

Issue 8 of 2023

RHENISH
GIRLS' HIGH SCHOOL



1860

RHENISH NEWS

Excellence ● Compassion ● Accountability ● Integrity ● Diversity ● Respect

Photos: Mr Piron and members of Rhenish Media Services



In this Issue:

Grade 8 Commencement & Matric Assembly

Joining the Sisterhood and Celebrating your Final Year

Grade 8 Social

Cancer Committee Organises Fun Social for Stellenbosch Grade 8s

Academic Badges

Badges awarded for November 2022 results

Summer Sports Awards

Summer Season ends with honouring of all our sporting stars

1st Hockey - Gregg Beling

Success in East London

U14A Hockey - Salt DF Malan Festival

A promising start to the season

Soccer - Reddam Tournament

Semi-Finalists in Thrilling Tournament

Grade 8 and Grade 12

The Sisterhood

Assembly 24 March 2023



Grade 12

In an emotionally charged assembly celebrating the Grade 12 year, Lilly Hobbs urged her fellow matrics to take stock of this moment. She said that while many of the class are excited or relieved that the final chapter of their schooling is upon them, some are also sad, scared and hesitant as they face the prospect of leaving the Rhenish family.

Lilly challenged the matrics to "... make the most of all this year still has to offer. It is never too late to make that team or to get those marks. It is also never too late to go out with your friends. The year has so much in store for us all."

She urged her peers to believe in themselves and in each other and then, she claimed confidently, the year will be a breeze.

The Matric Committee then handed out the matric badges to each member of the Class of 2023.



The Grade 8s ring the Rhenish Bell for the first time, celebrating their acceptance into the Rhenish Sisterhood. After Valedictory, the matrics will ring the bell to symbolise leaving the Sisterhood.

Grade 8s

The Commencement Assembly marks the start of a completely different journey for our Grade 8s. As the Grade 12s celebrate the start of the end, the Grade 8s are officially welcomed into the Rhenish Sisterhood with the handing over of their class badges.

"The Grade 8s," said Anna Petika, "have spent the past 8 weeks discovering what it means to be a Rhenisher. What it means to walk these halls, to support your school unconditionally and to be a part of a community that both welcomes you and embraces you."

"Today you form part of something that will remain with you all your life. Through shared experiences, you will build relationships with people who become family. People who become as close as family. Today, you become one of us and we proudly consider you one of our own."

GRADE 8

14 March 2023

TAILOORS SOCIAL

"I love my friends. Because of them I laugh a little harder, cry a little less and smile a lot more."



FORGING FRIENDSHIPS

Our Grade 8s have progressed from a disparate group of mostly strangers to a cohesive grade who have been welcomed into the Rhenish sisterhood and who have embraced their role as the youngest

members of this sisterhood.

On Tuesday 14 March, the Grade 8s had the opportunity to socialise at the Cancer Committee's annual "Grade 8 Hangout".

School concerns were put to one side and Grade 8 friends from the other Stellenbosch schools joined them as they danced, laughed and played games - all the while raising funds for those fighting cancer.



The Grade 8 Social requires a lot of planning, organising and hard work by the organising committee. However, we do it with great excitement and passion to ensure that the Grade 8s experience an incredible and memorable social.

Grade 8 learners from neighbouring schools attended and had the opportunity to meet their peers and to build and foster new friendships.

A variety of food and drink stalls were available to satisfy their taste-buds and the Grade 8s danced the night away to some awesome tunes and played some fun games.

The Grade 8 Social was a huge success as we raised over R16 000 which will be donated to a Cancer Foundation at the end of the year.

Thank you to everyone who

attended the social event and to our neighbouring schools who communicated the event details. We are extremely grateful for your support.

A special and heartfelt thank you to Mrs Vermeulen and Mrs Smit for their guidance and support. We could not have organised the event without the staff, ground staff and Cancer Committee members that made the evening a success.



