but fun. We ended the day watching the sun set while eating pizzas. An amazing end to a physically draining day.

I think all of us who were on the tour would agree that the Rhenish swim team showed awesome GEES - we got to know each other , we made new friends, had good laughs and did some amazing swims.

What the girls had to say:

A Grade 8. "The spirit and vibe of the tour was one of the things I enjoyed the most. "

A Grade 9, "Even though the tour was only a total of 3 days, it was one of the most enjoyable tours I've ever been on. It was amazing to get to know my swimming family better. At the end of the day, our team as a unit has the potential to be the best team out there!"

A Grade 10, "I had such a great experience, it was so much fun and so exciting. I loved being in Hermanus, swimming and also being in the ocean.

I am sure we are ready for an exciting swimming term. Thank you so much to Mrs Carstens and Miss Nieuwstad who organized such an awesome camp .



INTER HOUSE ATHLETICS

20 23



MARKOTIER 24 JANUARY



THRILLS AND SPILLS

4 seasons in a day and spirit to match

"Thank you, Rhenish, for staying positive and for showing great character."

A big thank you to all staff and ground staff for all your help. This day would not have been possible without you. "

1st Terlinden

2nd van der Stel

3rd Weber

Come rain or shine, Inter house athletics is carried by the Rhenish spirit and never was this more true than on Tuesday 24 January. We expected rain. But, it is January after all. How wet will it be? Well, as it turns out, VERY.

Our Rhenishers performed exceptionally well on and off the field. Our athletes ran their hearts out to the loud cheers of their friends on the pavilion. It is hard to believe that this time last year we were still wearing masks and had to sit 1.5 m apart.

Inter House kicked off on Monday morning before school when the 3000m was run. Taelan Viljoen and Ruby Cilliers provided proper excitement with a sprint to the finish line. This excitement carried over to the events on Tuesday.

Deané Strydom and Baylee Engelke fought it out in the 100m and 400m, while Danni Fortuin and Tyla Hinks also went head to head in the 100m and 400m. Our under 14s showcased their talents in as many events as they could, but it is our veteran, Marise Kriel, who finished her final inter house on a high. She entered and competed in every event we had to offer.



Mrs Jean-Mare Hambridge



Rhenish STARS

CYCLING

Abby Raymer, Grade 11, completed the Winelands cycle race in Wellington.

The grueling 102km undulating route along the Berg River from Wellington via Hermon and Riebeek West and back to Wellington was a training run for the Cape Argus which Abby will enter with her dad in March.



GOLF

Ineke Brynard, Grade 12, won the Boland Ladies Championship after an eight-hole playoff.

Ineke also defended her 2022 title to retain the Junior division title.



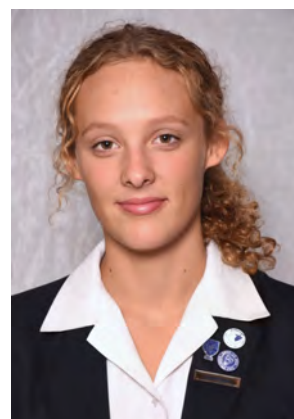
SWIMMING

A number of Rhenishers swam in the Western Cape Aquatics Long Course Provincial Champs during the December school break. This is a major event in the Western Cape and swimmers are awarded provincial colours based on their performance.

GRACE DE JONGH

In the category Women 16 and older -

- 1st 100m freestyle
- 1st 50m butterfly
- 2nd 50m, 100m and 200m backstroke
- 2nd 200m Individual Medley
- 5th 50m freestyle



EMMA MICHELL

In the category Women 16 and older

- 3rd 50m backstroke
- 3rd 100m backstroke
- 6th 100m freestyle
- 7th 200m freestyle

TAYLER MORTON

In the category Girls' 14 - 15

- 1st 100m + 400m freestyle
- 1st 400m Individual Medley
- 1st 200m backstroke
- 2nd 100m backstroke and 800m freestyle
- 5th 50m backstroke
- 7th 100m freestyle
- 8th 100m butterfly



MAYA LAUBSCHER

In the category Girls' 14 - 15

- 4th 200m breaststroke
- 6th 100m breaststroke
- 7th 800m freestyle

SWIMMING

Amy Hartung, one of our new Grade 8s, took part in the Western Cape A Championship gala that was held in George in December. Here she was able to race against the best in the Province.

She swam in 9 individual events and she made it into 6 finals and was a valuable member of the relay team.

She posted 9 personal best times and

- Gold in 200m Butterfly
- Bronze in 100m Fly; 800m Free, 400m IM



CREATIVE WRITING

Danielle Currie submitted a written piece, "Salty Screams" to "English Alive" (englishalive.org.za).

Her piece was chosen for publication in the 2022 anthology of high school student writing.



Congratulations!