

Cultural Chronicles: Exploring Creativity, Community & Adventure



At Rhenish, we're all about creating an inclusive space where everyone feels like they belong. We've got a host of clubs and societies to suit all kinds of interests.

In this edition, we have a look at the Culture and Societies Fair, giving you the lowdown on all the activities, where to find them, and who to talk to if you need help picking the one that's right for you.

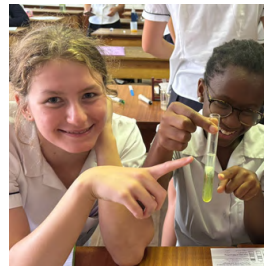
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Orange River



Water Polo Update



Life Science Practicals



A-Candidates Assembly



Grade 8 Art Day



Culture & Societies

An idea introduced by Ms Hall in 2024, which was hastily yet successfully implemented at the time, has grown into something truly remarkable this year.

On Monday, 3 February, Rhenishers had the opportunity to visit various “information stations” hosted by different cultural groups, societies, and service clubs.

This event allowed all Rhenishers—especially the Grade 8s and new learners—to ask questions and learn more about the clubs that interested them. Some even discovered societies they hadn’t known existed!

What, where, who, why and how...

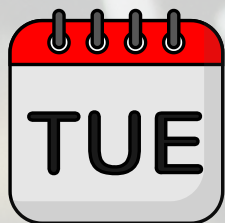


Culture Activities

Timetable



07:00 - 07:40 - Gr 9 Marimba
14:30 - 15:30 - Siyaphambili Choir
14:30 - 15:30 - Chess
14:30 - 15:45 - Siyaphambili Hip-Hop



07:00 - 07:40 - Gr 10 Marimba
14:30 - 15:30 - MUN Debating
14:30 - 16:00 - Choir
16:00 - 17:00 - Junior Debating



07:00 - 07:40 - Gr 12 Marimba
14:45 - 16:15 - Senior Debating
17:30 - 20:00 - Boland Debating



07:00 - 07:40 - Gr 11 Marimba
14:30 - 16:00 - Orchestra
14:30 - 15:30 - Chess
14:45 - 16:45 - Drama Society
14:30 - 15:45 - Siyaphambili Hip-Hop



07:00 - 07:40 - Gr 8 Marimba



Keep an eye on the announcements for news on Public Speaking!



Marimba: Rhenish Hall
MUN Debating: C07
Siyaphambili Choir: D12
Siyaphambili Poetry: TBC
Debating: A06
Orchestra: Rhenish Hall
Choir: Ebenezer
Drama Society: D07
Chess: C06

Siyaphambili Hip-Hop: Ebenezer/Rhenish Hall

General culture queries: Mr Piron (leon.piron@rhenish.co.za)
MUN Debating: Ms Harbour (tarryn.harbour@rhenish.co.za)
Choir: Mrs Van Amstel (sonja.vanamstel@rhenish.co.za)
Siyaphambili: Mrs Jikela (nonkosi.jikela@rhenish.co.za)

Debating: Ms Shaw (sarah.shaw@rhenish.co.za)
Orchestra: Ms De Villiers (linda.devilliers@rhenish.co.za)
Drama Society: Ms Bisset (tayla-rose.bisset@rhenish.co.za)
Chess: Ms Hall (gemma.hall@rhenish.co.za)
Public Speaking: Ms Stewart (katherine.stewart@rhenish.co.za)

GRADE 8 ART DAY



Kunssentrum
PJ Olivier
Art Centre

Our Grade 8s visited the Art School to get their creative juices flowing. This is what they had to say:

27 January 2025

PJO

Grade 8 Fun

Reporting From the PJO....

It was an incredible experience, and I loved how we could be creative and bring what was in our heads to life. I also liked the freedom we had and the kindness and support from everyone. There were some challenges to get over, but they were all worth it in the end.

Kate Maritz

My experience was that it was fun. I enjoyed walking there, it was just very hot, especially walking back. I enjoyed the fact that we worked with recycled materials. I liked the art that we did and I am looking forward to next term when we will go again.

Isabella Baehnisch

My day was a new, exciting experience. I love art, and this was the perfect place to draw, paint and express my love for art. Honestly, it was amazing and fun; I would do it again. Seeing all the paintings on the walls is beautiful and inspired me as to how I could use a different style to draw. I have never been there and honestly wish I had gone there sooner.