FUN



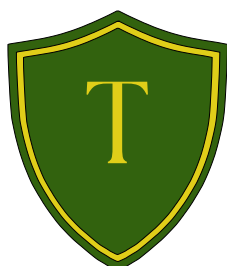
We would like to thank Coca Cola and OLA for their donation of cold drinks and ice-creams that were sold at the social. We truly appreciate their generous donations.

The success of organising such an event truly inspired and motivated the Cancer Committee to continue our work and utilise our resources to raise funds for cancer awareness and support initiatives.

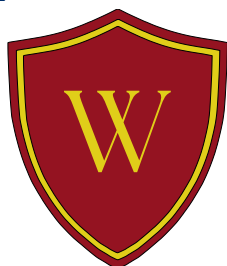
We trust that the Grade 8s enjoyed the social and made some great memories.

Academic House Badge

for garnering Honours in Academic Excellence for the examinations
in Grade 11 in Term 4 2022



Bergstedt, Jady
Botha, Willemien
Dramat, Jenna
Engelke, Baylee
Erasmus, Jay-Linn
Green, Emma
Griffin, Tayla
Grobler, Catelin
Hobbs, Lilly
Landman, Liyah
Matope, Ishekudzwai
Nenguke, Mya
Pate, Francesca
Pestana, Raquel
Petika, Anna
Rogers, Kayla
Rubino, Aimee
Schultz, Kayleigh
Van Rooyen, Amy



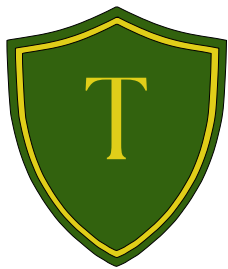
Babafemi, Esther
Bauer, Anouk
Benjamin, Chloé
Bourne, Emma
Bradley, Jade
Buckton, Hannah
Combrinck, Katerina
Greenwood, Cameron
Holmes, Chloe
House, Rosie
Jenkin, Holly
Kleinhans, Carla
Lottering, Jadyn
Mason, Jesse
Moon, Ga-Young
Muller, Melissa
Nel, Anja
Prowse, Siena
Roos, Angenitha
Rossouw, Annabelle
Ruthford, Lise-Anne
Savory, Lechae
Sibaca, Tariro
Stoms, Clara
Valentyn, Jemimah
Volans, Aimee
Wepener, Adriana



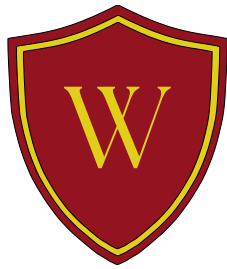
Basson, Justine
Grant, Megan
Hendrickse, Olivia
Kriel, Marise
Lombard, Lila
Louis, Ame
Michell, Emma
Mitrovic, Millicia
Penfold, Olivia
Petty, Grace
Robertson, Larah
Roche, Isabella
Senekal, Jenna
Smit, Emilie
Van Wyk, Emily
Visser, Olivia
Wilk, Isabella

Academic House Badge

for garnering Honours in Academic Excellence for the examinations in
Grade 10 in Term 4 2022



Adicary, Begum
Arnolds, Zakiyah
Bailey, Jessica
Barnard, Cara
Barnard, Kate
Beaton, Chloe
Booyesen, Katrien
Broekhuysen, Madison
De Waal, Lisa
Durand, Anja
Elms, Amy
Evert, Nicola
Godlonton, Gabriella
Hector, Eliana
Jason, Soneshree
Kingham, Victoria
Louw, Lisa
Maritz, Olivia
McLulich, Tallulah
Pettipher, Amy
Soderland, Samantha
Stanford, Léa
Van Graan, Denise
Wiid, Abigail



