

RHENISH NEWS

Excellence Compassion Accountability Integrity Diversity Respect

Photos: Mr Piron and members of Rhenish Media Services

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Brittany Smith
(2012)

Sarie Cover
Face of 2022



2022 Sarie COVER Face

Brittany Hope Smith (Class of 2012) winner of the 2022 Sarie Cover Face competition had to leave rehearsals for the production - "3 Sopranos" - in Bloemfontein when she received notification that she was one of 5 finalists in the competition and that she needed to attend the event for the winners that was to be held in Cape Town.

The five finalists had been selected out of 36 semi-finalists who were chosen from hundreds of entrants.

No-one was more surprised at her winning than the very humble Brittany who, when the winner was announced, had to be told twice by her friend that she had won and that she was being called up to accept the honour. And, even then, she nervously checked with Michelle van Breda, Sarie's editor, that she had in fact won. That they had really chosen her.

Brittany is a very proud Rhenisher who always acknowledges the role that her school, but especially her choir mistress and later voice coach, Mrs Sonja van Amstel, played in her pursuit of Opera as a career.

Rhenish Girls' High School is very proud of this Rhenisher who is not only a pretty face, but a strong woman, a stellar operatic performer and a genuinely nice human being.



BY
MRS CHRISTELLE PRETORIUS



PRAYING MUMS

WE APPRECIATE YOU

Croissants and coffee were served at school on Friday to thank this special group of ladies who have been praying faithfully for Rhenish Girls' High School over the past two or more years.

Headed up by Michelle Farrer, the group of moms with daughters in the school gathered regularly in the Ark (our prayer room), sat in their cars during Covid or walked the grounds to intercede and call on the Lord during our difficult times.

If you would like to join them, please contact Kate Morgan who will be heading up the praying moms next year. Her email address is kids@enstb.co.za

Back row (left to right): Patricia Arbel, Kate Morgan, Michelle Farrer, Kate Hoatson, and Camilla Dlamini who helps us on Thursdays at GLU.

Middle: Dr Nonti Dyakopu-Sibaca and Mrs Wan Yi Ho.

Front (seated): Maretha Joubert and Nadine Cilliers.



Dankie² Olimpiade

A number of our learners participated in the *Afrikaanse Nasionale Kompetisie: Tweede Taal*.

Achievement of School

- Most learners entered into the olympiad
- 1st place - Top State School (WC)
- Top Grade 9 learner in the Olympiad
- Top Female Candidate in the Olympiad

Achievement of Individuals

Dannika Holtmann - Grade 9

- 1st position: Top Grade 9 learner from Rhenish
- 1st position: Top learner in the Olympiad nationwide
- 1st position: Top Grade 9 learner in the Western Cape
- 1st position: Top female participating candidate nationwide
- Top 1% in the country

Kristin Botha - Grade 9

- 2nd position: Second best learner in the Olympiad nationwide
- Top 1% in the country

Danielle Krige - Grade 8

- 1st position: Top Grade 8 learner from Rhenish

Top 5% in the country: Gold certificate

- Tyra Cillie
- Samantha Currie
- NiRita Schoeman
- Mila Harrison
- Ingrid du Plessis
- Danielle Currie

Top 10% in the country: Silver certificate

- Tamryn Fry
- Simone Singe
- Meghan Boshoff
- Lakhanya Peter
- Kristin Williamson
- Danielle Krige
- Anouk Fourie

Top 15% in the country: Bronze certificate

- Zoé Pretorius
- Sara Rawoot
- Olivia Hagen
- Mia Jacobs
- Juliet Knott-Craig
- Emma Lurie
- Cara Brink
- Allegra Swart

7 simple steps to help with anxiety

For students, parents and teachers

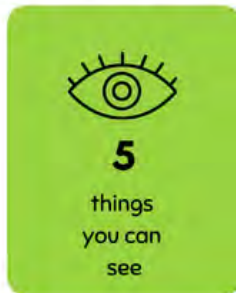
021 518 1120

1. Practice Breathing



- Breathe in through your nose for 5 counts
- Breathe out through your nose for 5 counts
- Continue to inhale and exhale deeply for 5 minutes

2. Focus on your senses



5 things you can see



4 things you can touch



3 things you can hear



2 things you can smell



1 thing you can taste



3. Exercise Regularly

Aim for thirty minutes of moderate activity each day to release built-up energy

This can include swimming, walking, biking, dancing, etc.

4. Identify your warning signs

Many people feel physical symptoms of anxiety. Learning to recognise these signs early on can help you manage your anxiety better.



5. Find Something Engaging

Redirect your attention to something you enjoy so your mind can move away from anxious thoughts.

Try activities like: journaling, listening to music, drawing, painting, reading, watching a movie, meditating and praying

6. Find the funny side

Humor is a great way to break up tension and realign your mood. Find something funny to focus your mind on



7. Prioritise Sleep

The quality and quantity of sleep affect everything in your life.



