

Issue 01 of 2024

RHENISH NEWS

Excellence ● Compassion ● Accountability
Integrity ● Diversity ● Respect

Top School produces Top Learner



In this Issue:

New Beginnings | Melissa Müller | MX '23 Results | A-Candidates Assembly | New Staff Members | Grade 8s | Confucius Institute Visit | German Bazaar | Sports News

New Beginnings

A new year, in particular, is always so exciting; there is such a positive air of hope and expectation. It also brings with it new challenges and you give yourself permission to dream. And with this I have set the scene for what could and should be, but unfortunately the mundane routine of everyday life is upon us so quickly that we get consumed by this and our hopes and dreams are easily forgotten. I am not a big fan of New Year's resolutions as it is so easy to make them – the beginning of a new year is such a good time to start fresh or try new things and we are usually very good for the first week and then the reality of school or work kicks in and that promise we made to ourselves to change or do something new or different quickly becomes a distant memory: next week, next month...Oh well we will try again next year. We quickly become disorganised and overwhelmed and our hopes and dreams quickly dissipate. So don't make resolutions. I encourage you to rather have a goal or two for the year (maybe one academic goal, one personal and one extramural goal – too many goals also result in failure as it is unrealistic). Write them down, put them somewhere visible (on your mirror or on your mirror or bedroom wall – somewhere where you spend a lot of time) and do everything possible to meet or succeed them. Make sure they are challenging enough to push you and allow you to grow but be realistic as impossible goals will almost certainly end in failure. And then don't allow your goals to be swept aside by daily routine; rather make achieving your goals part of your daily routine as opposed to an extra.

When I was driving down from Johannesburg to Stellenbosch about two weeks ago, I drove through the Free State, where you see all the sunflower farms, with rows and rows of beautiful sunflowers. There are very few more beautiful things than a collective of sunflowers, so I decided to choose a sunflower as my specific plant for today.

The sunflower – it is such a beautiful flower which represents the hope and potential I have been referring to and is a visual representation of what it looks like to achieve your goals or potential. However, to get to this point, the sunflower has had to overcome much adversity, and I am going to use the life-cycle of the sunflower as an illustration of your journey through your five years at school. Each grade has its own challenges, but finding ways to overcome these challenges will allow you to reach your full potential and achieve the goals you have set for yourself.

Each grade can be represented by the life cycle of a sunflower. Grade 8s - You are the seeds that are being planted in the soil and being nurtured and cared for with compost and sand - the teachers trained to help you reach your potential. You are small and vulnerable but there is so much potential in this bag of seeds. You have to be prepared to be strong and to fight for your place in the sand, which will give you the opportunity to germinate and start to take your place in the school. You have to be prepared to take every opportunity the school has to offer in order to start growing.





Then, miraculously, this little seed takes root, and this represents the grade 9s. Sunflowers have very long tap roots, which allow them to establish themselves deep down in the soil. In grade 9, you are trying to establish yourself in the school to make your mark. It is a difficult year as you have started to take root in the school, but no one has noticed you yet. You are no longer in grade 8, which is almost a rite of passage, but you are still a junior and have a lot to prove before people start to take you seriously – you have not made a name for yourself yet. Grade 9 is a year in which you have to establish your roots, build character, and show some resilience, grit and determination to break through that top layer of soil.

Grade 10 is an exciting time as you finally overcome the initial obstacles and break through the top layer of soil. You start to make your mark on the school, and people begin to notice you. You start being defined by your actions, either positive or negative, and you begin to build a reputation that will follow you through the rest of your years at school and beyond. However, you are still very vulnerable to the elements, and you need to continue to strengthen your character and position yourself so that you can start your journey towards the sun. You may need to change direction a few times to take advantage of the best light or watering opportunities and ask for help in the form of fertilizer to facilitate your journey towards the end goal of fulfilling your potential.

Then, in grade 11, you start to branch out as your circle of influence grows. Your character and personality have been defined and your life starts to take shape. Your leaves start to appear, allowing you to take full advantage of the sunlight and water, and you start to grow taller and become stronger. You are more resilient and more able to overcome setbacks. Your roots are strong, and no matter what happens from here on, a piece of you will always be left behind at Rhenish Girls' High School.

And then the grade 12s. Our full-grown, beautiful sunflowers are just waiting to go out and make their mark on the world. You are in the final phase of this part of your journey and your influence is enormous. You have, hopefully, almost reached your potential and attained the goals you set for yourself. However, you must stick to the task in this final part of your journey at school. Your bright colours either make people smile...or blind them - it's your choice.

I mentioned influence; towards the end of its life cycle, the sunflower starts to produce seeds, which we said represented the Grade 8s, and you will, therefore, influence a whole new generation of Rhenish Girls. That is a huge responsibility, but I know you are up to the task.

