

Issue 03 of 2024

# RHENISH NEWS

Excellence ● Compassion ● Accountability  
Integrity ● Diversity ● Respect

## *2024 Edition of the 4M Athletics and Gala*

# Loading...



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Zoë Beresford (Athletics vice captain) and Taelan Viljoen (Athletics Captain) leading the charge at this year's 4M athletics competition.



#GoRhenish  
#4M

Recently, the 2024 4M Athletics and Gala Team Captain and Vice-Captain have been announced, and as we look forward to these events, we wanted to hear what our captains and vice-captains had to say about these meetings.

“The athletes chosen to participate in 4M are of the finest Rhenish has produced and have been chosen for their unique talents and skills. The girls are characterised by their diligence, determination, and competitive spirit. I’m confident that the 2024 4M team is the best in Rhenish history.”

“Enjoy this 4M. The athletes have been training very hard to ensure that we can get the best results for Rhenish, so make sure to support everyone, have fun and be happy with whatever the results are. “

Rhenish Girls’ High School has a reputation for swimming away with the trophies at the 4M Gala, and this is what the captain and vice-captain had to say about this year’s competition.

This is what our vice-captain and captain of the swimming team had to say:

“Give it all you’ve got. Kick your legs until they feel like they will fly off your body. Let the passion of your fellow teammates give you endless energy. Feel the adrenaline through your body as you’re on the starting block, and let it drive you to victory. Finally, believe in yourself. The hard work and effort you have pumped into your training will pay off. We love you and wish you nothing but success. Empty the tank and leave everything in the pool.”

“4M will be held at Rhenish this year, so supporters will have more space. We need the gees and support for our team because it will push us harder and make the results much better.”

*Good luck to our teams!*

Grace de Jongh (captain) & Amy Pettipher (vice-captain) of the 4M Swimming Team for 2024



*4M Athletics & Gala  
captains and vice-captains*

# Rhenishers honoured at Cape Winelands Municipality Awards evening



The three top matriculants of the Cape Winelands District Municipality each received a computer. In the back, from the left, are Milcah Visser - Paarl Girls' High School - 3rd place, Melissa Müller - Rhenish Girls' High School - 1st place and Lilly Hobbs - Rhenish Girls' High School - 2nd place. In the front are Noel Petersen (Director of the Provincial Education Department), Henry Prins (CWDM Municipal Manager), Dr. Elna von Schlicht (Executive Mayor), Council Member Minnie Petersen, and Pietie Williams (Executive Director of Community Planning).

The annual Cape Winelands District Municipality (CWDM) Awards evening was held this past week in the Ebenezer Hall. This event saw the top achievers from the various municipal areas, including Stellenbosch, Breedevalley, Langeberg, Drakenstein and Witzenberg, attend and be honoured for their great academic achievement in the past NSC Exam.

"We come together today not only to celebrate academic achievements but to acknowledge the exceptional journey each of you has undertaken," said Von Schlicht, Executive Mayor of the Cape Winelands District Municipality.

"As the top achievers of your respective schools, you have demonstrated outstanding intelligence and a unique set of qualities that will undoubtedly shape the future."

"Our top achievers awards ceremony recognizes the remarkable achievements of the high-achieving matriculants at all high schools in the district. On this evening, we celebrate them alongside their parents, teachers, and school principals."

The prestigious event takes place every year at a school in one of the regions.

"It is written in the stars that the event takes place [at Rhenish] this year, as the country's top achiever, Melissa Müller, attended school here," said council member Minnie Petersen.

Petersen is a member of the CWDM management committee for social development.

"It is very important to celebrate the learners of the area because we want younger learners to see it and feel motivated to strive for success."

Rhenish also produced the top two matriculants in the Cape Winelands for 2023, with Müller and Lilly Hobbs taking the first two positions.

The results of the top matriculant from each school in the district were also celebrated at the ceremony, and each received certificates, gift packages, and R20,000. The money will be transferred to the institution where the former matriculants will study, as part of the mayor's study aid fund.



# Grade 8 Social 2024

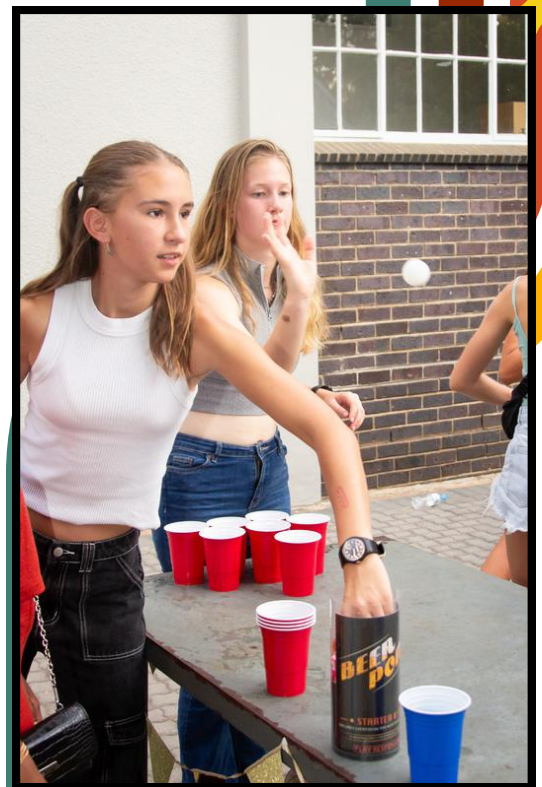
On the 1st of February, hundreds of eager grade 8s from various surrounding schools arrived at Rhenish for their first big high school social - the annual Grade 8 Social. Even in the sweltering 38-degree weather, every grade eight arrived looking stylish and excited.

