

Issue 15 of 2023

RHENISH NEWS

Excellence • Compassion • Accountability • Integrity • Diversity • Respect



Baylee Engelke - SA Schools Hockey u18A Captain



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Contributors to this edition:

Ivan Swart | Leon Piron | Media Services Team | Dominique Golder | Samantha Henery | Marsha Schwartz | Frankie Henn

Baylee Engelke - leading South Africa schools u18A hockey team.

Baylee Engelke, captain of the Rhenish Girls' u18A team, has had an incredible school break. She was selected to represent and captain the Boland u18A team at the inter provincial tournament held in Bloemfontein. Baylee had a stellar tournament, leading her team to second place in the tournament and she was awarded "Midfielder of the Tournament".

Ever humble, Baylee commented, "I was privileged to be part of an amazing u18A Boland side who played an incredible Tournament at this year's IPT, making it all the way to the Final."

And, it did not end there. Such was the talent exhibited by this promising young talent in the tournament that Baylee was selected for the South African u18A schools' hockey team. Her leadership and ability to read the game and inspire her team mates was acknowledged with the announcement that she will also co-captain this team. "To be selected for the u18A Schools Team and to have the honour of co-Captain wearing the Green & Gold was an incredible moment for me. It was when " a Little Girl's dream became a Big Girl's reality!"

This weekend (20 - 23 July), Baylee attended the SA Ladies Indoor Training Camp. "I was coached by a team of the Top SA Coaches. It was such a privilege and I learned a whole lot as I had the opportunity to train and play alongside the top players in the country."

Rhenish Girls' High is very proud of this exemplary Rhenisher, incredible sportswoman and all round great ambassador for her school and for sport.



Baylee with her certificates:
Member of the u18 SA Team and
midfielder of the tournament

SA Schools u18A women
hockey side announced.



Baylee showing why she was
awarded midfielder
of the tournament.



Welcome Back

TERM 3



A New Term

A Fresh Start

We both hope that you had a good school break. That you took the time to rest, to reconnect with friends and family and to reflect. You have received your reports and you will know whether you did enough.

The new term and the second semester of the year presents you with an opportunity to address areas you may feel need attention, make good on your potential, seek assistance if needed, and continue striving to be the best version of yourself. We have great faith that you have it in you to achieve everything on which you set your sights.

Our message to you as you face up to the challenges of what looks to be a very busy 6 months has its roots in the message Ms Sarga so eloquently conveyed in our assembly on Friday.

Practise Patience

In a society that seems focused on instant gratification, patience is a virtue often overlooked, but it can have a massive impact on our lives, our relationships and our overall well-being.



Patience is not simply the ability to wait; it's how we behave while waiting. It is the capacity to remain calm and composed in the face of adversity, to endure difficulties without losing hope, and to show understanding and tolerance towards others, even in challenging situations.

First and foremost, patience is essential for personal growth and success. Achieving our goals and dreams often requires sustained effort over time as we may face setbacks, obstacles, and delays along the way. It is during these moments that patience becomes our greatest ally.

Patience allows us to persevere, to learn from our mistakes, and to keep pushing forward despite the difficulties we may encounter.

Patience also plays a crucial role in our relationships. Whether it's with family, friends, or colleagues, being patient enables us to listen attentively and understand the perspectives and needs of others. It helps us avoid hasty judgments and allows us to communicate more effectively. When we exercise patience in our interactions, we build trust and create a supportive environment for everyone involved.

In a world where instant gratification is often glorified, cultivating patience has become increasingly challenging. We are bombarded with messages that tell us we need everything immediately, from success to happiness. However, true fulfilment and lasting achievements come from hard work, dedication, and yes, patience.

Let us also remember that patience is not about being passive or indifferent. It is about managing our emotions, avoiding impulsive reactions, and making rational decisions. Sometimes, patience involves taking a step back to assess a situation and responding with thoughtfulness rather than impulsivity.

Patience can bring a sense of peace to our lives. When we rush through life, constantly striving for the next big thing, we risk missing out on the present moment. Patience allows us to be more mindful, to appreciate the journey rather than just the destination, and to find contentment in the here and now.

Teaching yourself patience is a worthwhile endeavour that can lead to personal growth and a more balanced life.

