

RHENISH NEWS

Excellence ● Compassion ● Accountability ● Integrity ● Diversity ● Respect

Photos: Mr Piron and members of Rhenish Media Services

Valentine's Day

Cookies, friendship and loads of fun

Delicious

Matric Consumer Studies

Pizza Cook-off

Sprayathon

World Cancer Day

Observed

RHECO

Let's Clean Our Town

Physical Sciences

Particle Physics

Masterclass

4M Arrangements

All the details

Sports

Tour Reports

Sports Results



HAPPY Valentine's DAY

Valentine's Day was celebrated over two days at Rhenish Girls' this year. On Monday, the LC visited Paul Roos to deliver cookies from Rhenishers to Paul Roos boys and the Paul Roos LC came to Rhenish to deliver roses to our girls.

This all happened a day early as Paul Roos was involved in Prestige athletics on Tuesday. On 14 February our girls put on their Valentine's colours and celebrated the month of love in their own way.

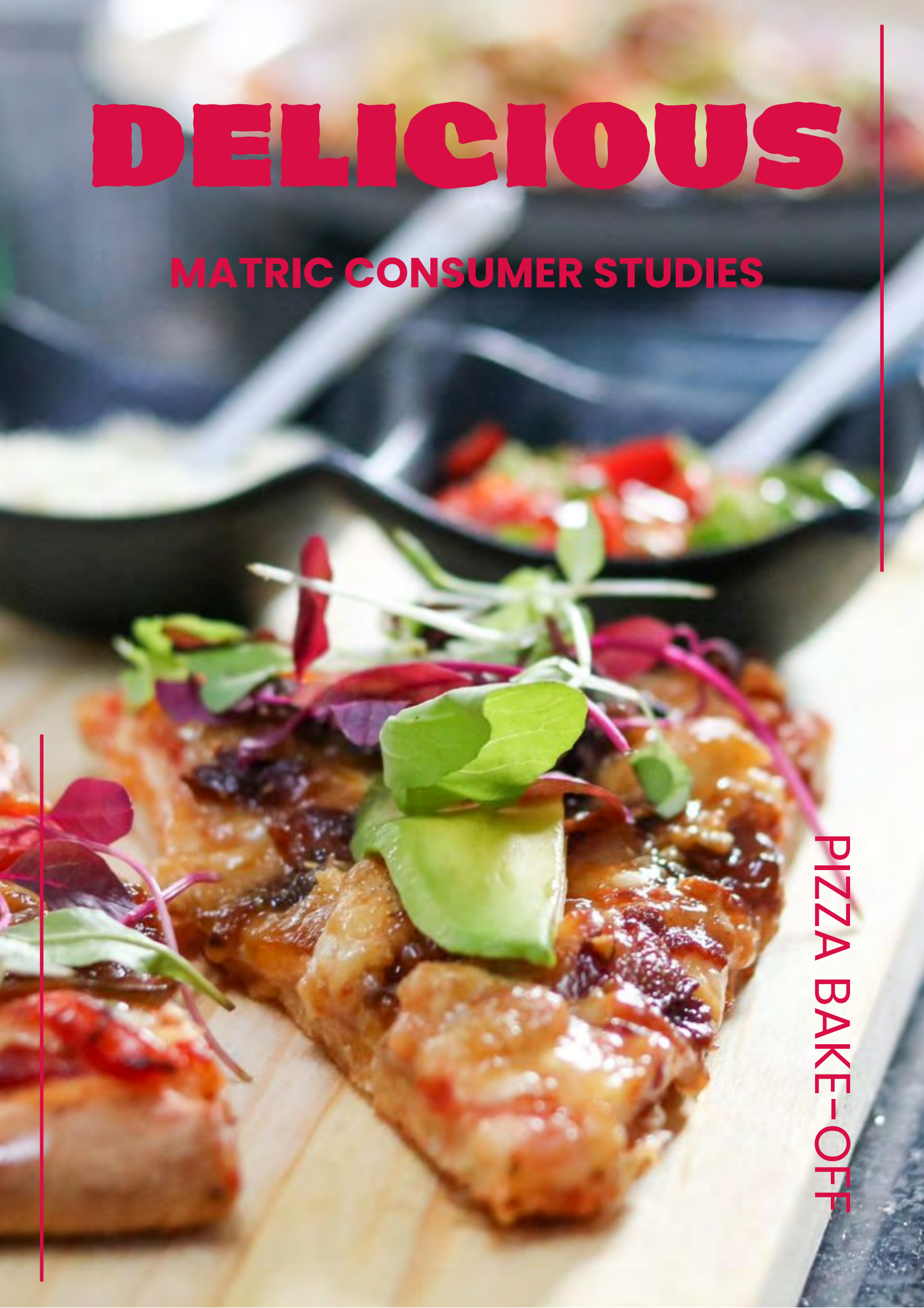




DELICIOUS

MATRIC CONSUMER STUDIES

PIZZA BAKE-OFF



PIZZA AND LIVING YEAST



HEALTHY FOOD

LIFESTYLE

HEALTHY LIFE

The Grade 12 Consumer learners did their first practical of 2023 - cooking for marks. In addition, Mrs Burger turned this into a little bit of a cook-off competition.

The competition was judged by four staff members - Mrs van Dyk, Mrs Hambridge, Mrs Smith and Mrs Kleingeld.

The main aim of the learning behind the competition was getting to understand yeast products. The learners had to make their own pizza dough. They also learnt various other skills through the toppings they used - chopping, sealing of the chicken or meat prior to adding and then they explored flavour combinations.

