

4M 2025



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RHENISHERS GIVE IT THEIR ALL AT 4M 2025

Ruby Cilliers



As the athletics captain of Rhenish, the 4M athletics competition of 2025 was an unforgettable experience, despite the scorching heat that challenged us all. The atmosphere was electric, with schools giving their all, but Paarl Girls' High claimed the top spot. Though we finished fourth overall, I couldn't have been prouder of our girls. We showed immense character and resilience, pushing ourselves to the limit in every event.

Some highlights from the day included Nicola van der Merwe winning the U17 javelin and breaking the 4M record with a throw of 48.99m, which earned her the Best U17 Field Athlete award. Amy Evens also gave a standout performance, running her heart out and placing first in the U17 100m hurdles with a time of 14.56 seconds, Ashley Thomas won the U15 Triple Jump with a record-breaking 10.36m, and Mikyla Jordaan won the U15 Shot Put with a throw of 12.64m. Despite the tough competition and the sweltering heat, we competed with determination and gave it our best, always encouraging each other to keep going and motivating each other when things were not going so well. This was a real team effort!

It was a day filled with fun, tears, passion, and pride, and I know that the girls following in our footsteps will strive even harder next year.



4M ATHLETICS 2025



Nicola van der Merwe receiving the award for Best U17 Field Athlete from Mrs Tracey Megom. She not only won the U17 javelin event but set a new 4M record with a throw of 48.99m.

4M ATHLETICS 2025



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RHENISHERS

ACKNOWLEDGED AT PJO

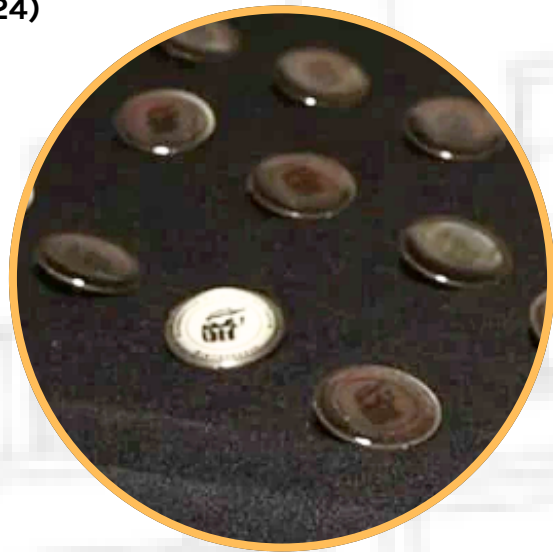
TOP ACHIEVERS' FUNCTION

PJO Art Centre recently held its Top Achievers' Function for Grades 10–12 Visual Arts and Design. This annual event recognises the top achievers of each grade, and the following Rhenishers received awards at this prestigious event based on their 2024 academic results.

- **Taelen Viljoen, Grade 12 – 2024** – Ron & Peggy Finnie Floating Trophy for Jewellery Design
- **Claire Dekker, Grade 12 – 2024** – Ashley De Lange Floating Trophy for Textile Design
- **Iman Samaai, Grade 12 – 2024** – Award for Outstanding & Consistent Work Ethic, donated by the “Wes-Kaaplandse Jeugtrust” and PJO
- **Kirsten Toop, Grade 12 – 2024** – Award for Outstanding & Consistent Work Ethic, donated by the “Wes-Kaaplandse Jeugtrust” and PJO

Silver badges (80% or above for each term in 2024)

- **Grace Blignaut** – Grade 10 Design
- **Niki de Waal** – Grade 10 Design
- **Clarice du Toit** – Grade 10 Design
- **Megan Baxter** – Grade 10 Visual Arts
- **Mariam Janelidze** – Grade 10 Visual Arts
- **Lilli Kleinert** – Grade 10 Visual Arts
- **Katharina Moss** – Grade 10 Visual Arts
- **Olivia Steyn** – Grade 10 Visual Arts
- **Lauren Stoms** – Grade 10 Visual Arts
- **Melissa Bruce** – Grade 11 Design
- **Taliya Gouws** – Grade 11 Design
- **Allegra Swart** – Grade 11 Design
- **Melissa Bruce** – Grade 11 Visual Arts



