

Issue 04 of 2024

RHENISH NEWS

Excellence ● Compassion ● Accountability
Integrity ● Diversity ● Respect

LC Hosts Blood Drive



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This Valentine's Day you're definitely someone's type

Rhenish held its first blood drive for 2024 on the 12th of February and it was an amazing day for saving lives. Eager girls (69) signed up to donate blood and over 80 donors arrived on the day to help Western Cape Blood Services make a difference in our community and the lives of those who would need blood in the future.

Each donor was tested prior to their donation. They were then given some sweet treats and a small gift before getting started. The nurses were amazing in making each donor feel important and comfortable, through kind conversations and yet more sweet treats.

Thank you to the Western Cape Blood Services for the hard work you put into every donation, and for making our Rhenish community feel so comfortable and safe during their donations.

We are also so grateful to both the girls and staff for their eagerness to help the community. With the help of over 80 Rhenish donations, we were able to save around 240 lives. With such generous numbers, we look forward to hosting more blood drives in the future.

Amber Mendez



German Exchange Programme 2024

This year, Rhenish Girls' High School had the privilege of hosting Wiedtal-Gymanasium after the latter's warm welcome in July 2023 where they took us on a rich historical and cultural expedition. The German exchange group arrived on 5 February 2024 and was welcomed by Rhenishers at Cape Town International Airport.

We held a welcoming function for our guests and the host families in the Rhenish Hall on 6 February, where they were treated to delicacies supplied by our host families. We were honoured to have Mrs Megom, our new principal, joining us for this event and we want to thank her for her support on the evening.

As part of our exchange programme, both schools had to prepare projects around the theme "indigenous fauna, flora, people and languages". South Africa and Germany strive to preserve the vastness of their history through centres and museums reserved to house historical artefacts. There are also laws implemented to prevent the poaching of indigenous flora and fauna, as well as memorial sites and days to remind us, with the help of these laws and other historical sites and museums, how far we have come as countries and help us to understand where we are going - a better future.

For the success of the project, outings to Table Mountain and surrounds as well as to !Kxwa Ttu San Reservation Centre in Yzerfontein were arranged. The group also visited Cape Point, Boulders' Beach and did a Garden Route Tour. To conclude this beautiful journey between our respective schools, we visited Kirstenbosch Botanical Gardens, where we had a farewell picnic.

We will miss them dearly and wish them a safe journey back to Germany!



Marsha Schwartz

Valentine's Day 2024



Love was in the air this week as our Rhenishers enjoyed some Valentine's Day celebrations.

Valentine's Day is a much anticipated event that the girls always look forward to. This year the LC arranged a cookie exchange between the Rhenish girls, so that we could share some love amongst our friends, and show them our appreciation, love and gratitude. These cookies were also sent out to various other schools to show them some "Rhenish Love."



Other spoils came from our friends at Bloemhof (who spoiled us with delicious doughnuts), Hoërskool Stellenbosch (who brought chocolates) and Ronderbosch (who delivered beautiful roses).

Additionally, the gentlemen from Paul Roos joined us during our break to hand over beautiful hand-made paper roses to some of the lucky girls.

Finally, the LC surprised everyone during the lunch break with a sweet treat, as a way of showing some love and appreciation to our much loved Rhenish sisters.

Thank you to our brother and sister schools and the LC for spoiling our Rhenish sisters and making Valentine's Day so memorable.



Amber Mendez

Valentine's Day Hostel Picnic

Whilst the average couple went for dinner on Valentine's Day, the hostel sisterhood spent their evening at a Valentine's Day picnic filled with music, dancing, poems and, most importantly, lots of love.

The most common question on the night was "will you be my valentine?" From the grade 8s to their matrics/hostel mentor. This hostel tradition is part of the new grade 8s' welcoming into the Rhenish Hostel Family. They continued the tradition of performing original poems on the soccer field. The hostel cheered them on as each grade 8 took their turn in declaring their appreciation for their matric/hostel mentor.

A welcoming atmosphere surrounded the girls throughout the entire evening. No one was scared to show some of their best moves on the dance floor and by the end of the night the feeling of sisterhood was unmatched as always.