"I always challenge the girls to produce restaurant style plating," says Mrs Burger, "I told them I wanted to feel like I was at a pizzeria when I ate their product. We do, after all, eat with our eyes first."

The judges all loved the pizza and were impressed with what the girls were able to achieve.

"The pizzas were absolutely delicious. I really enjoyed the different toppings as well as the presentation. I am keen to buy pizzas from them in the future."

Mrs Smith

"I was amazed at the level of skills some of the girls had, especially in the presentation department. The pizzas were exquisite, definitely something that could be sold in a restaurant."

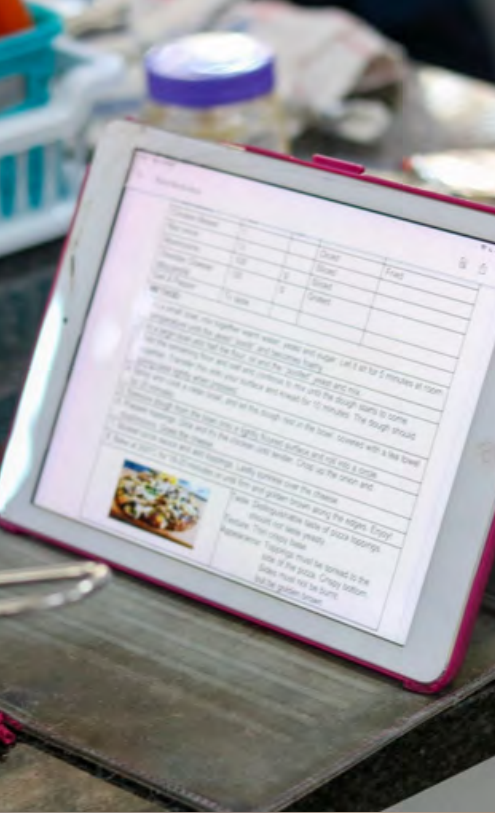
Mrs Kleingeld

"The learners were so creative in making their pizzas look like something you would be served in an Italian restaurant. I was so impressed with the taste and the presentation. In addition, they were extremely professional and kept their workstations in pristine condition."

Mrs van Dyk

The competition was really tough - it was really challenging to choose a winner!





"The girls absolutely love practical lessons. They get so excited and honestly go to so much effort that it is always such a pleasure to bake with them," commented Mrs Burger.

It goes without saying that the delicious aromas wafting from the Consumers Room had all hungry Rhenishers prowling the corridors in the hope of a taste test!

Pick one and
Get Started



LET'S CLEAN OUR TOWN

16 FEBRUARY 2023

“Often, I think, our tendency to believe that the impact we have as individuals on the environment is insignificant and, under this mistaken assumption, we go on to do a lot of harm believing we are, after all, only one person.

