

Issue 05 of 2024

RHENISH NEWS

Excellence ● Compassion ● Accountability
Integrity ● Diversity ● Respect

4M 2024



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4W 2024

The 4M Athletics for 2024 turned out to be a memorable one. We started with a lovely breakfast, accompanied by old Rhenisher Tatum Ludick as our guest speaker. Her message was very appropriate for the day: athletics is not just about winning, it is about the lessons you learn along the way, the memories we cherish, and the friends you make.

Dal Josafat is not known to be a beautiful track, but with the help of the matric committee, the PTA moms and our ground staff, the pavilion and the athletes gazebos looked beautiful, setting a winning tone for the day.

Our athletes achieved 122 points this year, an improvement of almost 40 points from last year's total. Nicola van der Merwe was our top achiever of the day, winning the U15 Javelin with a new record of 44,27m and walking away with the Best Junior Field Performance of the day.

There were others who performed just as well. Mary Roux secured two medals: bronze in the U19 discus and a silver in the shotput. Pippa Viljoen came second in the 400m with a nail-biting finish. Harriet Smit ran a beautiful 1500m and finished third. Our U14s showed that they are a group to be reckoned with! Nina Watts secured two bronze medals in the 100m and 200m, and Michaela Modinger secured a bronze in the 400m.

The day ended with two incredible relays from our U14 and U17 teams. Our u14s shocked the other schools with a silver medal and our U17s were placed third in a photo finish. All in all, the fighting spirit of every Rhenisher is what stood out the most. We can be proud of what we have achieved and walk away with our heads held high. Rhenish, our blood is blue!

Ebenezer.

Taelan Viljoen



4M ATHLETICS

Results:

HMS Paarl: 530

Bloemhof: 365

LaRochelle: 364

Rhenish: 122



Nicola van der Merwe with her top athlete award.

AW 2024 Swimming Gala



I am incredibly proud of our swimming team, and reflecting on our collective achievements fills me with immense joy. Each team member brought their unique strengths and unwavering dedication to the pool, creating a synergy that propelled us to victory. From early morning training to race practice at the weekly Thursday galas, we worked as a team to support and push each other past our limits.

The annual 4M Swimming Gala saw the 4M top girls' schools in the Western Cape (and the country in my opinion) take each other on in the pool. This was a Gala to remember, as Rhenish Girls' High School walked away as champions for the 18th time - a truly great achievement.

The Rhenishers who won individual trophies were:

U14 best overall swimmer: Mikalla Laubscher

U16 best overall swimmer: Danielle Cronje

U19 best overall swimmer: Grace Morris

Open event winner: Grace Morris

We also walked away with all the age group trophies. Our Rhenishers won all eight trophies that were up for grabs on the day. This was truly a 4M to remember and I will forever reflect on this day, my achievements as a captain, my teammates achievements throughout the course of practice for 4M and the Gala itself.

Well done team!

Love from your captain,



Grace de Jongh



"Let there be song" - Chior Camp 2024

On Friday, February 16th, the Rhenish choir departed from school at 13:00 for a campsite in Bainskloof. Upon arrival, we were greeted by a quaint and historically rich campsite surrounded by stunning scenery and rich biodiversity. The beautiful environment enhanced the warm atmosphere created by the choir.

During our time at the campsite, we learnt three new songs, each with its own unique characteristics that evoked various emotions among choir members.

Despite the focused rehearsals, we also found time for relaxation. Part of this relaxation was a ten minute walk to the river where the choir members could cool down and swim, and, of course, sing between the mountains. This struck a perfect balance between singing and relaxing, which truly made it a remarkable weekend.

The camp provided an opportunity for members to form new friendships amongst different grades, therefore creating a stronger sense of camaraderie and unity within the choir.

As time seemed to pass by in the blink of an eye, we departed the campsite feeling refreshed, inspired, and closer as a choir community.

Thank you to Dr Jerling, our conductor, Ms de Villiers, our accompanist and Mr Piron for all the organisation.



CARMEN HARRIS





***SPORTS NEWS
AND RESULTS***

WATER POLO

On the weekend of 16-18 February, the U14A team participated in the Dave Pitcairn Tournament at Reddam Constantia. We started the weekend strong by beating St Stithians, Collegiate and Wynberg, and so topping our pool!

Thank you to our Friday acting coach, Hannah Schubert; we are grateful for your time and expertise.

Saturday saw us in the semi-finals where we put up a good fight but unfortunately lost to St. Peter's. The team pushed hard, showing courage and resilience, and we beat Collegiate 6 - 3 later in the day.

Our final match on Sunday was against Springfield; we lost the match 4 - 2 to end in 6th place overall. As a new team, we are very proud of this achievement and our growth during the tournament.

Thank you to Mrs Henery, Ms Baxter and Mr Kriel who supported us over the weekend, and to our coach Amy, for the her guidance.

Thank you, also, to all our opponents, and the hosts Reddam Constantia for a well-organised, enjoyable tournament.

Day 1

Game 1

v. Kingsmead College LOSS 8 - 0

Game 2

v. Collegiate LOSS 10 - 1

Game 3

v. Wynberg DRAW 2 - 2

Day 2

Game 4

v. Pearson LOSS 3 - 4

Game 5

v. Roedean WIN 4 - 2

Play-off for positions 17 - 24

v. Crawford WIN 15 - 0

[Dani Henn - Player of the Match]

Day 3

Play-off for positions 17 - 20

v. Greenwood LOSS 6 - 4

Day 4

19th/20th position play-off

v. Stirling WIN 7 - 4

CRAWFORD INTERNATIONAL 2024 Shaun Fuchs U15 WATER POLO TOURNAMENT RESULTS





Danielle Cronjé (right) and Amy Hartung (left) have been selected to represent the Western Cape at the upcoming SA Schools' National Swimming Championship being held in Gqeberha from 19-21 April 2024.



Tinita Van Zyl has been selected for the Boland Ladies Senior cricket team. She will be travelling to Gqeberha for the tournament from Thursday, 29 February 2024

Registration for Open Day closes - 28 February 2024

OPEN DAY 2024
5 & 6 MARCH

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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

CONTACT:
ILSE RUTHFORD
082 535 8565

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.





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