Isabella Moorhouse

I had an amazing time at PJ Oliver. Coming from someone who does not enjoy art, I have to say it was actually fun to create this art piece. The teachers were super helpful and kind and I really enjoyed the time I spent at the art studio.

Tanah Flanagan



On the 27th of January 2025, I went to Art school for my term mark; it was a great experience. The teachers were all very welcoming and warm. We had to make an art piece that was aquatic-themed. We were provided with paint, coloured pencils, and paper. All of our drawings came out looking beautiful; our art teacher made us feel comfortable, and she let us express ourselves through the art. Overall it was a good experience that I will never forget.

Uyathandwa Tini

This art session was amazing I really enjoyed learning about pollution and that you don't have to express your words by talking, but you can express them and your emotions through art. I really thought that the PJO art studio helps bring awareness to these serious things through art. All the teachers were friendly to us and loved to help us if we were stuck.

Mishka Naidoo



Grade 8s' SeaQuest

Hard at Work





ORANGE RIVER

Extracts from an article by Caitlin Bennie

December 2024



On Friday, 6 December, a week after we had finished our end of year exams, and were excited to begin our holiday on a high note; 88 eager Grade 11s, set out for the Bundi River Rafting base camp in Noordoewer, Namibia.



We all had mixed emotions about our last day. Although we were quite tired from two days of hard work, we were reluctant to leave the peace and the environment around us. Those five days were incredible. Spending precious time with our friends, pushing ourselves outside of our comfort zones, getting to know some of our teachers better, having a good laugh, and truly feeling stress free - that's what we really needed to end off our Grade 11 year together. I know we will look back on it with a lot of fondness (and even long to go back).



Waking up with the sunrise, the air was full of energy as we packed and got ourselves ready. We had breakfast and set up our boats, setting out on the river. The hours that followed were full of fun as we figured out how to row and experienced our first Orange River rapids.

Day 2 was by far everyone's favourite day. The scenery was beautiful, we had mastered our rowing skills and we thoroughly enjoyed the rapids (some even claimed the second largest rapid on the whole Orange River wasn't difficult enough).





ORANGE RIVER

What the learners had to say

December 2024

“The Orange river trip allowed us to explore the nature and try new things. I really enjoyed being away from cellphone service. I also built closer relationships with some people.” - **Melissa Senekal**

“The Orange River was an amazing experience despite feeling like we were constantly in an oven, turned to full blast, while having the time of your life and occasionally jumping into the fridge for a few seconds.” - **Kristin Williamson**



The stars were so beautiful - bright and brilliant. - **Isabella Mansfield**

The Orange River trip was hands down one of the best experiences of my life. Rowing for hours in the sun was tough, but the moments in between like jumping off cliffs, floating down the river with friends, and laughing until our arms didn't hurt anymore definitely made it all worth it. There's something special about being completely off the grid, surrounded by nothing but water, mountains, and the best people. I'd do it all over again in a heartbeat. - **Annabelle Roberts**





Grade 10s put food to the Test!

Grade 10 Life Sciences Practical

28 January 2025

Nontobeko Mashiya

On Tuesday, 28 January, the Grade 10 Life Sciences learners conducted two exciting experiments.

In these experiments, we identified which foods contain monosaccharides and polysaccharides. We were given a variety of foods to test whether they contained either starch/cellulose (polysaccharides) by using iodine solution, or whether they were monosaccharides by identifying a change in the colour of Fehling's A and B solution if glucose was present.

After conducting our first proper experiments in Life Sciences, we are definitely looking forward to learning more!



Grade 12s Go Bananas for DNA Extraction!



Grade 12 Life Sciences Practical



Last week, the Grade 12 Life Sciences learners had hands-on experience extracting DNA from a banana. Using simple equipment like test tubes, salt, dish soap, ethanol, pineapple juice, and water, we carefully followed the steps to break open the banana cells and isolate the DNA. The experiment was both fun and engaging, as we got to see the DNA in its fibrous form, a clear gel-like substance, making the concept of DNA and genetics a memorable topic in class. It was a great way for us to apply what we've learned in class to a real-world experiment.