Gold badges (Grades 10 & 11, 80% or above for each term in 2023 & 2024)

- **Amber-Rose Berry** – Grade 11 Design
- **Amelia Kilpin** – Grade 11 Design
- **Layla Shrimpton** – Grade 11 Design
- **Isabel Stofberg** – Grade 11 Design
- **Emily van Galen** – Grade 11 Design
- **Mila Geldenhuys** – Grade 11 Visual Arts
- **Maya Laubscher** – Grade 11 Visual Arts
- **Katie Pratt** – Grade 11 Visual Arts
- **Kate Purves** – Grade 11 Visual Arts
- **Juné Theron** – Grade 11 Visual Arts



MATRIC JERSEY HANDOVER – A SPECIAL MOMENT!

Mrs Joubert



There was so much excitement as our Matrics received their jerseys last week, marking the start of their final year. This special tradition brings them together as a group and reminds them of their journey to this point. Smiles, cheers, and laughter filled the air as they proudly put on their jerseys, knowing that this is a year they will never forget.

Our Matrics looked amazing in their new jerseys, showing off their school pride in style. With each learner's name on the back, every jersey is unique—just like the learners who wear them—making this moment even more special. With their jerseys on, the Class of 2025 is ready to take on their final year, create lasting memories, and leave their mark on the school. Here's to a fantastic year ahead!



RHENISHER SHINES AT SANESA QUALIFIER 1

Ivan Swart



Juliet Venables delivered an outstanding performance at the SANESA (South African National Equestrian Schools Association) Qualifier 1 Competition, held recently at Europa Equestrian near Atlantis.

Representing Rhenish Girls' High School, she rode with determination and skill, achieving fantastic results. Competing on her horse, Miranda, Juliet took first place in Dressage and first place in the 90cm Show Jumping. She also placed second in the 90cm Equitation and second in the Working Hunter (90cm-1m). To top it all off, she secured third place in an additional Dressage class.

What makes her achievements even more impressive is that she was the only Grade 8 rider competing against older high school learners. This is her first year as part of the SANESA Winelands Team, after previously riding for the Cape Metro Team for four years.

Juliet proudly wore the Rhenish logo on her numnah, making the school's presence known in the equestrian arena. The Equestrian Society is currently working on finalising standard shirts, numnahs, and ear veils to create a more uniform look for all Rhenish SANESA riders.

Rhenish Girls' High School is incredibly proud of Juliet and her achievements. We look forward to seeing what she accomplishes next!



SPORTS UPDATE



ATHLETICS

RHENISHER'S RESULTS AT 4M



We would like to congratulate the following Rhenishers on their outstanding performances at this year's 4M.

- Harriet Smit secured a 2nd place in the U17 1500m in a time of 04:58.59
- Harriet Smit finished 3rd in the U17 800m in a time of 2:21.85
- Danielle Cronje finished in 3rd place in the U17 1500m in a time of 05:01.52
- Mikyla Jordaan won the U15 shot put with a distance of 12.64m
- Amy Evans won the U17 100m hurdles in a time of 14.56
- Ashley Thomas won the U15 triple jump with a jump of 10.36m*
- Nicola van der Merwe won the U17 javelin with a throw of 48.99m*
- Marie-Elizabeth Roos finished 3rd in the U17 100m with a time of 12.65
- Pippa Viljoen finished 3rd in the U19 400m race in a time of 57.10 seconds
- Kristin Williamson finished 3rd in the U19 triple jump with a jump of 10.56m

*New 4M record

Your hard work, dedication and determination paid off and we wish you all well for the for the rest of the athletics season.

WATER POLO

NIGHT SERIES LEAGUE WINNERS

Sofia Walker



Our Rhenish First Waterpolo Team participated in the four-week-long Nite Series tournament. The matches took place on Tuesdays at Wynberg Girls' High School each week.

This year, our team was unbeaten, and we played a tough semi-final against Rustenburg Girls' High School, winning 7-5, proving who the real RGHS is. Our final was played against a skilled U15 Reddam House team who put up a good fight, but we were victorious and took the gold.