However, every choice we make has an impact. It could be something as small as the choice that we make to not go back to the car to fetch our reusable shopping bags, or the choice to throw away that banana-that-nobody-wanted-that-just-went-brown-in-the-fruit-bowl, or the choice to pretend that we didn't see that piece of litter that we just walked passed.

Our choices matter. That is why it is so great to have a group of people who are willing to make an alternative choice; a choice that has a positive impact.

On Wednesday RHECO organised a cleanup around Rhenish and the Eersterivier. This river flows near Rhenish and its beauty is often overshadowed by the trash that collects on its banks and in among the plants.

It was a really beautiful day weather wise, and it was lovely to spend it doing something meaningful. The whole of RHECO, and the river, is so grateful to all of those who were able to join in the cleanup.”



Physical Sciences

Particle Physics Masterclass



CELEBRATING INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE

By Catelin Grobler

On Friday 10 February 2023 Olivia Visser and Catelin Grobler attended a Masterclass on particle physics at iThemba LABS. This was held in honour of the International Day of Women and Girls in Science on 11 February. We were introduced to topics in Physics which go way beyond the Grade 12 syllabus, ranging from the smallest elementary particles such as quarks and leptons (yes, there are even smaller particles than protons, neutrons and electrons!) to the technicalities behind the 27km Large Hadron Collider (LHC) ring at CERN in Geneva, Switzerland. The LHC is the biggest and most powerful particle accelerator in the world and was built to help scientists to answer key unresolved questions in particle physics, such as what dark matter is or whether hidden dimensions in space really exist.

These International Masterclasses in particle physics gave us (along with approximately 20 other girls from schools in the Western Cape) the opportunity to perform measurements on real data from CERN, meet active particle physics researchers, and to link up with like-minded students from other countries (including Germany and Greece!). We even had the opportunity to see the ALICE (A Large Ion Collider Experiment) collider on a Zoom call with one of the researchers at CERN in Switzerland. It was truly a fascinating experience.



4M ARRANGEMENTS

Wednesday 22 February

What to bring to school

- Books for **Wednesday's periods 1 - 2**.
- Books for **Thursday's periods 1 - 7** (school bags will be locked in the classes over night).
- **DO NOT BRING TABLETS/CHROME BOOKS TO SCHOOL - LEAVE THEM AT HOME**
- Substantial lunch, snacks, water/cool drink - it is going to be a long, hot day.
- Money for tuckshop and vendors at Coetzenburg
- Athletics kit (athletes) & Sunscreen

WALKING TO COETZENBURG

- Gather at tennis courts in register classes
- Walk quickly: right into Koch Street, across the grass towards the Agterplaas gate; left into the Coetzenburg grass hockey fields
- Obey the LC, Mentors, traffic wardens and staff
- you will be let in as a group
- go up to the stand immediately - you will see the Rhenish decorations
- On RETURN - walk down Suidwal on the PRG side of the road. Move as quickly as possible back to Rhenish for collection

**Thursday 23 February
will be a normal school
day
End of Day - 14H20**

Programme

07H40	Lines (4M announcements)
07H55-08H35	Period 1
08H35-09H10	Period 2
09H10-09H45	Break
09H45-11H30	4M practice
11H30-11H55	Break (Go to toilet, lock bags in Register Classes)
12H00	Meet in Front of tennis courts in register classes - Grade 12s closest to the road
12H05	Matrics walk to Coetzenburg
12H15	Grade 8 - 11 walk to Coetzenburg
13H30	Athletes and cheerleaders meet at back of track
13H45	Music starts, athletes and cheerleaders procession
14H00	4M starts with Cheerleading
14H45	First Event
15H30-16H00	Rhenish Tuckshop / toilet break
17H30-18H00	Rhenish Tuckshop/toilet break
18H45	Last Official Event (U19 Relay)
18H50	Prefects & Cheerleaders Relay
18H55	Staff Relay
19H15	Announcement of Results
19H45	Disperse from Coetzenburg, get to buses/lifts quickly, be careful in the traffic. Walk back to Rhenish - collection at the school

IMPORTANT

- Ensure that your uniform is neat and tidy. No jewellery.
- Do not bring valuables. Look after your property.
- Do not litter - stands must be spotless when we leave - LC & Mentors to arrange final clean up by Grade 8s. LC to bring black bags from school.
- Co-operate on stands; be quiet for the start of races and for announcements.
- Only officials & participating athletes are allowed on the track/field.
- Do not keep cell phones/purses in dress pockets - they will fall out and get lost/stolen.
- Detention will be given to anyone loitering around the back of the stand/around the gate/at the toilet.