Mia Schulz



A-CANDIDATES ASSEMBLY

24 January, 2025



On Friday 24 January 2025, Rhenish welcomed back 57 members of the Class of 2024 and their parents to celebrate their remarkable achievements in the NSC Exams. This prestigious occasion presents the school with an opportunity to play host to our top achievers and pay tribute to their diligence, tenacity and talent.

The Class of 2024 started their high school careers on a rocky path – they entered grade 8 in 2020 and, less than three months in, the COVID-19 pandemic hit and they were relegated to online learning and trying to feel part of a community they had barely experienced. Despite the overwhelming challenges presented by this less-than-auspicious start to high school, this group has surprised and delighted us with their fortitude and tenacity.

They came back to school, wore masks, overcame gaps in the curriculum and showed the kind of grit that we know will stand them in excellent stead for their studies and careers to come.

On this sweltering Friday morning, we were also privileged to welcome back to Rhenish our Head Girl of 2020, Andrea Cornelissen. Andrea led the school through some of its darkest times and it was wonderful to hear her words of wisdom and encouragement.

In her speech to the top achievers, Andrea spoke about her journey after school and shared some sage advice with her younger Rhenish “sisters” as they embark on a new phase of their lives:



1. Life Beyond High School Is a Roller Coaster

The next chapter of your life will be full of possibilities, excitement, and challenges. As you step into this new world, you'll leave behind the structure of high school and you will gain the freedom to shape your own path. There will be highs and lows and moments that knock you down. But every setback is a set-up for something great if you choose to learn and grow from it wisely. So, embrace it fully.

2. Work Ethic Is Your Greatest Asset

Your talents can only bring you so far - it's your work ethic that will take you further. There's a saying: "People admire the results and envy the mountaintop moments, but they rarely see the effort it took to achieve them." Remember that success is built on showing up every day, even when it's tough, and giving your best effort—especially when no one is watching.



3. Follow Your Passion and Don't Go Alone

Your passion is unique to you. Whether it aligns with others' expectations or not, pursue it relentlessly. There will be many voices along the way, some louder than others, and some more encouraging than others. You need to decide who you will listen to. Don't do the journey alone. To go far in life, I do believe you need to go together. My community, my friends and my family are the people in my corner reminding me of those passions when the going gets tough.

4. Don't Compare Yourself to Others
Comparison really is the thief of joy. Each of you has a unique path ahead. Some will go to university, some will travel abroad, and others may start working right away and some of you remain a little uncertain. Whatever your path, it will be the right one for you.

In a time where the world can so easily overwhelm you with feeling like you should reach your desired destination overnight, I challenge you to practice patience on your journey. Success isn't a race or a competition. It's about building a life that fulfils you, not one that meets others' expectations. Stay true to yourself and your journey.

The insights and wisdom she shared didn't just land with the A-Candidates, many of the current learners and the staff also felt inspired by Andrea's words which encouraged us to strive to lead a courageous and authentic existence.

We are so very proud of our top achievers and we wish them everything of the best as they embark on new adventures, weather new storms and scale new heights!

Go well, Class of 2024. Ebenezer, now and always.

Ms Ingrid Hofhuis



THE TOP 10 ACHIEVERS

BRILLIANT, BOLD, AND BEYOND!



Léa Stanford
93.14



Anja Durand
92.29



Katrien Booyen
91.29



Lisa Louw
91



Meika Rimmer
89.57



Suede Dugmore
89.43



Eliana Hoor
89.43



Emma Nel
89.42



Katherine Stoms
89.14



Taelan Viljoen
88.71

Congratulations



WATER POLO

UPDATE



LEAGUE MATCHES VS ST CYPRIANS 24 JANUARY

14A: WON 6 - 5
14B: DREW 3 - 3
16A: WON 5 - 1
16B: WON 7 - 1
2ND: WON 6 - 4



23 - 26 JAN

Brian Baker Water Polo Tournament

10th out of 20 schools

On 23 - 26 January, the Rhenish first water polo team participated in the annual Brian Baker tournament hosted by Kingswood in Makhanda. After three long, hard days we were extremely pleased with our results.