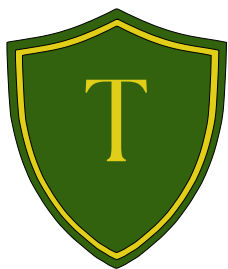
Blignaut, Ruby
Blood, Hannah
Booyesen, Zoë
Bosman, Saskia
Bowker, Courtney
Champanis, Alysa
Dzama, Anesu
Groenewald, Ruth
Manxodidi, Semihla
Mckenzie, Brodie
Nel, Emma
Pareeze, Sienna
Petersen, Martanique
Prinsloo, Danielle
Springhall, Sydney
Stephanou-Lazarus,
Hannah
Stoms, Katherine
Uheida, Ream



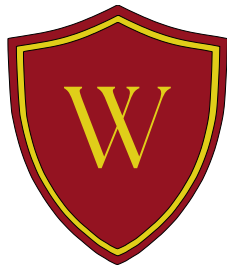
Anthony, Lyné
Braaf, Lucah
Brink, Tamzyn
Brown, Emily
De Jager, Emily
Donald, Mackenzie
Dugmore, Suede
Forsyth, Isabel
Gouws, Jana
Kesonk, Alexa
Krige, Sophie
Law-Morris, Meghan
Meiring, Tessa
Mulindwa, Elizabeth
Proudfoot, Ryanne
Rimmer, Meika
Rumble, Emma
Shaw, Keira
Stapelberg, Meghan
Te Water, Jenna
Viljoen, Taelan

Academic House Badge

for garnering Honours in Academic Excellence for the examinations
at the end of Grade 9 in Term 4 2022



Armitage, Robyn
Bohmer, Anu
Currie, Danielle
De Kock, Montana
Fitzhenry, Sophia
Hobbs, Georgia
Holtmann, Dannika
Knight, Hannah
Mazza, Mia
McLachlan, Xenia
Morton, Tayler
Pratt, Katie
Pyke, Jaeda
Snell, Kirsten
Stevens, Mekayla
Theron, June
Van Wyk, Morgan
Williams, Halle



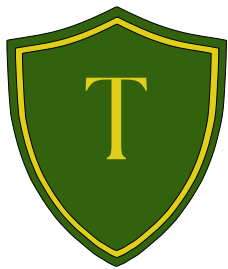
Barker, Nikita
Du Plessis, Shene
Ernstzen, Kaitlin
Fernandes, Arabella
Fry, Tamryn
Gouws, Taliya
Grant, Hayley
Jacobs, Mia
Khumalo, Asemahle
Laubscher, Maya
Lambrechts, Tilly-Tallulah
Michael, Kendra
Milton, Chloe
Minnaar, Catherine-Rose
Mulder, Jade
Peter, Lakhanya
Purves, Kate
Schipper, Jemima
Seyffert, Victoria-Lynn
Singe, Simone



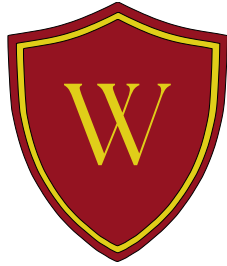
Aitken, Jasmine
Bennie, Caitlin
Botha, Kristin
Daniels, Shiloh
Farrell, Chloe
Jappie, Layla
Kilpin, Amelia
Mackinnon, Juliet
Mansfield, Isabella
Rawoot, Sara
Reyneke, Tallulah
Schulz, Mia
Simelane, Ayomide
Stemmett, Ava
Turner, Amber
Walker, Sofia
Wilk, Sienna
Williamson, Kristin
Zaphi, Kelsey

Academic House Badge

for garnering Honours in Academic Excellence for the examinations
at the end of Grade 8 in Term 4 2022



Arnolds, Nuha
Baxter, Megan
Boshoff, Meghan
Brits, Marcelle
Campher, Emma
Combrink, Anna-
Sophia
Currie, Samantha
De Kock, Jemma-
Jayne
Fink, Julia
Franke, Sophia-Mara
Gordon, Leah
Hobbs, Grace
Kleynhans, Peyton
Moss, Katharina
Niesler, Rebecca
Pettipher, Jenna
Roos, Marie-Elizabeth
Smit, Harriet
Tatana, Mbali
Van Almenkerk,
Emma