Tips

1. Acknowledge areas in your life where impatience tends to surface. It could be waiting for results, dealing with difficult people, or when things don't go as planned. Becoming aware of these triggers is the first step in addressing them.
2. Set realistic expectations and recognize that things might not always go as planned, and it's okay to encounter obstacles or delays. Be flexible in your approach and adapt when necessary.
3. Remind yourself of the bigger picture: Keeping the end goal in mind can help you stay patient through challenging times.
4. Take a deep breath: When you feel impatience rising, take a deep breath and count to ten before reacting. This simple technique can provide a moment of clarity and prevent impulsive actions.
5. Put yourself in other people's shoes and try to understand their perspectives. Empathy can help you be more patient and tolerant, especially in interpersonal relationships.
6. Be kind to yourself during challenging times. Acknowledge that it's okay to feel frustrated or impatient sometimes.
7. Surround yourself with people who embody patience and learn from their examples. Read books or watch videos on the topic to gain fresh insights and motivation.
8. Stay positive: Cultivate a positive mind set and focus on the progress you've made rather than dwelling on what hasn't happened yet. Celebrate small victories and use them as stepping stones to build your patience.

"This term, let us strive to be patient with ourselves and others, knowing that great things often take time and that the journey itself can be a rewarding experience."

Winters Week

24 TO 28 JULY 2023

WEDNESDAY 26 JULY

Cross country

15:00 Cross country 15 athletes: Meet at Rhenish Rose garden. (First 10 learners from each school to count for points)



WEDNESDAY 26 JULY

Chess

15:00 Chess 6 players - Rhenish Girls' High School Library



THURSDAY 27 JULY

Debate

15:00 English Debating
3 Senior & 3 Junior Classroom D1 and D2



THURSDAY 27 JULY

Netball

14:45-17:30 Rhenish Girls' High School and Bloemhof courts



FRIDAY 28 JULY

Netball

14:00-15:30 Rhenish Girls' High School courts

FRIDAY 28 JULY

Hockey

14:00-19:15 Rhenish Girls' High School and Bloemhof Astro



RHENISH
GIRLS' HIGH SCHOOL



1860

VS



Barn

Dance



Time is running out to book your table for the first Rhenish Barn Dance that will take place during Winter's Week at Rhenish Girls' High School.

Only six tables left! Would you please book your table now?

Bookings can be made here:

<https://www.quicket.co.za/events/220374-rhenish-bloemhof-winter-week-fundraising-dinner/#/>

Get ready for a night full of fun and, of course, dancing.

RHENISH - BLOEMHOF

Winter Sports Evening Invitation

We would like to invite all Rhenish & Bloemhof parents and Old Girls to the Winter Sports Evening on 27 July 2023.

This is the first of what we hope will become a tradition during the annual Winter's Week.

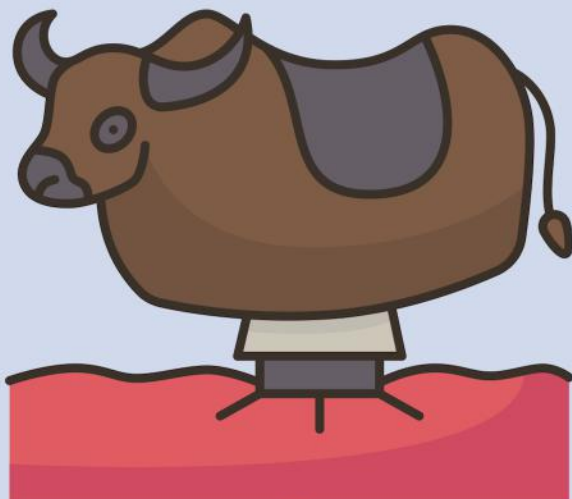
Our goal is to raise funds to develop our extracurricular offering.

The evening will treat you to a **3-course meal** provided by the Boer & Butcher, with wine and beer sponsored by: Lutzville; Koelenhof, Krone Diesel & Dust and more...

Wiaan Laing and DJ Paulie promise an evening filled with entertainment and dancing.

Please join us for this memorable evening of fun!

Find more information below...



We will have a mechanical bull on the evening too for those who would like to "get their rodeo on."