Sunflowers represent hopes, dreams and potential and my wish for each and every one of you, in this new and exciting year, is that you fulfil your potential and become the Sunflowers you were meant to be no matter where you are in the life cycle. And remember, Sunflowers are beautiful as individual flowers but much more impressive as a collective. So let's work together to make 2024 a successful year in every sense.

Message from the Principal



Missa Müller - South Africa's overall top achiever for 2023



“I want to start off with a message for the 2024 Matric class... Enjoy your final year; you’re going to be experiencing the last of lasts, and these are memories that you’ll cherish forever.”

These encouraging words are from Melissa Müller, who, last Friday, was named the country’s top 2023 matric pupil out of the 717 377 candidates who sat for the National Senior Certificate (NSC) exams last year.



“My best advice is to stay up to date with your school work, so that you can identify concepts that you’re struggling with early on and ask for help when needed,” she continued.

Boasting seven distinctions and an overall average of 97.57%, Melissa – who achieved 100% for mathematics and accounting, respectively, as well as 99% for physical and life science – intends to use her academic mastery and initiative to make the world a better place.



She also found time and energy to be on the school’s first-team hockey and water polo teams served on the school’s LC and was part of its academic portfolio of the LC.

Melissa was among the 34 matric pupils welcomed by Basic Education Minister Angie Motshekga as they gathered for the class of 2023 congratulatory breakfast last Thursday in Randburg.

“In 2024, I will be studying Mechatronic Engineering at the University of Stellenbosch.

“After completion of my undergraduate degree, I hope to further my studies in the field of Biomedical Engineering, where I believe that I can make a difference by creating innovative, life-saving medical solutions that are accessible to more people in our country,” the top learner added.

She encourages the current pupils in the 2024 matric class to enjoy what will be a jam-packed year, and to utilise support systems during what is often an overwhelming academic year.



Rhenish - Proud of MX '23



The Rhenish Girls' High School grade 12s of 2023 achieved the following outstanding results:

- 14 Candidates achieved an average of over 90%
- 60 Candidates achieved an "A" average - i.e. 43% of the class
- 97.1% Bachelor's Pass
- Top achiever in Mathematics and overall top achiever in South Africa
- 492 Subject distinctions, i.e. an average of 3,51 As per candidate

"The results achieved by the Rhenish Girls' High School Class of 2023, along with the accolade of achieving one of the top positions in the country with regards to academic performance, is a celebration of the consistent hard work put in by the learners over a period of time. It is also testament to the hard work and quality of our teachers in nurturing and developing these young minds over the course of their high school journey. Excellent academic results is a process and a collective effort, and credit must go to the staff, the learners and the parents for the important role played by each" says Tracey Megom.



Class of 2023



*Candidates
Assembly*

On Friday, 26 January, Rhenish welcomed the A Candidates of 2023. 60 Rhenishers had achieved this remarkable level of excellence, with 14 of them achieving an average of over 90%. In addition, the whole group matric group achieved a class average of more than 77%.

The day also saw one of the Old Girls, Dr Moya Smith (class of 2017 and pictured behind the lectern), as the guest speaker. She, too, was once part of the A-Candidates assembly and collected her flowers. While it was not that long ago, she has had many experiences in her life. She shared a profound and meaningful message based on her experiences with the Class of 2023



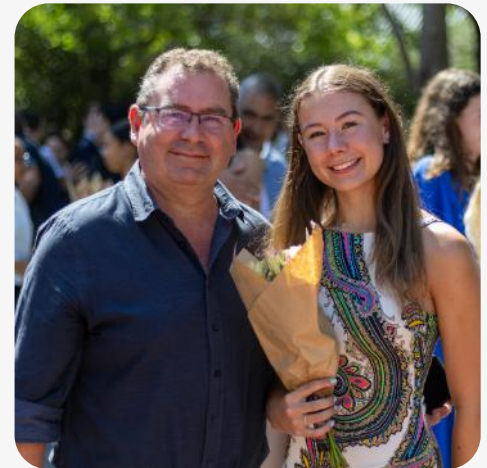
“Respect yourself enough to walk away from anything that no longer:

- serves you
- grows you
- or makes you happy

Robert Tew

All the best to the class of 2023, and remember:

“Once a Rhenisher, always a Rhenisher.”



NEW STAFF INCOMMING!

Welcome to the Rhenish family



January is know for many things: a new year, a new resolutions and new teachers and staff joining the Rhenish Girls' High School family. Last year, we had to say farewell to some of our teachers and other staff member but these new recruits are ready for the new year.