Blignaut, Grace
Cloete, Zoie
De Kock, Layla
Hagen, Olivia
Hodges, Errine
Krige, Danielle
Lurie, Emma
Morgan, Rebecca
Mossop, Kika
Paynter, Gemma
Pretorius, Zoe
Van der Linde, Lana
Van Wyk, Claire
Wentzel, Raquel
Worship, Chrissa
Yip, Emma



Beffa, Sienna
Bredell, Issataya
Brink, Cara
De Vries, Isabella
De Waal, Niki
Du Toit, Clarice
Du Toit, Kaitlin
Griffiths, Caris
Hoatson, Esther-Rose
Hodsdon, Sarah
Jansen van Rensburg
Emma
Louw, Larissa
Matheza, Anothando
Newton, Lilly
Oscroft, Sarah
Snyman, Claudia
Van Niekerk, Emily

Summer Sports Awards

Awarded on 22 March 2023

Congratulations to all of our Sportswomen who received awards on the evening. A special congratulations to these Rhenishers who received trophies:

ATHLETICS

Parry Cup Most Promising Athlete

Taelan Viljoen

Delmar Cup Most Outstanding Athlete

Nicola Van Der Merwe

SWIMMING

Most Promising Swimmer

Danielle Cronje

Moira Brandt Memorial Trophy

(Best all round swimmer)

Grace De Jongh

TENNIS

Andrea Henderson Cup for Progress

Katrien Booysen

Gerrie Berner Cup

Alicia Taylor

Most Promising Senior Tennis player

Hailey Troup

TENNIS

Best Junior Player

Frankie Henn

Best Senior Player

Isabella Roche







GREGG BELING HOCKEY FESTIVAL

JUSTINE BASSON, VICE-CAPTAIN

After spending a considerable amount of time on the Astro last weekend, our 1st team hockey girls brought home some fantastic results from the Greg Beling Festival.

The 1st team spent four days in East London where we were pushed to our limits during the annual Gregg Beling 1st team hockey festival.

We knew we had a tough few days lying ahead of us as we were going up against some fierce competition. Rather than letting this intimidate us, we used it as the driving force behind our success.

Our team showed lots of grit and determination through some nail-biting matches.

There were some close calls but in the end our team always came together to get the results we have been working so hard to achieve.

Our time in East London was not only filled with great hockey but some hilarious team bonding karaoke and celebratory ice creams as well.

This was such a fantastic way to kick off the hockey season. We returned home unbeaten and ready for a promising season.

A special word of thanks to Mr Gerber, Mr de Kock and coach Sheppard who travelled with us and to Mrs Henery for managing all the arrangements. We are also grateful to our parents who make so many sacrifices to ensure that we can participate in these tours and tournaments throughout the year.

1ST XI HOCKEY

20 and 21 March

U14A SALT DE MALAN FESTIVAL

Frankie Henn

Torrential rainfall welcomed us at the Stellenberg Astro on Monday morning, but sopping wet kit and waterlogged boots did not stop us as we fought hard to remain unbeaten against Durbanville, Bellville and La Rochelle.

We worked well together as a team, connecting our passes and putting the ball in the goals.

We ended the day with a late evening double header. Fairmont kept us on our toes with their strong defence and, after a nail biting 30 minutes, the game ended in a 0-0 draw.



The next day saw us at DF Malan Hoerskool where we were brought to the challenge of facing Rustenberg, Springfield and Somerset College. We came away with two wins and a draw. Our team is starting to gel so well together, finding each other on the field and being at the right place at the right time.

Overall it was an exciting weekend filled with action packed hockey, warm hot chocolates and delicious pizzas!

RHENISH **5** vs **1** DURBANVILLE

RHENISH **6** vs **0** BELLVILLE

RHENISH **2** vs **0** LA ROCHELLE

RHENISH **0** vs **0** FAIRMONT

RHENISH **2** vs **0** RUSTENBURG

SOCCER - REDDAM TOURNAMENT



RHENISH 3 vs 2 REDDAM

RHENISH 2 vs 1 PINELANDS

RHENISH 2 vs 1 SOUTH PENN

RHENISH 4 vs 2 ST CYPRIANS

RHENISH 2 vs 0 RUSTENBURG

RHENISH 0 vs 1 AMERICAN INT.



