

VALENTINE'S DAY 2025



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A HEARTFELT VALENTINE'S DAY AT RHENISH

Yomelela Antoni

Love was in the air at Rhenish today as we celebrated Valentine's Day with a special assembly. The hall was buzzing with excitement as learners and teachers gathered to celebrate this day of love and friendship.

The assembly opened with a warm welcome from our Head Girls and a message from the Matric Committee, reminding us that Valentine's Day is not just about romantic love, chocolates, cookies, and flowers, but also about friendship. The atmosphere was then instantly elevated by the beautiful voices of the Paul Roos Choir. Their performance was truly captivating, filling the hall with melodies that perfectly captured the spirit of the day. A huge thank you to the choir for sharing their talent with us and making the day so memorable. We were also treated to a fantastic performance by our very own school band, The Navy.

A definite highlight of the programme was the fun and laughter that filled the hall as we played some Valentine's Day-themed games. It was a great way to get everyone involved and celebrate the day in a light-hearted and engaging way.

The assembly was a success, and a large part of that is thanks to the hard work and dedication of the Matric Committee members and the LC. They worked tirelessly behind the scenes to ensure everything ran smoothly, from the programme itself to the packaging of the cookies. Their efforts truly made the day special for everyone. A big thank you to them for their commitment and creativity.



Valentine's Day Movie Night

Emma Camphor



In celebration of Valentine's Day, the Matric Dance Committee had the opportunity to organise their first event of the year—the Rhenish Valentine's Day Movie Night—on 13 February 2025! This event gave the girls a chance to unwind with their friends while eagerly anticipating the Paul Roos Valentine's fête.

The Rhenish Hall was beautifully decorated in festive colours, creating the perfect atmosphere as the girls gathered to watch the romantic comedy *27 Dresses*.

They enjoyed popcorn and cupcakes while sipping on cold drinks, which were available for purchase at the entrance.

We are thrilled with the fantastic turnout and look forward to hosting more fundraising events throughout the year in support of the Matric Dance!

ORCHESTRA WORKSHOP

Anya Swartz



On Saturday, 15 February, the Rhenish Orchestra held its annual workshop in preparation for the year ahead. The day began with a fun little icebreaker activity—a game that reminded me of charades and 30 Seconds but with a musical theme, which we all enjoyed. After this, we divided into smaller groups to practise our Open Day piece, *Merry-Go-Round of Life* from the movie *Howl's Moving Castle*.

We were very fortunate to receive guidance from professional musicians, and having them there to help was greatly appreciated. Mrs van Rooyen worked with the violin group, Mr Wasserman assisted the percussionists and marimbas, and Rhenish's very own Ms Hall guided the woodwind section.

Throughout the day, we alternated between playing together and working in smaller sections, with a few snack breaks in between. We also practised our other pieces: *Legacy* by Chris de Burgh and our *James Bond* music. Later, we took a longer break and enjoyed pizza, ice lollies, and swimming in the school pool. With our minds refreshed and ready to play, we returned to the Rhenish Hall with enthusiasm and focus. As the workshop drew to a close, a group of our parents came to watch as we performed our beautiful pieces for them. Though we were tired by the end of the day, it's safe to say that we all had a fantastic time.

A huge thank you to everyone involved for this wonderful opportunity—we look forward to our Open Day performance and the rest of the year ahead.



FIRST RHECO CLEAN-UP OF 2025

Meghan Boshoff

On Wednesday, 12 February, RHECO (Rhenish's Environmental Society) held a river clean-up after school. Members and volunteers gathered and began picking up litter along the pavement and road on our way to the Eerste River. Among the items collected were plastic straws, cups, and other unusual waste.

Upon reaching the river, RHECO continued their efforts, clearing more rubbish from the water's edge as well as the surrounding grasses and footpath. With gloves and bags in hand, we all worked together to make a positive impact on our local environment. We ended the clean-up by enjoying lollipops as we headed back to school.

The clean-up served as a reminder to keep striving towards a cleaner environment. RHECO remains committed to environmental conservation.

“Even if it’s just one plant that we help grow, we’ve done our job”- Mrs Joubert



SPORTS UPDATE



WATER POLO

OAKHILL CHUKKA FESTIVAL

RESULTS

Day 1

3 - 12 vs Somerset College

Day 2

2 - 5 vs Oakhill

3 - 9 vs Kingswood

Day 3

3 - 6 vs Herzlia

3 - 9 vs Westerford

8 - 4 vs Pinelands

Day 4

2 - 7 vs DSG



Jade (Captain)

Over the past weekend, the Water Polo 2nd Team had the privilege of taking part in the Knysna Chukka Festival. This festival brings together 45 schools from all around the country, making it a place for lots of fun, new friends, and great water polo. Playing in the harbour of the Knysna Waterfront, with seals and ducks swimming around you, is simply an unforgettable experience. We endured a few early mornings, cold water, and losses, but in the end, these were the experiences that taught us the most. We are so grateful for this amazing opportunity and can't wait to get back in the pool now that we're home.

Jaeda (Vice-Captain)

The Knysna Chukka Festival was one of the most memorable and amazing water polo festivals. It was filled with gees, friends, good water polo, an absolutely amazing team, and memories that I will never forget. Although the scores were not what we had hoped for, I couldn't have asked for a better weekend of water polo. The 2nd Team played with so much energy and love for the game, and we had improved so much by the end of the festival.

Our team would not have had the experiences we did without our amazing coach, Coach Tyla, and Mr Piron, the opposing teams, the Knysna Waterfront, and, of course, our incredible driver, Oscar.