Teenagers need
8 - 10 Hours

Adults need
7 - 9 Hours

Seniors need
7 - 8 Hours

HOSTEL HOST HALLOWEEN IN STYLE



HAUNTED HOUSE

Cameron Greenwood



On Monday 31 October, the Grade 11s of the Rhenish hostel decided to scare their fellow hostel sisters by creating a haunted house. It's safe to say it was a success.

Anything scary that you could imagine was featured on Monday night - monsters under the bed, clowns, dolls and so much more. The Grade 11s really made an effort to make this a scary yet enjoyable evening for everyone.

The younger grades were brought to the dining hall and their screams filled the air as a couple of Grade 11s started banging on the windows in the middle of a ghost story. They then left to walk through the haunted house.

The air was electric as the girls were on a hunt for letters to crack a code. The code would allow them back into the hostel. If this code was not completed they would become the new "Mary" - a character in the ghost story they had heard prior to the hunt. With fear of disappearing like she had, they all worked together to find the clues.

The classrooms were turned upside down and someone was hiding behind every corner. The Grade 11s' effort was visible everywhere - red LED lights, banners, candles and cobwebs. Girls even brought their bedding and hostel mattresses! When all the excitement had died down, we were treated to a cupcake and a packet of crisps.

The Grade 11s enjoyed setting up and planning their costumes and while it was difficult to keep a straight face when you recognised someone, we believe we succeeded in scaring a few hostellites. We worked well together and pulled off what we believe to be one of the best hostel Halloweens ever.

We would like to thank Miss Slabber, Miss Sarga, Miss Davids, the hostel staff and the teachers who allowed us to use their classrooms for the opportunity to put on a Haunted House. We would also like to thank the girls for participating in what we believe was a great experience. We hope the tradition continues.



AQUATICS

END OF
SEASON

2022



League Gala 3 November

GIRLS:

1. Rhenish Girls' High School 235
2. St Cyprians 220
3. Herschel 212
4. Bloemhof 185
5. Rhenish B 156
6. Springfield 90
7. Stellenberg 42

“Swimming is simply moving
meditation.” — Cesar Nikko Caharian.



By Mr Leon Piron
Photographer



Emma Michell

Captain

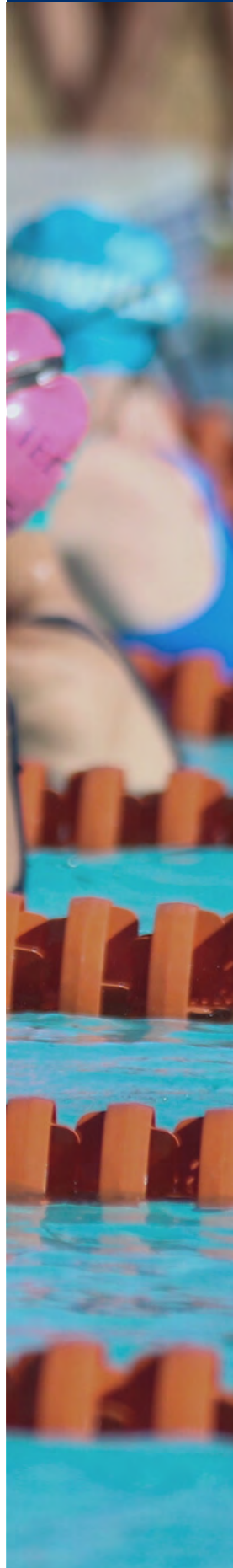
Our Rhenish swim team has just participated in our final gala of 2022. This gala was hosted by Rhenish at our incredible swimming facility, on Thursday 3 November. We ended this year off with an absolute bang by winning our gala, our A team came 1st with 235 points and our B team coming 5th with 156 points.

We are so proud of our girls, not just the swim team but our school as a whole. Many girls showed up and supported our teams, with their beautiful voices and the massive enthusiasm of our Rhenish Cheerleaders was definitely a highlight. It was really special to see so many Rhenish supporters, parents and students, cheering us on. This really motivated our swimmers to try their absolute hardest.

I just wanted to say a big thank you to all of you who showed up to support our swimming team, it really meant so much to us to have you all there.

I would like to congratulate the swimming squad for working extremely hard this term. There was a marked increase in effort and commitment as the term progressed and this showed in our results. I know that it has been a stressful term, but I want to say thank you for putting in so much effort in all our galas. I feel privileged to have acted as your captain this term and I hope that you all enjoyed your time as part of the Rhenish 2022 swimming team.

Good luck for your exams and enjoy the holidays.



A swimmer in blue gear is shown in profile, swimming in turquoise water. The swimmer's arm is extended upwards, and water splashes around their legs. The background is a blurred view of the water and other swimmers.