"This tournament allowed the team to form a great bond on and off the pitch. We played 5 games and were unbeaten in all our games which then qualified us to compete in the semi finals. Unfortunately, we lost 1-0 but placed 3rd out of 12 schools - an incredible achievement. I am extremely proud of the team. This was definitely a great way to start the season off and I am very excited to see all the success this team has ahead."

Sabeedah Ebrahim - coach

"Coming into this season I was nervous as the team is almost completely new. I thought it may take a while for us to learn each others' plays. But, I was proven wrong on the first day of the tournament where my team managed to win their first game. I cannot begin to express how proud I am of them. Even when many of them were injured, they still managed to push through and play at their best. I can only hope for many more wins with this team of incredible players."

Gia Gordon - Tournament Captain



TOGETHER WE RESTORE FUNCTION

OCCUPATIONAL AND PHYSIOTHERAPISTS WORKING TOGETHER TO ACHIEVE OPTIMAL RESULTS



OUR SERVICES

- Acute injuries
- Sport injuries
- Musculoskeletal injuries
- Nerve related injuries
- Chronic Pain Conditions
- Hand Injuries/Splinting/Pressure garments
- Degenerative conditions
- Back and Neck Pain
- Pre and post- surgery rehabilitation
- Lymphoedema management
- Workman's Compensation injuries
- Sensory profiling/Stress and burn out management

Therapy in Action consists of an interdisciplinary team that provides a client centered approach to individuals through preventative care, education and active functional rehabilitation and work together to achieve optimal results.

Our team of Physiotherapists and Occupational Therapists work in association with:

PSYCHOLOGIST: NATALIE SADIE



BIOKINETICIST: HESMARIE TEUBES



Stellenbosch Address: 4 Herold Street, Stellenbosch 7600 | **021 882 9148**

Somerset West Address: 3A Arun Place, Sir Lowry's Pass Village Road, Somerset West 7130 | **021 852 7711**



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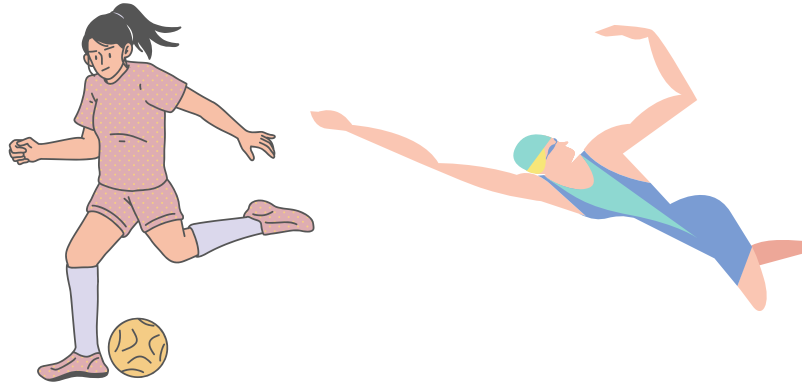
BIO + KINETICS = LIFE THROUGH MOVEMENT



What is a biokineticist?

Biokineticists prescribe scientifically based exercise programmes, individually designed to assist you with your condition or injury.

A biokineticist's primary function is to improve your quality of life through exercise and movement.



When to consult a Biokineticist

If you:

- have recurring sport injuries
- suffer from a chronic disease
- suffer from orthopaedic conditions
- recover from surgery
- need to improve your general physical abilities through exercise

Rhenish Girls High

Hesmari Teubes Biokineticist will be in constant communication with Rhenish Girls High's sport coordinator to ensure safe return to sport as well as appropriate integration into sport.

 082 651 4206  Therapy In Action, Stellenbosch

 hesmariteubesbiokineticist@gmail.com