Thursday began with an early rise to catch a flight to Gqeberha and an hour-and-a-half bus ride to Makhanda. Our first game of the tournament was a challenging one against St Stithians College that afternoon. As it was the first game of the season, we encountered some obstacles that took time to overcome. Thankfully, our preseason training camp afforded us the advantage of being one of the fittest teams present, so by the 3rd and 4th chukka, we were still charged with adrenaline and eager to keep fighting. Unfortunately, the match ended in a 12-2 loss, but we were incredibly proud of how we never gave up until the final whistle. We spent the rest of the day watching other teams compete and caught a few of the boys' water polo games at St Andrew's College. We concluded the day with a well-deserved team dinner from Makhanda's popular restaurant, "The Pothole and Donkey."

On day 2, the heat was almost unbearable, and after a morning loss against Clarendon High School, we felt quite negative. But as true Rhenishers, we pushed through and won against Woodridge and St Dominic's later that day. By the end of the tournament, we were exhausted yet very pleased with our performance, especially since we recently got a new coach and these were our first few games with her.



After a tiring weekend, we faced another tournament the following weekend, with no breaks in between. As we play more, the improvement is immeasurable, and we can't wait for the season that lies ahead.

Sofia Walker





1ST TEAM

THURSDAY, 28 JANUARY

WATER POLO: NIGHT LEAGUE

VS ST CYPRIANS: WON 6 - 5



RESULTS

- Lost 1 - 7 vs Glenwood House 1
- Won 4 - 3 vs Pearson 1
- Won 7 - 2 vs Woodridge
- Lost 1 - 8 vs Merrifield
- Won 4 - 2 vs Westville Girls'
- Lost 1 - 3 vs Alex 1
- Won 4 - 1 vs DSG 2
- Won 2 - 1 vs DSG 1
- Won 6 - 0 vs Kingswood 1

Played 10 | Won 7 | Lost 3

**ALEX WATER POLO FESTIVAL
GQEBERHA**
30 January - 2 February

U16A WATER POLO TOUR

Karoline Holm

Last weekend, from 30 January to 2 February, our U16A Water Polo team, embarked on the annual Alex Road Tournament held in Gqeberha.

On Friday we played our first game, but unfortunately lost. After a short rest where we connected with each other and found ourselves as a team. We played six more games - of these, we won four.

On Saturday we started the day off quite early, but fresh, and played three very strong teams. As a team, we worked very hard towards three fantastic wins! The scores were: 4-1, 2-1 and 6-0. In total we played ten games, of which we won seven and had three losses.

Besides playing very well and becoming stronger in the pool, we also had tons of fun! We were very lucky to have been accompanied by Mr Piron and Coach Ryan Dawson.

The team really improved on this tour and the season started off on a high note. We are incredibly excited and motivated to put in the hard work for our upcoming fixtures!



Swimming Camp

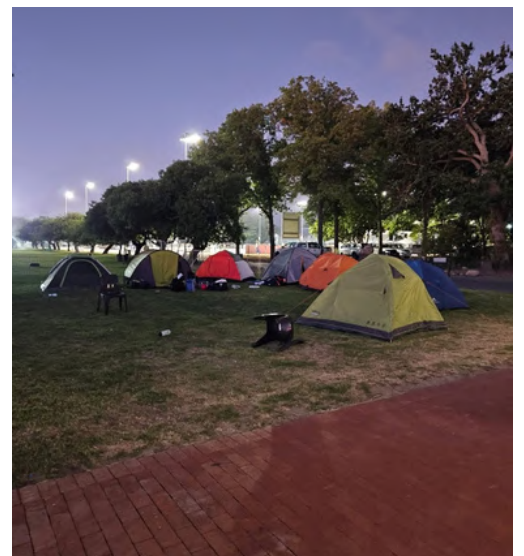


To kick off the 2025 swimming season, our swimming team had a camp right here at Rhenish to build enthusiasm and create excitement for the season ahead.

After an exciting day of inter-house swimming, everybody arrived in high spirits. To start off the camp, we went to the soccer field for some fun team-building games, introducing the grade 8's to the team. After that, we went to support some of the Water Polo matches that were taking place. Before enjoying a tasty braai made by Mr Piron, we jumped into the pool to play some Marco Polo and other fun games. We were relieved not to do laps for once. With the sun setting, it was time to set up our tents on the field and venture to the Ebenezer Hall to watch a movie. After a busy day of swimming and fun, many of us didn't manage to stay awake until the end of the movie.