RHENISH GIRLS' HIGH SCHOOL

SADDLE UP & JOIN US FOR THE

RHENISH BARN DANCE

Dress in your favourite jeans - grab your partner and 8 more friends for a night of dancing, good food and great wine.

Price: R 500 pp sold by table of 10.
Cash bar available. No children allowed.

27 JULY 2023
6 PM

Ebenezer Hall Rhenish Girls' High School
BOOK VIA: <https://bit.ly/46eMEpV>
For enquiries contact
liza.visser@ndyabo.co.za



Hallo Rheinisches Mädchengymnasium aus Deutschland (Hello Rhenish Girls' High School from Germany)

This winter holiday, our German learners and learners from Paarl Girls' High School took to the sky and landed in the bratwurst capital of the world.

"This German exchange tour has been organised to help promote the German Second Additional Language class and is hosted by Wiedtal Gymnasium in Neustadt-Wied, Germany," said Mrs Schwartz, the German teacher at Rhenish.

The learners had the opportunity to immerse themselves in German culture as they stayed with host families for one week.

During this trip, they also had the opportunity to visit Amsterdam, Düsseldorf, Hamburg and Berlin for the rest of the time.

The main focus of this cultural exchange between Germany and South Africa was to promote the subject of German Second Additional Language.

The theme for this exchange tour was; sustainability. These ladies have been given plenty of exposure regarding this theme as they have visited one of the sustainable farms in the area and had a masterclass in sustainable chocolate making.

From the Old Girls

Rhenish Old Girls part of prestigious Summer School

A couple of Rhenish Old Girls recently attended the Summer School at Radboud University.

Megan Bruwer (2004), Amy Daniels (2004), Jessica van der Merwe (2018), and Maria van Zyl (1998) attended this prestigious Summer School, and we had an opportunity to speak to Jessica about her experience.

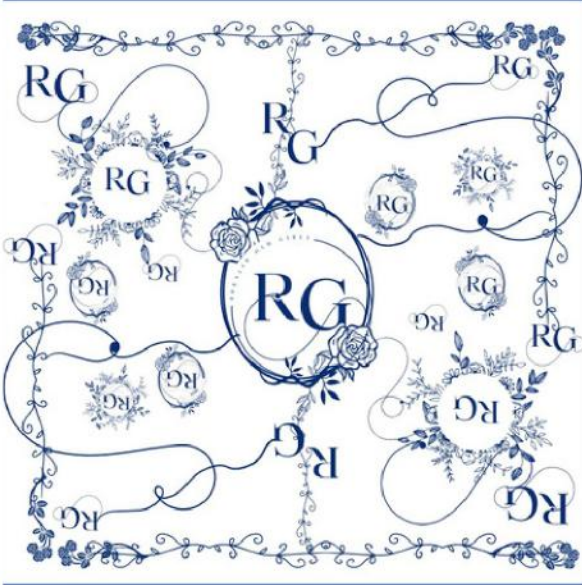
“Radboud hosted a Summer School over two weeks, through which you could participate via a partner university, i.e. A South African university that was a partner university of Radboud would have to send you to complete the course. Most courses were five days long, from 10 am to 3:30 pm, with supplementary classes from 9-10 and 3:30-5 pm.

These were either in philosophy, maths, or statistics. You could follow two of these additional courses. Most courses required either a written exam to pass the system or a presentation. Mine required multiple displays. Most people attending the course were PhD students, post-docs, or fellows,” Jessica shared.

She mentioned that sharing this experience with other former Rhenishers was great and that she would encourage anyone to attend such opportunities.

“...Yes, I think it’s a good opportunity to network, especially with experts in the field. So, when you get to the postgraduate level at your university, I would apply through the international office.”

Megan Bruwer (2004) Amy Daniels (2004) Jessica van der Merwe (2018), and Maria van Zyl (1998) during the Summer School



ROGU SCARF ORDERS

Grade 12s are slowly ending their high school career and will soon be called a “Rhenish Old Girl”. These scarves will be presented at their Valedictory Assembly in October.

However, your time to order these scarves is running out, and we would like to encourage you to order this as soon as possible so that we can place our orders timeously to ensure that it is ready for the Valedictory Assembly. Remember, Matrics, you can wear this scarf with your uniform for the school year.