By Ryanne Proudfoot and Sydney Springhall



Romeo & Juliet at the Maynardville Open Air Festival

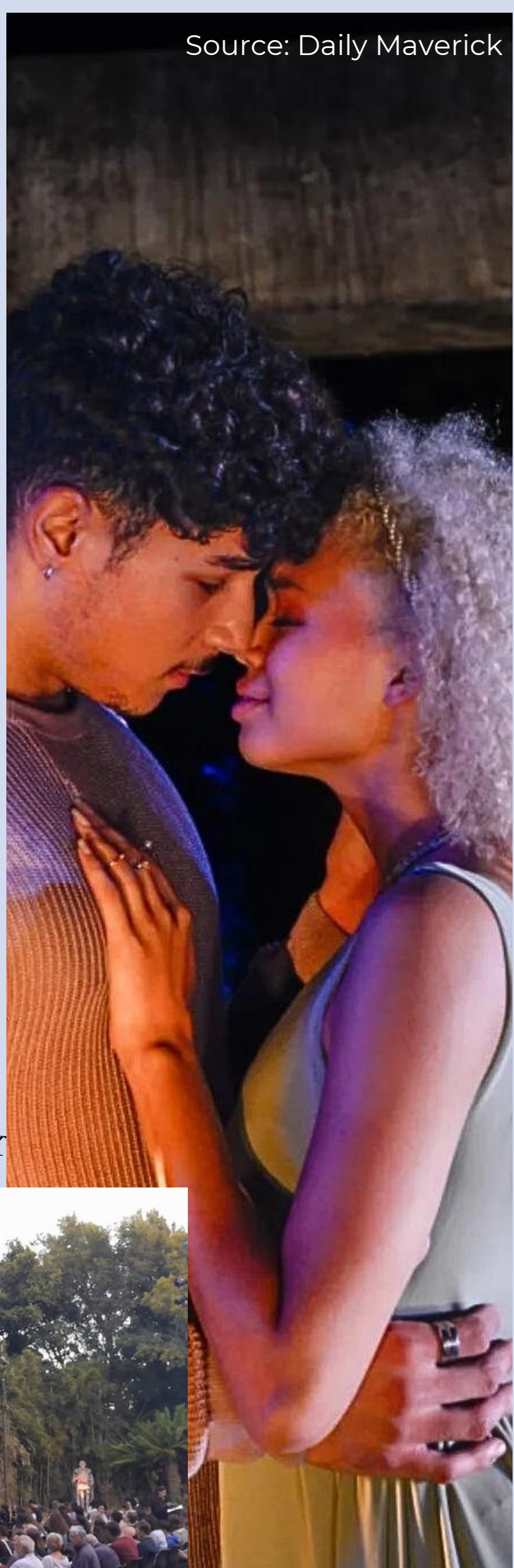
Source: Daily Maverick

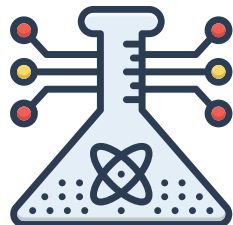
In the week of Valentine's day, 120 Rhenishers enjoyed the famous love story of Romeo and Juliet at the enchanting Maynardville Open-Air Festival currently running in Wynberg.

The actors glowed under the golden lighting and glistened under the moonlight in the open air theatre as they told one of the most well known Shakespeare tragedies. One could hear some of the crowd squealing when Romeo appeared on stage, and I'm sure the learners could feel the beauty and passion of this majestic and different theatre experience.

The whole experience allowed many schools to open their eyes to the world of Shakespeare, and truly understand this tale of two "Star Crossed Lovers".

Anu Böhmer





STEM CLUB IS READY FOR 2024

Calling all women in STEM; the Rhenish STEM club is back in action for 2024! An opportunity to pursue your interests in STEM while having fun.

Through participating in interactive experiments, collaborative projects and engaging activities and events, members have the opportunity to explore the diverse fields of science, technology, engineering and mathematics in fun and exciting ways. Our club provides a supportive community for girls to explore and thrive in traditionally male-dominated fields.

The STEM club welcomes anyone eager to explore, learn and challenge themselves. Join us for our first science demo in the quad on the 26th of February, at first break!

