

RHENISH NEWS

Excellence ● Compassion ● Accountability ● Integrity ● Diversity ● Respect

Photos: Mr Piron and members of Rhenish Media Services

Grade 8 Camp

Thrills, Spills,
Rhenish Values
and New Friends

Getting to Know You

Grade 12s and Grade 8s
"Speed Date"

Sprayathon

World Cancer Day
Observed

Leadership

Remgro Schools' Initiative

Sports Round Up

U14 Water Polo Festival

U16 Water Polo Tour to

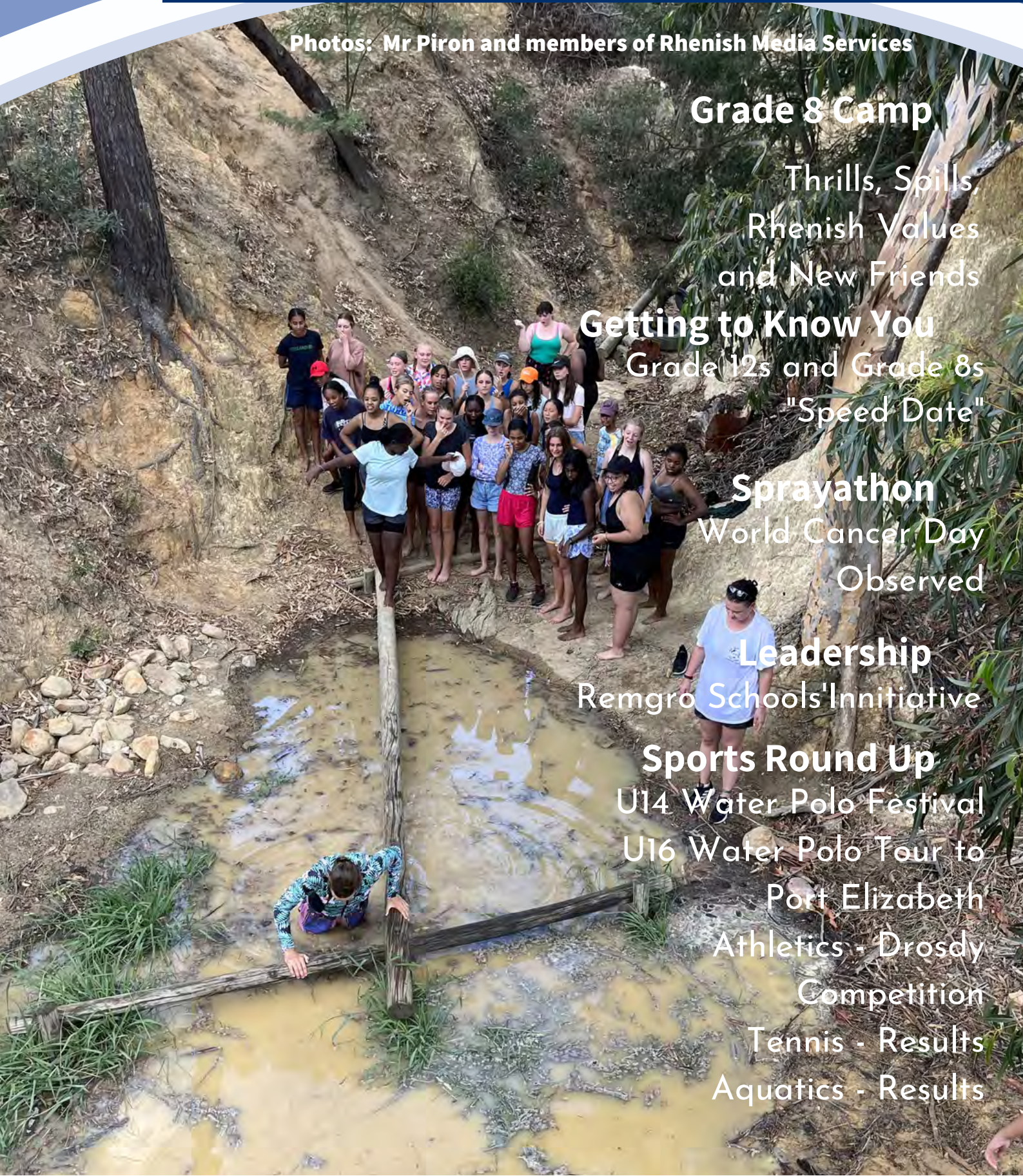
Port Elizabeth

Athletics - Drosdy

Competition

Tennis - Results

Aquatics - Results



Grade 8 Camp



On Monday morning, the Grade 8s promptly boarded the buses with anticipation for the drive to Bergkroon campsite. Everyone, including the LC and Mentors, was excited to make new memories, and in the case of the Matrics, relive some old ones.