DAVE PITCAIRN CUP



Ella Steenkamp and Sophia Fourie

The Rhenish Girls' U14A Water Polo Team participated in the annual Dave Pitcairn Cup from 14 to 16 February, hosted by Reddam Constantia in Cape Town, which was a great learning experience for the team.

On Friday, most of us woke up quite early to meet at school and catch the bus, which left at 07:00 in the morning. Our first game of the tournament was sensational, as we played against DSG and won 9-2. Our second match was against St Cyprians, where we sadly lost 6-5, but it was a very close game. We were 5-2 down in the last chukka, where we made an amazing comeback. The last game of the day was against Reddam. They are a really good team, and we lost 13-2, but we held our heads up high.

On Saturday, our first match was against Wynberg, where we won 13-2. After that, we had a nice long break to hype ourselves up for our game against Roedean. We won with an impressive score of 10-4. We only had two games on Saturday, so we could go home with our spirits high after two amazing wins and get a good night's rest.

On our last day, we played Reddam U13, where we unfortunately lost 6-5, with them scoring in the last minute of the match. Our team was quite disappointed with the loss, as we realised we could have played better as a team, but it was still a great game to play and learn from. Our final match of the tournament was against Roedean, where we were playing to place 7th or 8th out of the 12 competing teams. We lost 5-1, but the team learned so much from our last game.

Overall, we felt that the tournament was very well put together and wonderfully organised. I think we definitely grew as a team and figured out how to play under a lot of pressure. We had so much fun throughout the weekend, and I can't wait to see what the future holds for our team.

Thank you to our coach, parents, and supporters for all the gees. We know we can perform better than the results we got this weekend, but we also know that with more game practice and strategy, we will compete with the best. It was a very fun tournament and one to remember!

SWIMMING

FRANK MYBURG TWILIGHT GALA - MALMESBURY

Isabella Mansfield

Last Thursday, the Rhenish B Swimming Team competed at the annual Frank Myburg *Twilight* Gala in Malmesbury.

Boarding the bus at 1 p.m., we set off for Malmesbury—leaving school early is always part of the excitement of away galas. A quick warm-up in the frigid pool and we were ready to go. As the afternoon melted into evening, the twelve of us competed in a number of individual events and relays, cheering each other on throughout.

We ultimately placed 4th in the A division of the girls' schools that participated, earning 141 points.

Results:

1st - Paarl Girls' High (219 points)
2nd - Bloemhof - (182 points)
3rd - Parel Vallei - (151 points)
4th - Rhenish B - (141 points)

CAPE TOWN GALA HOSTED BY RHENISH

Elle Hanekom

On 13 February, Rhenish hosted the Combined CT Gala, welcoming several invited schools, including Springfield, Herschel, SACS, Parklands, Rondebosch and Rustenburg.

As the schools arrived, we kicked off the event with our team stretches and warm-up dances, spreading smiles among the spectators. Despite the fierce competition, Rhenish swimmers achieved many wins and secured numerous placements. Our relay teams were truly the best, showcasing their strength and skill against the other teams. Cheering for our teammates and keeping the energy high made the gala a truly memorable event for many. Of course, we also made a quick stop at the tuck shop to re-energise, where the wonderful tuck shop ladies cheered us on as well.

Results:

1st - Rhenish A (250 points)
2nd - Herschel (237 points)
3rd - Rustenburg (197 points)

The competition was tough, but our team rose to the occasion and, in the end, secured first place with the highest points. From early morning training to late afternoon galas, there's never a dull moment being part of this amazing team.

A special thanks to Mrs Burger and Coach Elzette for their dedication to the team and their unwavering support for our swimmers, always.

ATHLETICS

RHENISHERS SHINE AT CENTRAL BOLAND ATHLETICS CHAMPIONSHIPS



On 14 and 15 February, 23 of Rhenish's athletes participated in the annual Boland Central Athletics Championships, held at Dal Josaphat Stadium in Paarl.

Here are some of the team's achievements:

- Jessica Smuts won the U15 800m race in 2:29.86.
- Harriet Smit won the U17 800m in an incredible time of 2:13.65 – a personal best. She also secured 3rd place in the U17 1500m with another personal best of 4:48.90.
- Nicola van der Merwe won the U17 javelin with a throw of 47.9m.
- Megan Waters finished 2nd in the U15 1500m with a new personal best of 5:08.05 and placed 4th in the U15 3000m with a time of 11:17.96.
- Amy Evans won the U17 100m hurdles with a time of 14.85.
- Ashley Thomas secured 3rd place in the U15 triple jump with a jump of 9.65m.
- Kaylee le Roux came 3rd in the U17 pole vault, clearing 2.80m.
- Pippa Viljoen finished 2nd in the U17 400m with a time of 57.86.
- Kristin Williamson placed 2nd in the U19 triple jump with a jump of 10.58m.
- Ruby Cilliers finished 2nd in the U19 1500m with a time of 5:03.99.
- Zoey Elenis won the U19 high jump, clearing 1.60m.

We would like to congratulate our Rhenishers and look forward to seeing them on the track and in the field at 4M.

RHENISH
GIRLS' HIGH-SCHOOL



1860



IMPORTANT UPCOMING DATES

20 FEBRUARY

4M 2025 Athletics (Coetzenburg)

21 FEBRUARY

Water Polo League Matches

25 FEBRUARY

4M 2025 Gala (Bloemhof)





You can order your 165-year birthday bottles of wine at orders@compagniesdrift.com

Price:

Cab Sauv/Merlot (Red) R125 per bottle

Chardonnay (White) R105 per bottle

Chardonnay/Pinot (White) R105 per bottle

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

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