Siena Williams

FAITH MUSEMBI CLASS OF 2003

BBC | LION | 2026
PRODUCER DIRECTOR
BROADCASTER: NAT GEO/DISNEY+

WILDSTAR FILMS | QUEENS | 2023
PRODUCER DIRECTOR
BROADCASTER: NAT GEO/DISNEY+

PLIMSOLL | INCREDIBLE ANIMAL
JOURNEYS | 2023
FIELD SEQUENCE DIRECTOR
BROADCASTER: NAT GEO/DISNEY +

MARAMEDIA | CHASING THE RAINS | 2022
PRODUCER DIRECTOR
BROADCASTER: SKY NATURE, BBC
AMERICA & ARTE

BBC SCIENCE | SPECTACULAR EARTH |
2023
FIELD DIRECTOR
BROADCASTER: BBC SCIENCE

WILDEARTH | SAFARILIVE | 2017 - 2019
BROADCAST DIRECTOR
BROADCASTER: NAT GEO WILD & SABC 3



*Featured
Old
Girl*

Faith Musembi, class of 2003 and also Head Girl of her year, has risen to new heights in the upcoming National Geographic wildlife series "Queens" launching on 4 March on Disney+.

Faith says: "QUEENS is a groundbreaking series about female leaders in the animal world. What gives this particular series an edge is that it offers a fresh perspective on natural history storytelling. If you're a fan of this genre, you'll know exactly what I mean. Six of the episodes unpack the trials, tribulations and triumphs of our animal leaders, while our seventh episode pulls back the curtain to show you some of the people involved in the making of this series. Working on QUEENS initially as a Field Director, and then eventually as a Producer Director was a life changing experience for me."

Please watch the series to find out why. [#NoSpoilers](#) "

Dominique Golder



SPORTS NEWS AND RESULTS





SWIMMING

In case you missed it...our Rhenishers walked away as the Boland High Schools' Aquatics Frank Myburgh Twilight Gala winners! (Girls' Schools Section)

The results were as follows:

Rhenish Girls' High - first place = 218 points.

Paarl Girls' High - second place = 192 points. Bloemhof - third place = 173 points.