Dorms assigned and Rhenishers settled, the fun started. Caps and sunblock were essential for the day ahead of us. The facilitators hosted ice breakers and Ms Conchar and Mrs Nel taught us about the school values through skits performed by the seniors.

The second half of the day consisted of dancing, team building, swimming and the obstacle course. The formidable obstacle course was a highlight for many and resulted in unforgettable memories. Eventually, everyone headed to bed after an evening of fun and dancing in the hall.

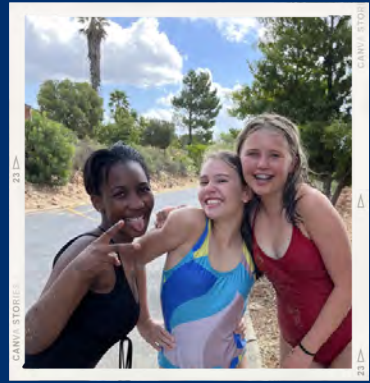
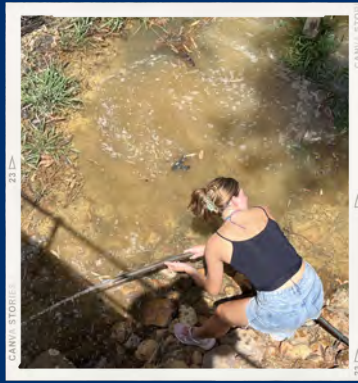
The Grade 8s were woken by the matrics bright and early for the iconic Zumba session led by our very own Jenna Senekal. Breakfast soon followed, which served as a lining for the cookie icing activity – a personal favourite. After some more singing and dancing we all filled the buses with snores on the way back to school.



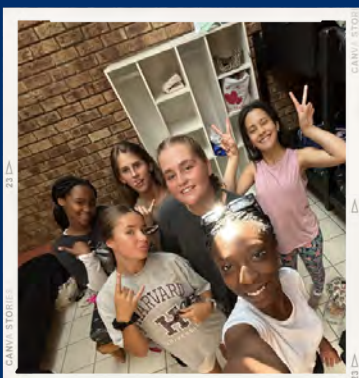
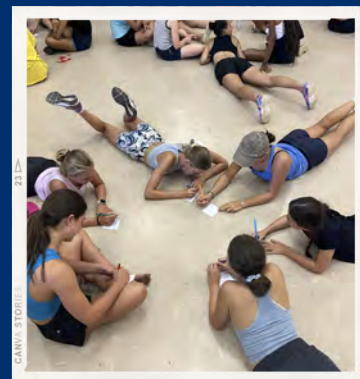
A big thank you to the teachers, facilitators, psychologists, the LC members, mentors and everyone else involved for making the Grade 8 camp possible.



Jenna Dramat
Mentor



Grade 8 Camp Memories 2023



WHAT THE GRADE 8S HAD TO SAY

"I enjoyed the zumba, learning the Valentine's dance, swimming and the food was delicious. I got a better understanding of the values, rules of the school and I learned more about new friends. I was quite grateful that the matrices woke us up at 5 instead of 2 or 3 in the morning!"

Mina Prinsloo

"It was really fun talking with new people and getting to know and understand each other better. It was also really fun to make the biscuits within the five values. The bus ride there and back was also fun as everyone sang and had a good time - without phones"