Deadline for order: 28 July 2023

For more information and to order your scarf, please get in touch with Mrs Dominique Golder, Alumnae Contact and Marketing, at dominique.golder@rhenish.co.za

Staff News



Our beloved Mrs Kristy Joubert has not only been able to be a bride for a day on her 'Big Day,' oh no, she also got the opportunity to be a bride for another day at the recent SA Weddings Bride of the Year for 2022 competition winners announcement event. This event was recently held in the quaint Winelands town of Wellington.

Below is Kristy and her husband, Dawid, at the beautiful Kleine Valleij estate that hosted the event. She walked away with the following prizes:

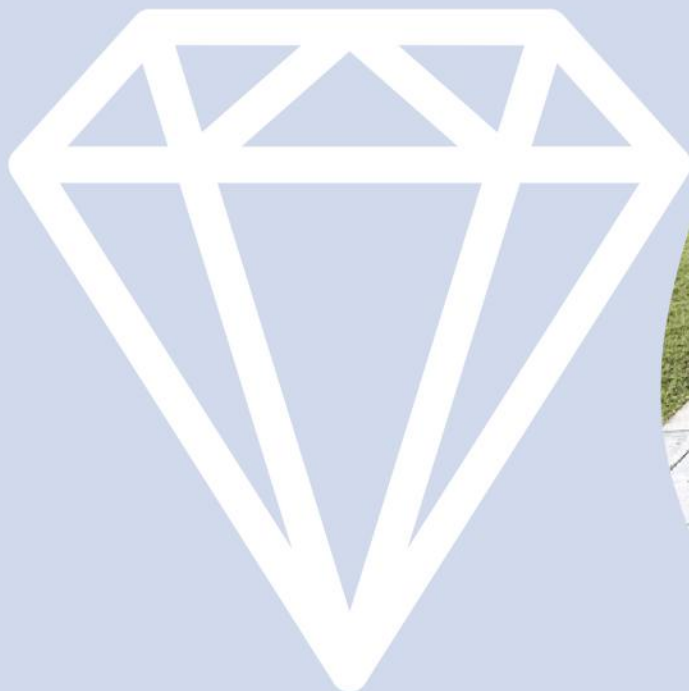
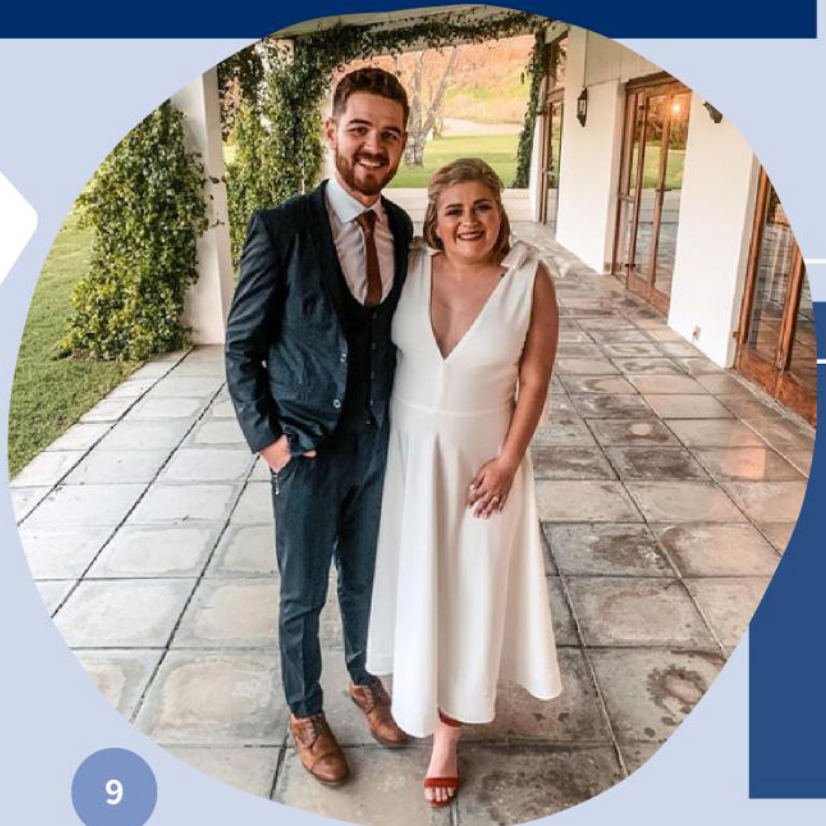
- Accommodation at Thonga Beach Lodge
- Gin
- Gifts from GHD

to name but a few.