The newest Staff members of the Rhenish Girls' High School Family are:

Andrea Abrahams - Afrikaans

Nkepeng Khoboko - Learner Support Teacher

Christine Oosthuizen - Mathematics

Lyndi Eksteen - Economics and Management Sciences (Part-Time)

We wish them all the best during their time here with us.

Welcome grade 8s!

Jana Gouws

On Monday, 15 January, the grade 8 group 2024 experienced their first day as Rhenishers. Many emotions flooded the campus as they made their way to the Rhenish Hall in great anticipation and prepared themselves for the grade 8 camp and the brand new journey that would follow.

After a brief introduction to their mentors and the learner council, the grade 8s and their matric sisters made their way to Bergkroon campsite in Wellington, where an exciting day of activities such as dancing, swimming, team-building activities, as well as a unique obstacle course awaited them. The camp also allowed time for socialising amongst the grade 8s and with the matric group. During this time, many new connections were formed as the matrics provided them with insight into Rhenish, all the opportunities the school offers, some advice, and a few “unspoken rules.”

By the time we returned to school on Tuesday, we were exhausted yet incredibly grateful for the opportunity to bond with the grade 8s and see the new friendships they had formed.

On Wednesday, the first official day of the school year, the grade 8 group met with the rest of the school and the teachers and quickly had to adjust to a typical school day at Rhenish - register, lines, assembly, classes, etc.

Throughout the week, they were introduced to our e-learning system, auditioned for different cultural activities and - a highlight for many - were given a tour of our beautiful campus by their mentors and the learner council. The tour made them feel less overwhelmed by the massive campus and helped them find their bearings as they learned where to spend the next five years.

We trust that the orientation week was valuable to the grade 8s, that they enjoyed it as much as we did and that their time at Rhenish will be everything they hope it will be.

From your teachers and fellow Rhenishers, welcome to Rhenish! We are here for you every step of the way.



茶



Chinese Tea Ceremony presented by the

Confucius Institute of

Stellenbosch University



谢谢 Xièxiè - "Thank you" is all that Rhenish Girls' High School could say to the Confucius Institute of the Stellenbosch University as they visited the school this past week. The Institute was also part of the exhibition that the school hosted for grade 8s to find out what the various societies are that they can become part of. Thereafter they shared a Tea Ceremony with the grade 10 History Class as they are currently busy learning about the Ming Dynasty.



This was also a launch of a programme that the Confucius Institute is going to run for a period of six weeks on a Monday afternoon. Learners will be exposed to the Chinese culture and will include some introductory understanding and learning of Mandarin and include calligraphy too.

"We are indeed honoured to have The Confucius Institute part of our school and look forward to learning more about the Chinese culture through their facilitation," said Dr Rika Kroon, grade 10 history teacher and Deputy Principal.



German Bazaar 2024



This week we got out our lederhosen and took to the Ebenezer Hall to support the German Exchange Programme's German Bazaar that was a fundraising initiative for the German Exchange Programme visitors who will soon be settling in on our shores.

The most delectable eats that included German-style cookies, Flammkuchen, Bratwurst & Brötchen (pork sausage and bread) as well as Bockwurst & Brötchen (Frankfurter type of sausage and bread) as well as dessert were available to enjoy.

We also had the privilege to have some of the Paul Roos Gimnasium German class over to experience the festivities with us.

Each grade that participated in the day did a great job and we look forward to hosting many more of these events.



SPORTS NEWS



SWIMMING



HERMANUS TOUR

2
0
2
4



On the Friday 19 January, Rhenish's First Swimming Team left for their camp in Hermanus.

We participated in a variety of activities offered by the instructors. From cliff jumping into the ocean to dinners on the beach and open water swims in the lagoon to 5km trail walks up their beautiful Fernkloof mountain towards the “drie damme”, we had more fun than any of us could have imagined.

But the fun didn't end there. The matrics of 2024 spent their evenings with the grade 8s ensuring that they were enjoying themselves and understood the true meaning of sisterhood at Rhenish. The grade 8s were able to bond with their matrics. They played mini games and had evenings where they all got to learn about themselves and their fellow leaders.

The grade 12s will remember this camp for the rest of their time at Rhenish and after school.

I would like to thank all my fellow for making this camp truly memorable. A huge thank you to Mrs Carstens and Ms Nieuwstad for organising this spectacular event.

Grace de Jongh
Rhenish Swimming Captain

ATHLETICS



Interhouse 2024

The annual Interhouse Athletics took place on 22 January at the Markötter Fields. Weber, Terlinden and Van der Stel put their best foot forward in an attempt to win the title this year. Weber took home the Spirit Cup.