TENNIS



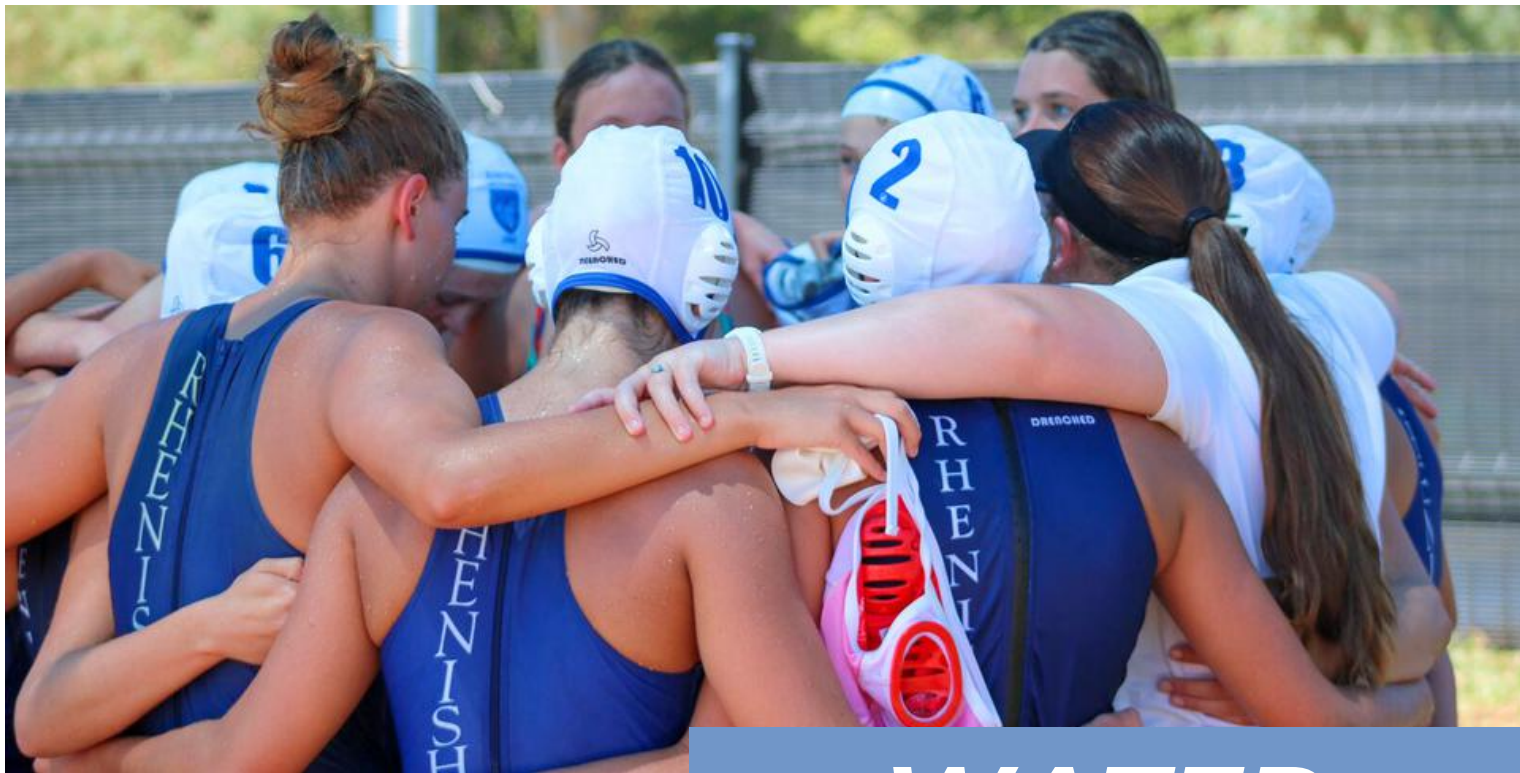
U19A BYE

U19B2 A team vs Bloemhof - Rhenish won 6-0

U19B2 B team BYE

U19C BYE

U15A Rhenish vs Bloemhof - Rhenish lost 6-0



Congratulations to the U16 A and B teams on their great results of the past weekend.

RGHS U16A vs Reddam Constantia:

2-5 (ended in 2nd place)

RGHS U16B vs Somerset College:

5-3 (ended in 9th place)

WATER POLO

Indoor Hockey

The following girls played in the U16 Psi National Indoor Tournament and won a silver medal:

Puck Bakker

Leah Du Plessis

Pippa Viljoen

Shene Du Plessis

Grace Hobbs

Sarah-Ellen Groenewald

Leah Du Plessis, Sarah-Ellen Groenewald and Pippa Viljoen were also selected for the National U16 All Star Team that will be traveling to Europe in 2025.

Leah Du Plessis (in the photograph) represented the U18 National All Star Team that played in Germany in early January.

The following girls played at the U14 Psi National Indoor Tournament:

Eva Miller

Frankie Henn

The following girls played in the U18 Psi National Indoor Tournament:

Ruby Cilliers

Kaitlyn Van Binsbergen



JOIN THE PTA COMMITTEE!



We are looking for RGHS parents or guardians to join the PTA Committee as portfolio heads for these exciting portfolios.

Please contact Mandy at pta@rhenish.co.za or on 072 793 6335



COMMUNICATION

Create media for the PTA Committee and liaise with school for social media and other platforms.

GARDENING

Co-ordinates maintenance needs and garden projects between PTA and school.



STAFF TREATS AND FLOWERS

Manage silk flower arrangement in the foyer (outsourced) and arrange staff treats.



LIZE-JEANNE COETZEE BIOKINETICIST PRACTICE

SCHOOL WELLNESS TESTING

AT HIGH SCHOOL LEVEL

TESTING DATES: 7 - 8 & 11 MARCH '24

FEEDBACK DATES: 12 - 14 MARCH '24

ALL TESTING PROCEDURES DURING SCHOOL HOURS

R270
per child

+ FEEDBACK SESSIONS

AT SCHOOL
FEEDBACK

OR

ONLINE
BOOKEM FEEDBACK

SPECIALIZED

Functional Movement
Screening

Body Composition
& Running Analysis

Our team of Biokineticists will assess how well your child's body is developed and we will determine if their bodies are well balanced by comparing the upper body to the lower body as well as the left side to the right side.

Lize-Jeanne Coetzee
Biokineticist Inc



TESTING

OTHER AREAS TO BE TESTED

These areas form an integral part of the assessments.



Basal
Metabolic Rate



Body Fat
Percentages



Growth
Score



Nutritional
Deficiencies



Muscle
Development



Functional
Movement
Assessments



Muscle
Imbalances



Gross Motor
Analysis



Posture
Analysis



Running
Analysis

SUMMER SUPPORTER GEAR



PEAK NAVY



PEAK WHITE



BUCKET HAT

T-SHIRT



AVAILABLE FOR SALE
AT THE RHENISH SHOP



VISOR



SHOPPER BAG



HAVANA HAT - SIZE S/M & M/L

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