"We will be taking the getaway prize a bit later," mentioned Mrs Joubert while she looked at her 25-week baby bump...

" maybe even take the getaway during my maternity leave."

Congratulations, Mrs Joubert!



RGHS

welcomes UK schools to our shores

With the third term just about kicking off, we caught up with Frankie Henn, who told us more about playing against the UK visitors.



On Monday and Tuesday this week, we were challenged by hockey teams from the UK to help us prepare for our top 12 tournaments at the beginning of August.

It was a pretty good game, and we secured a solid victory. We played our hearts out against a team that was considered to be an easier opponent. Right from the start, we showed our determination and gave it our all. Our passes were on point, and we had some great teamwork.

It took us only a short time to take the lead. Our forwards were outstanding! They made some fantastic runs and scored impressive goals. We were pumped up and kept the pressure on throughout the game. Our opponents needed help keeping up with our pace and skills.

Defensively, we did a decent job. While our opponent didn't pose a threat, we stayed focused, intercepted their passes, and blocked their attempts. Our goalkeeper also had a few saves to make, and she did a great job protecting our goal.

As the match progressed, we continued to dominate the game. We gained much possession and created several scoring opportunities. We tried out some new strategies and moves, which added to the fun and excitement of the game.

In the end, we secured a well-deserved victory. It was a great feeling to celebrate together as a team and enjoy our success.

While the match against an easier opponent may not have been as challenging as some of our other games, it allowed us to work on our techniques and try new things. It was a valuable experience, and we learned some important lessons.

Overall, we're proud of our performance and the victory we achieved. It was a reminder of the hard work and effort we put into our training sessions. We're excited about the upcoming matches and look forward to facing more formidable opponents to test our skills further and grow as a team.





SPORT ROUND-UP

HOCKEY

ROUND-UP
BROUGHT TO YOU BY



vs Paarl Gym

1st team lost 4-0
2nd team drew 1-1
3rd team lost 4-0
U16A lost 4-0
U16B lost 2-0
U16C lost 2-0
U16D won 3-1
U14A lost 2-1
U14B lost 3-1

vs UK Tour Sides

17 July
vs
Sutton

14A won 10 - 0 Sutton
16A won 4 - 1 Sutton
All stars won 2 - 0 Guildford

18 July
vs

St George's College
14A won 10 - 0
16A won 2 - 0
1st Team won 6 - 0



NETBALL

ROUND - UP

vs Paarl Gym

1st team won vs Gym u18B 21-14

2nd team lost 31-7

U17A lost 19-17

U16A lost 20-10

U16B lost 28-4

U16D lost 32-2

U15A lost 24-7

U15B lost 18-11

U15C lost 18-7

U15D lost 14-12

U15E won 12-7

U14A won 18-16

U14B lost 20-3

U14C lost 19-3

U14D lost 14-4

U14E lost 14-4

vs UK Tour Sides

18 July

vs

Sutton

U14A won 11-0

U16 A lost 10-8

U14A won 11-0

U16B lost 5-4

20 July

vs

St George's College

U14A won 11-1

U15A won 14-2

1st Team won 26-21

U16A won 25-14

U17A won 9-5



HOCKEY

OTHER SOUTH AFRICAN SCHOOLS REPRESENTATIVES



Not only did Baylee Engelke represent the SA Team, but these Rhenishers also were selected to be part of the South African Schools Hockey Teams for their respective age groups.

From top left to right: Leah du Plessis (SA u16A) | Andrea Fortuin (SA u16B)

From left to right bottom:

Kathrine Sickle (SA u16B) | Sarah-Ellen Groenewald (SA u16B)

REGIONAL TOURNAMENT WINNER

Zeta Appies and the regional team she represented won Gold in Paarl



RUGBY

SARAH KRONE

Sarah Krone participated in the SA Rugby Youth Week for girls as part of the Western Province team. The cold Johannesburg weather did not set in her bones as she and her teammates took on and thrashed the Golden Lions and the Limpopo Blue Bulls teams racking up more than 50 points against these two sides in each game.

