

Issue 06 of 2024

# RHENISH NEWS

Excellence ● Compassion ● Accountability  
Integrity ● Diversity ● Respect

## Experiment Time



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# STEM CLUB EXPERIMENTS EXCITES LEARNERS

The launch of our STEM club this year started with an explosive inaugural event. Learners gathered for an unforgettable experience as they observed a chemistry demo of the explosive 'Elephant Toothpaste' experiment. Our STEM committee members did this chemistry experiment with some assistance from Ms Schreuder and Mr Hugo.

Our club aims to foster curiosity, innovation and teamwork among our future scientists through hands-on activities like this. Stay tuned for more exciting STEM adventures ahead, like a laser show being hosted on the 7th of March at the first break in classroom A04, to be facilitated by the Stellenbosch University Physics Department.

We look forward to seeing you there.



Francois Hugo





# Remgro Schools' Project

Annually the Remgro Schools' Project hosts an evening where they invite a few learners from the Stellenbosch schools' representative councils of learners (RCL). RCLs from eleven schools in the Stellenbosch region attended the evening at Markotter on Monday, 26 February.

During the evening, each RCL's vision or motto for the year is shared, together with plans and goals that they have set. A guest speaker, this year Springbok Rugby Player Schalk Brits, shared some thoughts on leadership and success. The Rhenish learners proudly presented their motto and goals for the year and definitely enjoyed the networking with learners from other schools. The evening was a wonderful opportunity to meet other learners, learn from one another and build friendships and networks.



Rhenish would like to thank the Remgro Schools' Project for the initiative and opportunity.

## Lana Schreuder

# LC hosts new girls' function

On Tuesday, 27 February, the LC hosted the annual new girls' function during first break. This function is an opportunity for girls who have just joined the Rhenish family from grade 9 to grade 11 to come and meet each other, as well as their head girl and deputy head girl, pillar heads and an LC member from their respective grades.

Upon arrival they were greeted by the LC members and given a snack, which was so generously provided by the hostel. During the break, the girls got to know each other better and shared their experiences of moving to a new school and how they've adjusted and grown to love Rhenish. Many of the girls mentioned how much they enjoyed the 4M events and that they're looking forward to the various upcoming school events.

The new girls left the function excited to become a part of the Rhenish sisterhood.

A special thank you to Mrs De Kock for helping us arrange this event and to the hostel for providing the snacks.

**Ayomide Simelane**



# Featured Old Girl

Zanne Eiselen, matric class of 2017.



Once Zanne completed high school, she studied at Stellenbosch Academy of Design & Photography from 2018-2020 and graduated with a BA in Visual Communication, majoring in Graphic Design. To complete her studies, she needed to do an internship, which she managed to complete during Covid at Viviers Studio (an artisan fashion house) in Joburg.

This inspired her to pursue a career in fashion, which led her to apply to the Istituto Marangoni in Milan, Italy, where she was accepted to attend a Postgraduate Intensive Course in Fashion Design. Zanne graduated with distinction and spent the next four months backpacking through Europe.

Zanne mentions that it was through her travels that she discovered her love for photography again and found her camera attached to her hip at all times. While exploring Europe, she still longed to return to South Africa. When she returned home, it took her a while to adjust, and in that time, she realised the fashion industry would not be the place for her.

In 2023, she had a calling of wanting to share glimpses of her world with the people around her; the fleeting moments, and thus, The Fleet Collective was born.

Zanne: "Ultimately, I wanted to be more than a business selling products; I wanted to encourage a lifestyle - one of adventure, exploration, curiosity, being considerate to nature, all while remaining authentic and remembering that we are blessed with this life on this earth. I am eternally grateful for my time at @rhenishgirlshigh and @pjolivierartcentre, as these facilities allowed me to explore my creativity and ultimately be the start of my career."

She currently sells photographic and art prints, which are all produced by her in her studio, which is situated in Stellenbosch @thefleetcollective\_





# Paul Roos Learner Council Dance 2024

Paul Roos Gymnasium invited the matric LC members of the 2024 Learner Council to their annual Student Council Dance, where representatives of various schools across the Northern and Southern Suburbs, as well as the Winelands, come together to honour those who were given the responsibility to represent their schools through leadership.

Before the Rhenish matric LC arrival at the soir e, the junior LC members hosted a “pre-drink” gathering at Jonkershoek Farm joined by the matric LC parents, our LC liaison teachers - Mrs De Kock and Ms Schrueder.

We got an opportunity to socialise with other student councils and danced the night away. The event was also a fantastic experience to create new bonds with new people.



**Asemahle  
Mayekiso**





***SPORTS NEWS  
AND RESULTS***



# Swimming

## TOTAL SCORES PER SCHOOL FOR SEASON

SCHOOL NAME	U14	U16	U19	TOTAL	POSITION
RHENISH GIRLS HIGH SCHOOL	78	79	79	236	1
PAARL GIRLS	72	76	76	224	2
BLOEMHOF	77	73	72	222	3
SWARTLAND MEISIES	44	63	64	171	4
HUGENOT MEISIES	63	44	60	167	5
PAARL GIM	50	51	49	150	6
PAREL VALLEI MEISIES	50	47	48	145	7
PAUL ROOS	80	80	80	240	1
HJS BOISHAAI PAARL	75	73	75	223	2
PAARL GIM	72	68	66	206	3
SWARTLAND SEUNS	51	64	71	186	4
PAREL VALLEI SEUNS	49	57	50	156	5
HUGENOT SEUNS	47	33	47	127	6



**Rhenish Girls' High School  
- Top Swimming School in  
the Boland**

# 4M 2024 Athletics and Swimming Gala Thank You's

Ms Conchar

Mrs Anthea Turck-Niehaus

Mr and Mrs Kat officials - former Rhenish parents

Mrs Antonopoulos, former Rhenish Parent

All our vendors at the 4M Gala

Mr Piron and the Sound team

Mr Piron, Mr Swart and the media services team

Rhenish PTA Moms

Rhenish ground staff

Mrs Julie De Jongh - Swimming captain's mom 4M breakfast setup

Mrs Raine Pettipher- Swimming vice captain's mom 4M breakfast  
setup Mrs Beresford - Athletics vice captain's mom 4M breakfast setup

Mrs Marna Viljoen - Athletics captain's mom 4 M breakfast setup

Athletics and Swimming coaches

Marc van Galen Axis events

Mrs Hambridge

Mrs Carstens

Sports' Office

## **Sponsors**

Drenched

African Extracts

Sticitt

Kwik Spar @ PRG

Mr Pieter Le Roux

Mrs Julie De Jongh

Mrs Raine Pettipher

Mrs Lisa Beresford

Mrs Marna Viljoen

Mr Barry Williams

Mrs Zani Watts

Mrs Joan-Mare Reid

Mrs Nadia Russon

Mrs Annelet Viljoen

Mr and Mrs Bredell

Mrs Chrystal Grauso

Ilse Ruthford





# 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

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](mailto: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.





GROW  
ABROAD



# HIGH SCHOOL ABROAD PROGRAM

Your destination choices are endless



## Are you a South African high school student between 14 and 18 years old?

Does the idea of travelling, learning about a new culture and improving your international competencies excite you?

Our program offers you a warm host family stay overseas, an opportunity to attend a local high school and a chance to make unforgettable memories and friendships along the way.

- Broadened World View
- Local Cultural Immersion
- Foreign Language
- International Networks
- Self-development, Confidence & Independence



## LET'S CONNECT:

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@growabroad  
GROW Abroad

scan here