Sophie Herman

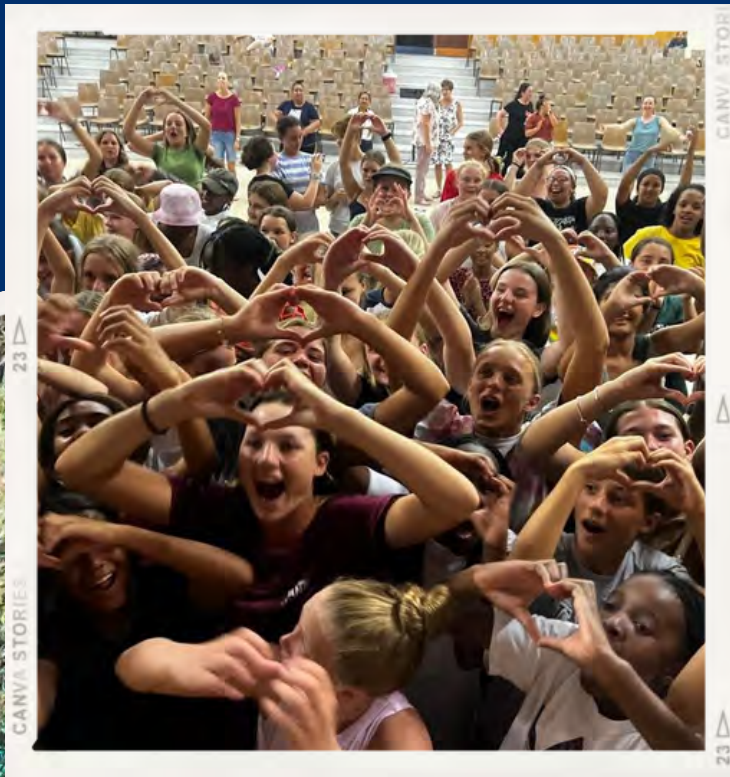
"I enjoyed the cookies it was fun and delicious."

"I learnt that you should always be positive, because you will have more fun when you see the brighter picture."

Isabella Turner

"I loved doing the team building and dancing in the hall as well as doing the obstacle course, even though we had to go in muddy water. I can't forget about the Valentine's dance as well as the night swim."

Sophie Herman



I absolutely loved the obstacle course! It may have pushed a lot of us out of our comfort zone but that is exactly what camp is about! The tunnel, climbing over a net and swimming under a wooden pole/log in a muddy puddle may seem terrifying but it was the best fun ever! I loved bonding with my peers and wished camp was longer!

I learnt so many important lessons at camp - patience, if you work as a team you will get further, respect, and a lot of different skills.

I really enjoyed the senior shenanigans - being woken up at 5am, walking with our heads down and singing the school song was a lot of fun and I honestly thought they would have given us a really hard time. I am so very grateful I was able to join this amazing experience!

Chanel Theron

getting to know YOU

Ishekudzwai Matope

Over the past 3 weeks the Grade 8s have participated in many activities as they settle into the Rhenish sisterhood. On Thursday they had the opportunity to get to know their matric sisters who will guide them throughout this year.

The Learner Council organised a *speed dating-style* session where the Grade 8s and the matrics were given one minute to chat before they had to move on to the next person. This enabled both grades to meet as many Rhenishers as possible and the Grade 8s realised that they had matrics who could relate to all their experiences, people who are available to them for guidance. The matrics had so much fun getting to know the Grade 8s and hearing how much they enjoy Rhenish so far.





LISE-ANN RUTHFORD

WORLD CANCER DAY

4 FEBRUARY

The Cancer Society hosted our annual Hair Sprayathon on 3 February 2023 in honour of 'World Cancer Day' which was observed on 4 February 2023.

The Sprayathon is an initiative where the learners make a donation and have their hair sprayed in an array of colours. The aim is to raise cancer awareness within the Rhenish community.

All the funds raised will be donated to a cancer foundation that provides financial assistance for cancer patients who cannot afford to undergo surgery or treatment. The Cancer Society was immensely proud and grateful for all the support we received for the Sprayathon. It has inspired us to continue our work to raise cancer awareness and to make a difference in the lives of cancer patients.



EMMA GREEN

REMGRO SCHOOLS' LEADERSHIP INITIATIVE

On 7 February five members of the Rhenish Learner Council attended the annual REMGRO Schools Initiative SRC-Function.

Students from Paul Roos, Stellenbosch Hoërskool, Kayamandi High, Bloemhof Meisieskool, among others, were all invited to the event in order to network and make friends.

We started the evening off socialising amongst one another, taking photos and exchanging numbers in order to make future communication between our schools easier.

Each school was given four minutes to present their vision and goals for the year. It was really eye-opening to hear the different perspectives of these schools and how different our individual goals for the year were, even though we are situated so close to one another.

We also had the privilege of listening to an extraordinary guest speaker, Dr Gillian Arendse who captivated his audience and really got us thinking about our visions and the reality of implementing our visions. He gave us valuable advice with regards to the type of leaders we would like to be.

Business concluded, we were treated to a delicious meal over which we could spend more time getting to know one another. The evening was a great success and we left having made valuable connections.