We are extremely proud of this result, as it's our first time winning the annual Nite Series tournament. We couldn't be more impressed with our girls' dedication and enthusiasm in pushing themselves beyond preconceived expectations. Our team continues to grow, learn, and navigate the tough competitiveness of the sport, and we are very grateful to have such valuable opportunities to prove ourselves and gain experience.

It has been such a memorable season, and we have accomplished so much as a team.

WATER POLO LEAGUE MATCHES RESULTS

Water polo vs Springfield Friday, 21 Feb (Home)

2nd team vs Springfield, Rhenish drew 3-3

U16B Team vs Springfield, Rhenish won 10-1

U14B Team vs Springfield, Rhenish won 6-3

U16A vs Springfield, Rhenish lost 7-2

Water polo vs Somerset College Friday, 21 Feb (Away)

1st team vs Somerset College, Rhenish won 8-1

U14A vs Somerset College, Rhenish won 8-1

TENNIS

LEAGUE MATCH RESULTS

Tennis matches Monday, 17 Feb

U19C vs Parel Vallei, Rhenish won 4-0
U15A vs Paarl Gim, Rhenish Tie breaker
(2-2) Won 17-15 on points

Tennis matches Monday, 24 Feb

U19B2 A team vs Bloemhof 2,
Rhenish won 6-0 (Walkover)

The tennis league matches have now drawn to a close, bringing an end to what has been an exceptional season for our Rhenishers. Our players delivered outstanding performances throughout the season, as they competed in 18 matches and only lost one!

We would like to thank our dedicated coaches, Sunél Malan and Dirk Stegmann, and liaisons Ms Davids, Mrs Liebenberg, Mrs Kos, Mrs Schwartz, and Mrs Ortelee, whose expertise and support played an important role in our team's success.

Congratulations to our tennis stars on an outstanding season!

SOCCER

RHENISH WINS SOCCER TOURNAMENT

Ivana Silence



Seniors' Results:

vs Bridge House: (W) 4-0
vs Klapmuts: (W) 3-0
vs Kayamandi: (L) 0-1



Juniors' Results:

vs Bridge House: (W) 5-0
vs Klapmuts: (W) 5-0
vs Kayamandi: (W) 2-0

On 15 February, Rhenish's first and junior soccer teams played in the first-ever Stellenbosch Football Club tournament.

Four schools participated in this pre-season soccer tournament: Rhenish Girls' High School, Klapmuts High School, Bridge House, and Kayamandi High School. The tournament began with an early kick-off. Rhenish's first soccer team beat Bridge House and Klapmuts but lost to Kayamandi, placing second overall. The junior team also achieved excellent results, winning all their matches and claiming the tournament title.

The day was filled with fun, excitement, and passion! Throughout the tournament, the girls were provided with sports drinks and food, helping to fuel them between games.

They displayed true sportsmanship on and off the field, demonstrating to their supporters and opponents what it means to be a true Rhenisher. The girls are looking forward to the upcoming tournaments and cannot wait to grow and improve as a team!

RHENISH STARS



Alya Essl

Congratulations, Alya Essl!

We are thrilled to congratulate Alya Essl on her excellent achievement in her London Academy of Music and Dramatic Art exam.

Alya completed her Acting Solo exam and received the LAMDA LEVEL 2 AWARD IN PERFORMANCE - GRADE 5 ACTING - SOLO award while passing the exam with distinction.

We wish her all the best for the next exams!



Baylee Engelke

Baylee Engelke, Rhenish Old Girl and captain of the 2023 1st Hockey Team has been selected for the South African National Women's Hockey Squad!

She will be representing South Africa in a four-match series against Malaysia, with the first game taking place on 28 February 2025.

Her journey is a testament to perseverance and commitment—proof that Rhenishers continue to excel long after they leave the school. We couldn't be prouder! Well done Baylee.





IMPORTANT UPCOMING DATES

27 FEBRUARY

Open Day 2025

27 FEBRUARY

B League Swim-off (La Rochelle)

28 FEB-2 MARCH

Choir Camp (Mizpah Campsite)

28 FEB-1 MARCH

Boland Athletics Championships (Paarl)

1 MARCH

1st Hockey Team vs Springfield (Away)





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.

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!

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.



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