With a slow start to Saturday morning, we dove into the pool, ready for training. It was the perfect morning for a challenging set, followed by some t-shirt relays and a well-deserved ice cream. Everybody thoroughly enjoyed the sleepover, and it was the perfect way to welcome our grade 8s to the swimming squad, ready for an exciting season ahead.

Taylor Morton



Learner Support Unit at RGHS



Ms Lauren Conchar
Counselling Psychologist
 lauren.conchar@rhenish.co.za



Mrs Almarie Nel
Educational Psychologist
 almarie.nel@rhenish.co.za



Ms Nkepeng Khoboko
Academic Support
 nkepeng.khoboko@rhenish.co.za



Emotional Support

- **Individual counselling/psychotherapy:** Takes place during school hours (maximum of 12 sessions per learner per year).
- **Individual secondary support:** Check-ins at school for learners who are seeing an external psychologist.
- **Whole-school wellness check-ins once a term.**
- **Class-based group sessions and specific small-group sessions.**
- **Grade 9 Subject Choice Assessments:** At parents' own cost.



Academic Support

- **Short-term Individual and small-group level support.**
- **Grade 8 and 9:** Choice subject change to s'Cool Skills which focuses on soft skill development.
- **Homework Centre:** Open from after school until 16:00 (Monday-Thursday).
- **Accommodations:** Diagnosed or suspected learning barrier issues can be brought to the attention of the LSU by parents/guardians.

Please feel free to email a member of the LSU if you would like to enquire about any of the above-mentioned services.

»» All cases are treated with utmost confidentiality ««

Why you should consider support

REASONS WHY PEOPLE GO TO THERAPY ✨

PART I

Sana Powell, M.A., LPC x @curly_therapist



to improve their mental health



to cope with life transitions



to increase self-awareness



to process difficult experiences



to speak with a neutral person



to work through relationship issues

REASONS WHY PEOPLE GO TO THERAPY ✨

PART II

Sana Powell, M.A., LPC x @curly_therapist



to increase self-acceptance



to practice vulnerability



to learn healthy coping skills



to unlearn harmful cycles



to express themselves freely



to heal from pain and loss



RHENISH
GIRLS' HIGH-SCHOOL



1860

RHENISH NEWS In the next issue...

National All Girls' Aquatics Festival
Rhenish U16 Water Polo Festival
Tennis League Results
Soccer Update
Cancer Society Grade 8 Social
Boland League Gala
U14 Water Polo Tournament
Public Speaking
Societies
and more...





Remember!

IMPORTANT UPCOMING DATES

6 FEBRUARY

**Boland A&B League Swimming Gala
(Paarl)**

6 FEBRUARY

Cancer Society: Grade 8 Social

6 FEBRUARY

PTA Parents's Function

8 FEBRUARY

**Athletics Top Schools
(Pretoria)**

8 FEBRUARY

U19 League Tennis Tournament

7 - 9 FEBRUARY

Rhenish U16 Water Polo Tournament



Count on Us: 2025 Maths Support at Rhenish!



Maths Support: What It Means

- **Homework Help:** Receive guidance from Maths teachers on homework, redoing tests, catching up on missed work, or completing worksheets.
- **Individual Assistance:** While no formal teaching takes place, personalised support is provided as needed.
- **Open to All:** Learners can attend these sessions whenever they require extra help.

Grade 8 & 9 Post-Test Maths Intervention

Following the completion of a test, learners identified by their teachers will be required to attend a compulsory support session.

Teachers will coordinate and inform learners of the scheduled time.

Your Maths Success Starts Here!
The responsibility for seeking support in Maths, such as attending a session, lies with you.

Take charge of your success—do what you know needs to be done!



14h30 - 15h30



Monday

Ms Robinson (B08)
Grade 8 - 12

Ms Oosthuizen (C05)
Grade 8 - 11

Wednesday

Ms Ortelee (B09)
Grade 8 - 10

Ms Liebenberg (B12)
Grade 8 - 12

Ms Fanton (D06)
Grade 8 - 9

Thursday

Ms Adonis-Maarman (B11)
Grade 8 - 12

Ms Makwara (A04)
Grade 8 - 9