R2 300

FEBRUARY 08,15

MARCH 1,8,15

APRIL 19,26

MAY 3,10,17,24

JUNE 13

JULY 19,26

AUG 2,16,23,30

18:30 - 19:45

**NEW YEAR
NEW IN SEASON
TRAINING**

**JOIN
NOW**



**IN SHAPE
HOCKEY ACADEMY**



CHRISGERBER1991@GMAIL.COM

0826563832

FUN - SKILLS - EXCITEMENT - TALENT ENHANCEMENT

3 - 5 FEB



NICOLA MULLER U14A

The U14 Rhenish water polo tournament was an amazing experience for my team and I. We started as a group of great individuals, but we weren't really a proper team yet.

This tournament taught us the value of working together. We learned that we will always be stronger and have a greater effect when we work as a team.

The U14As did exceptionally well and ended 3rd in the tournament. The main thing we all learnt is that it isn't about winning, but rather how you played, how you respected the opposition and how you represented Rhenish. We would also like to say thank you to the Staff, coaches, other schools, the 1st team for manning the tech table and our own team. We are very proud of everyone and that we are Rhenishers.

**"Team work makes the
Dream work**

3 - 5 FEB



KARLI VAN BLERK

U14B

The Rhenish Water Polo festival held last weekend (3 - 5 February) was an experience that I will never forget. My team and I showed so much improvement between the first and last game of the weekend, winning our first match as a team on Saturday!

This weekend brought our whole team closer and was a good bonding experience. The music and the food were great, and overall the atmosphere was one of friendly competition.

On behalf of my team, I would like to thank all the schools that were there and went through all the tough games with us.. I would also like to thank our coach, Jen Loughor-Clark, and our liaison, Mr Matthew Kriel, for helping us and staying positive, we could not have done it without you guys.



U16A WATER POLO

ALEX ROAD TOURNAMENT



PUCK BAKKER Captain

On Thursday last week the U16A left Stellenbosch bright and early for a full weekend of water polo in Port Elizabeth.

Day 1 started off with everyone excited and ready for a long day ahead in the pool. We played a total of 7 games on this day with the first one starting at 08:30 and the last one ending at 21:00.





**“LIFE IS SIMPLE.
EAT, SLEEP AND
PLAY WATER
POLO.”
– UNKNOWN**

We played a total of ten games over a two day period. Even though we were absolutely exhausted after day 1, we went on to win a total of six games and lost only four.



THANKS

I would just like to thank Mr Piron for driving us - 11 hours in the school bus, never exceeding a speed of 100km/hour. He was a real gem, always so willing and helpful whenever one of us was in need, or stuck in a bathroom ...

Thank you too to our Coach, Jess Brown, for putting up with our nonsense and jokes and for being so supportive and kind. We wouldn't have achieved the results that we did with any other coach.

ATHLETICS DROSTDY

DEANÉ STRYDOM, CAPTAIN



Our Friday ended differently to what they have for quite some time.

A jam-packed running schedule allowed us to leave school at 12:00 and travel to a scorching Worcester. The Rhenish athletes really brought their best to Drostdy - we managed to get top 3 placings in many of our events and some girls brought home the gold.

The night finished strong with the relays under the flood lights as our U19 team finished us off strong with a second place. We started our weekend with ear to ear smiles.

7 gold medals
13 Silver
10 Bronze

Tennis



Yoga and Health



Results of the week

U19A vs Bloemhof B
(only 3 players)
Rhenish lost 3-1

U19C vs Labori
Rhenish won 4-0

U15A vs Paarl Gym
Rhenish lost 5-1

Rhenish Tennis Players at WP Mini-Series



Alicia Taylor
Finalist
U16 Section



Ashley Taylor
Winner
U14 Section



Jenna Theron
Semi-Finalist
U14 Section



Christi Kotze
Finalist
U14 Gold Section

RESULTS



WATER POLO

VS RUSTENBURG GIRLS'

U14A Rhenish won 10-2

U16A Rhenish won 8-2

1st Team Rhenish won 5 - 3

VS PAARL GIRLS'

U16B Rhenish vs Paarl Girls' Rhenish won 13-3

SWIMMING

Individual Gala A Team Wynberg Boys'

Position 1: Rhenish Girls'	121 Points
Position 2: Herschel Girls'	119 Points
Position 3: Curro Durbanville	105 Points
Position 4: Reddam D'ville	94 Points
Position 5: Rustenburg Girls'	89 Points
Position 6: Milnerton	76 Points

Individual Gala B Team Swartland

Position 1: Paarl Girls'	217 points
Position 2: Paarl Gym	173 Points
Position 3: Bloemhof	158 Points
Position 4: Rhenish Girls'	117 Points
Position 5: Parel Vallei	99 Points
Position 6: Hugenote	67 Points