*The overall winner to be announce in the next edition



SUMMER

- Navy skirt or navy trousers
- Short-sleeved fitted shirt with school badge on pocket
- Plain black lace-up school shoes or baby dolls
- Short white school foldover socks with skirt and short black or white school foldover socks with trousers
- No logos on socks and no ankle socks allowed
- Navy-blue blazer with school badge on pocket
- The Rhenish navy-blue V-necked jersey or the Rhenish short-sleeved pullover may be worn
- Matrics are allowed to wear their Matric jerseys
- Rain jackets only allowed when it is raining



IN ADDITION

- Navy hot/ski pants may be worn underneath skirt
- Length of skirt to be worn halfway between hip and knee
- Skirts may not be rolled up at the waistline
- No underwear to be visible under white shirt eg. black or coloured
- No hems hanging out
- Rain jackets or blazers may not be longer than your skirt

Wear your uniform with pride!



RHENISH GIRLS' HIGH UNIFORM

Rules and Regulations apply at all times when wearing school uniform, in and outside of the school premises



WINTER

- Navy-blue skirt or navy trousers
- Plain white long-sleeved school shirt with the Rhenish tie.
- Plain black lace-up school shoes or baby dolls
- Black stockings-opaque black pantihose with skirt
- Navy or black stockings or long/short black/white school foldover socks with trousers
- Navy-blue blazer with school badge on pocket
- The Rhenish navy-blue V-necked jersey or the Rhenish short-sleeved pullover may be worn
- Matrics allowed to wear their Matric jerseys
- Navy-blue rain jacket with school badge may be worn
- Navy blue fleece or woolen scarves (Grade 12s may wear white) may be worn but no pashminas
- Navy-blue or black gloves may be worn
- Navy-blue Rhenish-PTA beanies may be worn but not during class



IN ADDITION

- Blazers must be worn to assembly with jerseys underneath but no rain jackets(unless it is raining)
- Navy-blue or black blankets may be brought to school but not "worn" outside of school
- Stockings should not have any holes/ladders
- No socks to be worn underneath stockings
- Length of skirt to be worn halfway between hip and knee and not rolled up at the waistline
- No hems hanging out



- Blazers must be worn to all school outings
- Navy-blue or Rhenish Hijab may be worn for Religious observance
 - All items should be clearly and individually marked.
 - No Rhenish hoodies/1st team jackets/ hostel hoodies to be worn to school with your uniform



HAIR

PERSONAL APPEARANCE

Neat and clean hair

Kept off face

Fringes above the eyebrows, i.e fringe must not cover your eyes

Short/medium hair touching the collar must be tied up

Plain navy-blue/white/black or brown hair accessories are allowed

Plain navy-blue/white/black or brown Alice bands and headbands are allowed

No lace headbands, bows or flowers are allowed to be worn.

Hair may not be dyed an unnatural colour (red/blue/green/pink or any other bright colour)

No hairstyles with two different colours are allowed



FINGER NAILS

Short, clean and well kept

Only colourless nail polish or hardener

Short and neat French manicured nails are allowed for Matrics only

No artificial nails



MAKE UP

No fake lashes or extensions

No make-up or cosmetics to be worn by learner while in school uniform



JEWELLERY

Earrings are the only jewellery to be worn to school

Only Rhenish and officially sanctioned badges or allergy disks may be worn

Learners with pierced ears may wear one pair of matching plain gold or thin silver sleepers (size of 10c coin) or small studs - one in each earlobe

In the case of more than one hole, the earring must be worn in the lower hole of the earlobe

Colourless bristles allowed

No pearl or diamanté studs

Matrics are allowed small pearl earrings

Girls are discouraged from body piercing and obtaining tattoos while they are at school

No plasters to cover up piercings are allowed

No tongue, lip, eyebrow, upper ear or nose rings or studs may be worn

Visible tattoos should be covered when in school uniform

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. Further details will be communicated with all Grade 9 parents in the second term.

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. *Grade 9 class currently full.
- **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.
- **Peer tutoring:** Please contact rebecca.jvanrensburg@rhenish.co.za

»» The LSU treats all cases with the utmost confidentiality ««

Learners can make use of the Google Form (emailed weekly) to request a session with one of our psychologists.

Parents and guardians are welcome to contact the LSU at the email addresses above.

IN SHAPE HOCKEY ACADEMY

JAN 31

FEB 7, 21, 28

MARCH 6, 13

APRIL 10, 17

MAY 8, 15, 22

JULY 16, 23, 30

AUG 14, 21,

28

18:30 - 19:45

2024 IN SEASON TRAINING

FUN - SKILLS - EXCITEMENT - TALENT ENHANCEMENT

R2 450

BOOK NOW



chrisgerber1991@gmail.com

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