Sarah will now look toward preparing for the Tag Rugby tournament that will be taking place in Ireland later this year as she will be part of Team South Africa, which will be taking on the world.



ICE HOCKEY

ALICIA PINKHARD



Alicia recently participated in the inter-provincial ice hockey tournament as part of the u18 Women's Western Province team. Unfortunately, her team fell short of the gold medal by losing to Gauteng, 2-0, in the final. She walked away with the silver medal and has been invited to the training camp and trials for final selection and possible inclusion in the national team representing South Africa at the 2024 world championships in Bulgaria.

NETBALL

BOLAND PROVINCIAL MEDAL WINNERS

Issataya Bredell, who represented the Boland u15A netball team that won silver [pic 1], and Nalani Nalumango, who represented the Boland u17A netball team that won bronze [pic 2] at the recent Inter-district schools netball tournament.



CULTURE

Rebecca Niesler (left) recently completed her Grade 7 Trinity College piano exam and received 83%. Trinity College is based in London and is an internationally recognised examination board.

Isabella Delplanque (right) participated in the "On the tip of your tongue" and ATKV Redenaars Public Speaking competitions. For her English and Afrikaans persuasive speeches, she obtained 88% and 89.1%, respectively. In the ATKV competition, she made it to the semi-finals in the Western Cape region. Due to this achievement, Isabella has been invited to the national finals in August.

MATHS SUPPORT 2023



GRADE 8 – 12

(14H30 – 15H30 ON THESE DAYS)

Grade 8 - 12	Mrs Liebenberg (B12)	Monday
Grade 8 - 12	Mrs Adonis-Maarman (B11)	Monday
Grade 8 - 12	Mrs Hodges (C5)	Wednesday
Grade 8 - 12	Ms Robinson (B8)	Thursday
Grade 8 - 11	Ms Skog (B9)	Wednesday

GRADE 8 – 9

- Educators will leave after 10 minutes if no learners arrive so please be prompt!
- 14H30 – 15H30 on these days

Mrs Fanton (D6)

Wednesday

Mr Hugo (A4)

Thursday

Maths Support here means:

- Assistance from Maths teachers with homework, redoing of tests, catching up on work or completing worksheets (ADEX)
- NO TEACHING takes place, but individual help is given where necessary
- Learners may attend any of these classes when they need additional assistance

Grade 8 and 9 Post Test Maths Intervention

- After completion of a test, learners will be identified by their teachers to attend a COMPULSORY lesson.
- Time will be arranged by teachers.

The responsibility for seeking support in Maths, i.e. attending a session, lies with the learner. Take responsibility for your own success; do what you know you need.

LSU DETAILS

In need of emotional support?



Ms Conchar

Counselling Psychologist
Office: A block next to A1

Mrs Nel

Educational Psychologist
Office: B block next to B14

QR CODE
(for learners)

Our two full-time psychologists offer safe and confidential spaces to support the emotional well-being of all learners at Rhenish.

Learners can scan the QR code above to request a session - one of us will respond to you within 48hours.

For urgent assistance during school hours, learners can leave a note in the postboxes on our doors or go down to reception.

Parents can make contact with us via email:

lauren.conchar@rhenish.co.za

almarie.nel@rhenish.co.za

REASONS WHY PEOPLE GO TO THERAPY

PART I

Sana Powell, M.A., LPC x @curly_therapist



to improve their mental health



to cope with life transitions



to increase self-awareness



to process difficult experiences



to speak with a neutral person



to work through relationship issues

REASONS WHY PEOPLE GO TO THERAPY

PART II

Sana Powell, M.A., LPC x @curly_therapist



to increase self-acceptance



to practice vulnerability



to learn healthy coping skills



to unlearn harmful cycles



to express themselves freely



to heal from pain and loss

MySchool Card feedback



R9,842.57

VS



R8,162.34



577

VS



564

To all the parents/guardians and their family members who have taken the time and assisted the school in reaching this amount.

Although it might be less than the previous month, we are still very appreciative of the time and energy that our supporters have put in to make us still break the R8000 mark.

Becoming a MySchool Card member is easy. Just visit their website, sign-up and add Rhenish Girls' High School as your preferred beneficiary. It really is as easy as tick-tac-go.

And so we just want to say...