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



WEEK 4



RESULTS

ROUND UP

- U16A RHENISH WATER POLO FESTIVAL
- 2ND WATER POLO TOUR TO KNYSNA
- ATHLETICS
- TENNIS
- SWIMMING
- WATER POLO





Athletics

Boland Central

11 February

Results

U14:

Lia Luna Li Latti: 2nd - 400m.

Nicola van der Merwe - 1st - Javelin

U15:

Katherine Sickle: 6th - 100m and 7th - 200m

Caris Griffiths: 5th - 400m

Harriet Smit: 4th - 1500m

U17:

Danni Fortuin: 6th - 100m

Tyla Hinks: 6th - 200m and 5th - 400m

Taelan Viljoen: 3rd - 1500m and 2nd - 3000m

Mary Roux: shot put - 5th

U19:

Deané Strydom : 2nd - 400m and 400mH

Olivia Penfold: 3rd - 1500m

Emma Green: 5th - 1500m

On Saturday 11 February, twenty eight of our athletes entered for the Boland Central at Dal Josephat.

Despite the temperature rising above 40° C in Paarl, our athletes gave it their all. Many reaped the reward with a new personal best.

The Boland Central team will be announced over the weekend



2ND WATER POLO

Mermaids at War – Knysna Chukka Festival



ANJA NEL

On Thursday 9 February the 2nd team water polo girls headed to Knysna, with Coach, Kieran Meyer and liaison teacher, Mrs Carstens, for the annual Oakhill Chukka Festival.

Once we got there, our team headed straight to the Waterfront, unaware of the severe “wake up call” we would get – we lost to Glenwood High School’s 1st Team.

Later that day, the team attended the welcoming ceremony and had a tasty dinner with other schools taking part in the tournament. As the tournament was designed as a 1st team tournament, our team had to work hard to stay focused and play like a 1st team against some formidable opponents.



By Friday afternoon, we had found our rhythm in the water and we were playing our best games yet.

Playing in the canals was great fun and we enjoyed supporting the other teams, strengthening bonds between the schools.



Some of the new players were *'initiated'*, which caused numerous laughs and the team loved spending time together. We might have been strangers on Thursday morning, but as soon as we started spending time together, relationships changed to strong friendships among the players.

As a team we definitely improved our performance throughout the weekend, with the help of Coach Kieran and Mrs Carstens. Spending time with friends who became family and playing a sport we all love created special memories that will be difficult to forget. There was not one moment that we didn't enjoy. For many of us, it was the best sports tour yet!



U16

WATER POLO FESTIVAL



RHENISH GIRLS'

U16 WATER POLO

FESTIVAL

Rhenish Girls' High School hosted the U16 Water Polo Festival in our beautiful swimming pool last weekend.

Unfortunately, neither of our captains, U16A or U16B, submitted their reports for publication.

Results

U16A results:

- vs Reddam 1-7 lost pool game
- vs Somerset College 17-1 win pool game
- vs Springfield 10-2 win pool game
- vs Wynberg 13-3 win pool game
- vs DSG 6-2 win Semi final
- vs Reddam 1-8 lost Final

U16B results

- vs Herschel 1-12 lost pool game
- vs St Cyprians 4-5 lost pool game
- vs DSG 1-15 lost pool game
- vs Wynberg 9-4 win pool game
- vs Somerset College 4-3 win 7th overall





SPORTS RESULTS

THIS WEEK

TENNIS

RHENISH U19A **4** vs **2** BLOEMHOF U19A

RHENISH U19B1 **4** vs **0** RHENISH U19B2

U15A **5** vs **1** BLOEMHOF U15B



VICTORIOUS U19A AFTER THEIR VICTORY OVER BLOEMHOF

WATER POLO

RHENISH 1ST **5** vs **3** RUSTENBURG 1ST

U16A **8** vs **2** RUSTENBURG U16A

U16B **13** vs **3** PAARL GIRLS'

U14A **10** vs **2** RUSTENBURG U14A