Water Polo 4 November

U14s Hosted at Wynberg Girls'

U14A vs Wynberg Girls', Rhenish won 7-2

U14A vs Herschel, Rhenish lost 8-3

U14B vs Springfield, Rhenish won 11-5

U14B vs Herschel, Rhenish won 10-6

U16s Hosted at Rhenish Girls'

U16A vs Rustenburg, Rhenish won 8-0

U16A vs Herschel, Rhenish lost 6-1

U16B vs Herschel, Rhenish lost 13-1

U16B vs St Cyprians, Rhenish lost 6-2

U18s Hosted at Reddam

1st team vs Wynberg Girls', Rhenish won 3-2

1st team vs St Cyprians, Rhenish won 8-1

2nd team vs St Cyprians, Rhenish Drew 3-3

2nd team vs Wynberg Girls', Rhenish won 4-3

Our Captains

1st Team- Lilly Hobbs

The last games of the year for all the teams took place last week Friday.

The first team traveled on the bus to Reddam Constantia for our fixtures. Luckily, we got there with some time to warm up, unlike the week before.

We went up against Wynberg in our first game and won with 3 goals to 2. The score reflects how tight the game was. Our second and last fixture for the day was against St Cyprians. We won again with a score of 9-1.

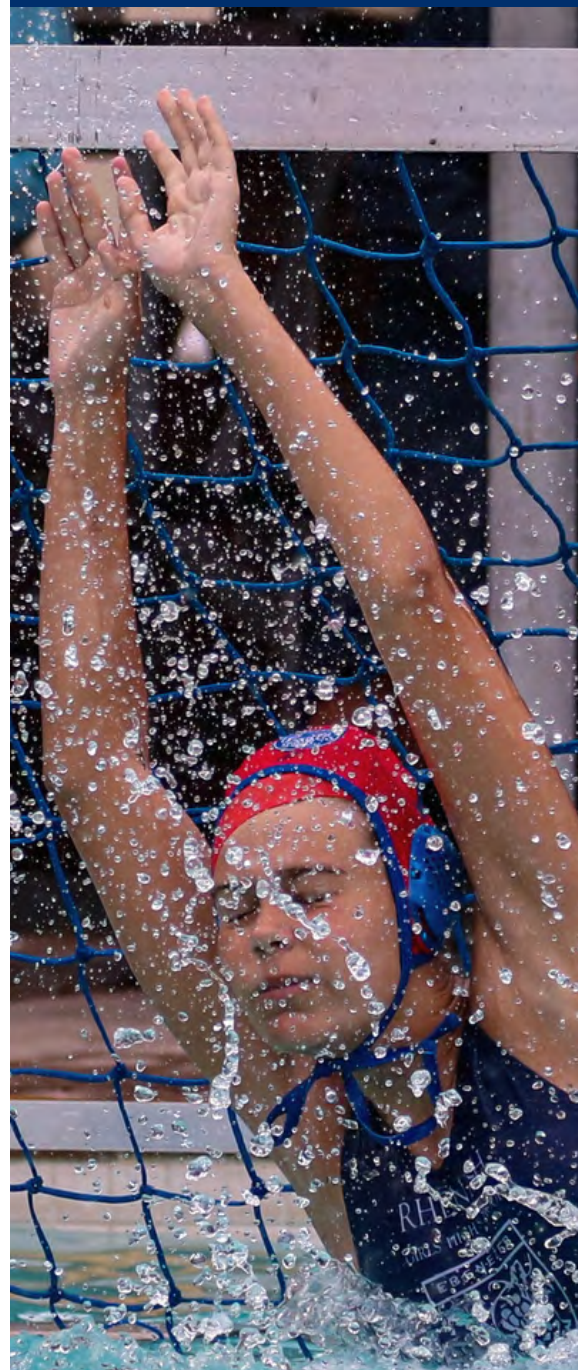
It has definitely been a short but sweet start to the 2022/2023 season for our team and we are all looking forward to resuming the season in the new year and building on what we have started this term.

2nd Team - Natalie Underwood

On Friday, 4 November, the water polo 2nd team took part in a number of matches.

As a team that is made up of players from many different grades, it was difficult for us to bond at first, but from the improvement in our ability to work as a team, and the many laughs that have been shared, it's clear that many friendships have been made.

I look forward to seeing our team thrive even more next year.



U16A - Georgia Hobbs

The U16 A team participated in a water polo tournament on 28 October and 4 November.

There was a friendly atmosphere throughout the whole tournament and many good, long lasting memories were made.

It was a lovely way to end off the year and a great way to get ready for the upcoming exams. The girls really portrayed their passion for the sport and love of the game.



U16B - Jade Te Roller

This past Friday our U16B team played against Herschel and St Cyprians.