The grade 8s entered the Rhenish Hall, which was transformed into a dance floor with our DJ, Emma Nel, blasting fun sing-alongs and energetic tunes. Over one hundred colourful balloons were scattered across the dance floor, bringing many giggles and smiles as grade 8s enjoyed popping, kicking and throwing them around.

For the hungry ones, there was a popcorn machine as they walked into the hall serving warm, buttery popcorn. The quad, just through the hall, was filled with food, drinks and games. Spongy strawberry and chocolate doughnuts were sold for our grade 8s. For a more substantial alternative, the smell of boerewors permeated the air and the irresistible boerewors rolls were for sale.

To quench everyone's thirst in the heat, ice-cold Bashews, water and ice lollies were sold. For entertainment and to help the grade 8s get to know each other better, there were two stations of water-pong, which was a hit, and a station of ring toss.

At each station, there were fizzers to be won and new friends to be made. Later in the evening, the fairy lights that were wrapped around the trees began to shine brightly, and the disco ball reflected colourful lights onto the dance floor. For the last hour, the grade 8s danced, cheered and sang together to end a successful evening.



Lisa Louw





# rchestra workshop

As the sun peeked over the horizon, our musicians burst onto the scene with energy and excitement. It was time for a bit of ice-breaking fun. From quirky hobbies to secret talents, the stage was set for a day of fun. With the blazing Stellenbosch heat as our backdrop, a refreshing dip in the pool was just what we needed to recharge for the afternoon session. But the fun didn't stop there - a friendly competition was held, challenging us to use our instruments in unconventional ways. It was a day filled with laughter, creativity and the magic of music.



But our practices together were arguably the best part of the day. Hearing all the hard work and different instruments come together made everyone happy. A hard day's work, which started in the heat and then turned into a thunderstorm during our final practice, made for a successful day filled with a lot of fun.



We want to thank Mrs Madeleine Van Rooyen and Rhenish Old Girl Kristen Skein for helping the violins during sectionals and Ms Hall for assisting with the wind and brass section.

We split into percussion, winds and strings for sectionals. During this time, we learned, practised, and polished our new music and got to know our fellow musicians. This took much hard work, and our efforts will be heard in our performances where we will bear the fruits of our workshop experience.



# ***SPORTS NEWS AND RESULTS***







**Oakhill Chukka Festival results:**

**Game 1:**

**Rhenish vs Pinelands**

**9-0 win**

**Game 2:**

**Rhenish vs Wynberg girls**

**6-1 win**

**Game 3:**

**Rhenish vs Oakhill 1st**

**5-5 draw**

**Game 4:**

**Rhenish vs Bridge House 1st**

**5-3 win**

**Game 5:**

**Rhenish vs Fairmont**

**7-2 win**

**Game 6:**

**Rhenish vs Pearson**

**6-3 win**

**Game 7 (last game of festival)**

**Rhenish vs Pinelands**

**4-8 lost**

# Results

## VS

# Herschel:

**U14A vs U14A - lost 1-6**

**U14B vs U14B - lost 2-8**

**U16B vs U16B - lost 4-8**

**U16A vs U15A - won 6-3**

**U19A vs U19A - lost 2-14**





*If you fail to  
plan...  
you plan to  
fail*

# Hockey Season...Incoming

With the summer sports gearing down the planning for the winter sports are underway with the netball, soccer and hockey soon to take centre stage.

Recently, the hockey staff hosted a workshop for the 1st Hockey Team at the Stellenbosch Academy of Sport and the workshop was indeed something that was needed to help the school and the hockey programme not only remain as one of the top schools in the country but also to build spirit, relationships and an understanding amongst one another as the season is daunting with all the tours to the various festivals and tournaments that will be hosted around the country.

Some of the themes covered in the workshop also included:

- Team culture**
- Team values**
- Leadership**
- The future of RGHS hockey**
- High-performance**
- Individual and team goals**

**We wish our winter sports teams well  
with their preparations for the upcoming  
season.**



The Animal Welfare Society presents...

# Pet Food Drive

Donations will be open from  
Thurs. 1 Feb -  
Fri. 16 Feb



The class with the most donations will win a sweet treat!

Food will be donated to an Animal Welfare charity

# Rheco Society



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Happy  
Valentine's  
Day!