We unfortunately lost both matches, but we did not go down without a fight. The girls pushed so hard and showed what they are capable of doing and I couldn't be more proud of my team.

We are so sad that the season has come to an end but we will be back and better than ever next year.



U14A - Kikka Mossop

The past two weeks of matches have been a great way for our team to end off the season.

From the loud singing in the back of the bus on the way to Wynberg to the weird warmup dances, my team definitely figured out how to make the water polo matches less nerve wracking.

We played a total of four matches, winning two and losing two, but the losses didn't affect our performance.

After a long break we still came together and played as a team and had fun in our final games together.

Even though we didn't have much practice time before the games, the girls played exceptionally well and we fought hard. We were not discouraged because we were getting to spend our time in the pool together for the last time before exams.

We're definitely all upset that water polo's done for the year, but it was a good way to end off the season. We can't wait to get back in the pool and to come back as an even stronger team next year.



U14B - Grace Hobbs

The U14 B water polo team took part in the Wynberg water polo tournament on 28 October and 4 November.

The team travelled in the bus where we got our spirits up and prepared for the games. We were undefeated and produced excellent results. The whole experience brought our team together and we had a great time. We look forward to the next tournament!





Played for:



GIRLS
WORLD CUP CAMP

with Julia Simic

26-28 NOVEMBER 2022

08:30 - 12:30 (SAT - SUN)

15:30 - 18:00 (MON)

Soccer + Fun + Education + Refreshments

Early bird tickets - R650 before 10 November
(R790 regular)

Location: YB Arena, 2 Prima Drive Broadlands, Strand

REGISTER NOW!

anthen@youngbafana.com

+27 79 785 6562 (Whatsapp)

"HEY GUYS, I AM JULIA. I AM LOOKING FORWARD TO MY TRAVELS TO SOUTH AFRICA. MY GOAL WITH THE CAMP IS TO EMPOWER, ENCOURAGE, AND EDUCATE THE GIRLS IN FOOTBALL."



Programme - Saturday and Sunday	
08:30-09:30	First Session
09:30-09:45	Small fruit break
10:00-11:00	Education
11:10-11:20	Refreshments
11:30-12:30	Second Session

Programme - Monday	
15:30-16:30	Education
16:30-16:45	Small fruit break
16:45-18:00	Tournament

EVERY GIRL GETS A YB JERSEY!

WHAT TO BRING WITH YOU?

SOCCER BOOTS + SUNSCREEN + OWN DRINKS AND SNACKS IF WANTED

AGE GROUPS: 8-13 & 13-17

INTER HOUSE CROSS COUNTRY

1st
Terlinden 230

2nd
Van Der Stel
190

3rd
Weber 170





After an absence of a few years, the Inter House Cross Country event made it back onto the school calendar and the focus was mass involvement and fun. The learners participated in excellent spirit and really enjoyed themselves. Some of our more serious runners (learners and staff) ran with purpose and the competition among them was earnest. For most of the learners, however, there was a lot of laughter, a lot of loud music and a great sense of camaraderie as they walked, skipped and laughed their way through the 3 kilometres.



1st Teacher

Ms Herrmann

2nd Teacher

Mrs Joubert

3rd Teacher

Mrs Caroll

1st Learner Overall

Taelan Viljoen, Van Der Stel, 13.39 minutes

2nd Learner Overall

Ruby Cilliers, Weber, 14.01 minutes

3rd Learner Overall

Olivia Penfold, Terlinden, 14.08 minutes

Best Dressed

Mila Harrison



Top Ten Juniors:

1. Ruby Cilliers W
2. Shené Du Plessis W
3. Harriet Smit T
4. Isla Rodrigues T
5. Leah Du Plessis VDS
6. Jenna Pettipher T
7. Sarah Oscroft VDS
8. Emma Lurie W
9. Caris Griffiths VDS
10. Emma Yip W

Top Ten Seniors

1. Taelan Viljoen VDS
2. Olivia Penfold T
3. Amy Pettipher T
4. Mila Mitrovic VDS
5. Olivia Maré T
6. Baylee Engelke T
7. Emma Green T
8. Jade Bradley W
9. Marise Kriel VDS
10. Manon Viljoen VDS



Rhenish STARS

RHENISH TENNIS - RESULTS 31 OCTOBER

U19A Rhenish vs HMS, Rhenish won 5-1

U19B2 Team 1 vs Bloemhof 2, Rhenish won 8-2

U19B2 team 2 vs Bloemhof 1, Rhenish 2 lost 4-2

U19C Rhenish had to postponed

U15A Rhenish vs La Rochelle, Rhenish won 4-0

GOLF

Ineke Brynarad won the Hermanus Boland Champs and she placed 2nd overall (boys included, with +1).

Ineke also won the De Zalze Club Championships.

