

Issue 18 of 2023

RHENISH  
GIRLS' HIGH SCHOOL



1860

# RHENISH NEWS

Excellence • Compassion • Accountability • Integrity • Diversity • Respect

## RHENISH AND HELLENIC - A CHORAL DELIGHT



### In this Issue:

Hellenic Academy visits our school | Mathematics Week | Science Expo @ PRG | History Olympiad | Build-up to Learner Council 2024 announcement | Confucius Experience | Book Drive | Blanket Assembly | From the Old Girls | Rhenish Stars | Sport Round-up

# RGHS AND HELLENIC ACADEMY CHOIR SING TOGETHER AS ONE



BY LEON PIRON

*"Now we stand here together  
And lift our hearts in song  
To the rhythm of this moment in our lives."*

These lyrics, from the song Sisi Ni Moja, Swahili for "we are one", rang true on Thursday evening when Rhenish hosted the Hellenic Academy choir in a joint concert in the Rhenish Hall.

Travelling from their hometown of Harare, Zimbabwe, the choir spent nine days in South Africa. During their time here, they participated in the Cape Town Eisteddfod, where their vocal ensembles and instrumentalists fared extraordinarily well. Their 33 musicians (18 girls and 15 boys) made use of our facilities in the lead-up to the eisteddfod and, in doing so, gave anyone passing the Rhenish hall a taste of what was to come.

The concert was opened with our Rhenish choir, who set the scene by immediately transporting us into the magical world of choral singing. Singing four songs to give our visitors ample time to perform their works, our Rhenishers didn't hold back and ended their set with a new song.

You will be found from Dear Evan Hansen, with an inspiring message of hope when you feel alone; it was led by soloists Shannon Johnson and Caryn-Kaye de Bruin and featured Carmen de Wet on the drum kit.

The Hellenic Academy musicians followed with different vocal ensembles and a few soloists. Starting their set with Prayer of the Children, the incredible use of dynamic expression and precision harmonies left many in awe after only their first song. Fifteen items followed: a tuba, a flute and a viola solo, their "advanced choir", trios, duets and vocal solos. Some of these enjoyed standing ovations during the concert!

With the concert's title in mind, the choirs joined to end the evening with a mass item. A very different sounding version of the Sisi Ni Moya than that we are used to was heard as two new voice groups were added: the tenor and bass voices of the boys!

As mentioned at the end of the concert, we weren't only clapping our hands, standing up and cheering to say well done, but rather also to say thank you. Thank you to all the musicians, Rhenish and Hellenic, for leaving us with lifted spirits, sharing your talents and hard work, and taking us on a two hour memorable musical journey.



# MATHEMATICS WEEK @ RGHS

BY KIRSTEN ROBINSON

We have just celebrated mathematics week, where students participated in various number-inspired games. This included:

- Maths Bingo,
- What do you meme: Extreme mathematics edition
- A race to "Find their X".

Even the prizes were suitably math themed - some tasty triangular prisms! Our teachers also joined the fun by sharpening their problem-solving skills with morning math riddles and getting creative with some geometric snacks!



## rhenishers take home top spots in science expo

The Eskom Expo for Young Scientists is an exposition, or science fair, where learners can show others their projects about their scientific investigations. At the annual prestigious Eskom Expo for Young Scientists International Science Fair (ISF), selected students from 35 Expo Regions in South Africa compete against the best young scientists from around the country and worldwide.

Paul Roos Gymnasium hosted the Stellenbosch Regional Expo for all the schools in the Winelands region.

Four of our grade 9 learners participated in the expo and walked away with the following medals for their projects:

- Chrissa Worship - Gold Medal
- Sarah Hodsdon - Silver Medal
- Danielle Krige - Bronze Medal
- Isabella De Vries - Bronze Medal

Congratulations to these Rhenishers!

# RHENISHERS MAKE HISTORY AT HOZA (HISTORY OLYMPIAD SOUTH AFRICA)



Annabelle van Almenkerk



Caede Consul

BY PAUL VAN DER HOVEN

We know that Rhenishers love to make history in all that they do. And many things are proof of that. This year, some Rhenishers wanted to leave their prints in the historic pages of the HOZA archives.

But what makes this Olympiad different from the others? According to the HOZA website, it is an online Olympiad that started in 2022, and [HOZA] inspires learners by stimulating their interest in History and tests their History knowledge in a fun way. Learners have the opportunity to receive recognition for their achievements, and it is a learning opportunity as we adhere to the learning from assessment principle."

This year, 866 high school learners from private and public schools participated in the online Olympiad.

Two of our learners received excellent results:

- Annabelle van Almenkerk received a bronze certificate which places her among the top 15% of the learners (or amongst the top 130) who took part;
- Caede Consul received a gold certificate which puts her amongst the top 5% of the learners (or amongst the top 40) who took part.

# Reminder



*Rhenish Girls' High School  
History Tour to Eastern Europe  
(July 2024)  
Information evening*



**When: Thursday, 17 August 2023**  
**Where: Ebenezer Hall**  
**Rhenish Girls' High School**  
**Time: 18H30**

**9 nights**  
**12 days**  
**5 countries**

**Bratislava | Krakow | Prague | Salzburg  
Munich | Berlin**

Complete the Google Form:  
<https://forms.gle/tvnxZtPtpvQ3bpT67>

# Leadership in Rhenish Girls' High School

With the 2024 Learner Council (LC) announcement scheduled for 18 August 2023, we have asked your current LC leaders to share their experience with you so that, should you be selected, you know what you can expect from your term of office and what it means to represent your peers and lead the learners of the sisterhood.

The following is your Head Girl and Deputy Head Girl's report: "As the leaders of Rhenish Girls' High School for 2022/2023, we would like to take a moment to reflect on the leadership journey we have embarked on with immense honour and gratitude for the opportunities we were granted and extend our best wishes to the incoming group of leaders for 2023/2024.

To have been entrusted with such a monumental responsibility is a privilege we hold dear to our hearts. Throughout our term of office, we have collectively achieved numerous milestones and executed our plans that were merely wild dreams just a few months ago. Our shared dedication to the school which we deeply admire, personal growth and community development, has allowed us to give our all to this incredible Rhenish family, which we are so lucky to be a part of. From the beginning, we embraced this role with open arms and a deep commitment to serving Rhenish. Representing our school has been a source of immense pride for us, and we are truly thankful for the opportunity to have played a part in organising some of the most significant events our school offers. These experiences taught us valuable life lessons that will shape our future endeavours.

Admittedly, the journey had its share of difficulties. There were moments when we did feel overwhelmed by the pressure. But in those moments, we clung to our guiding principle: "inhale courage; exhale fear". This motto became more than just words; it became a mantra that fueled our perseverance, enabling us to push through obstacles and emerge stronger on the other side.

As we are nearing the handover of the role of Head and Deputy Head Girl of Rhenish Girls' High School, we want to extend our deepest gratitude to the extraordinary group of 25 individuals who walked every step of this exciting journey with us. Without the unwavering support of the Learner Council, none of what we have accomplished would have been possible.

Their dedication, innovative ideas, and tireless efforts ensured that every project we undertook was executed flawlessly. We would also like to thank our liaison teacher,

Mrs de Kock, every teacher within our school, our enthusiastic learners and the encouragement of our parents, who have been instrumental in driving our school's progress.

To the incoming leaders of Rhenish, leadership is not merely a title; it is a commitment to service, a dedication to those who have elected you and a responsibility to inspire those around you. Embrace every opportunity to lead your school in a positive direction and always keep the well-being and growth of the school at the forefront of your decisions. It is saddening to bid farewell to a journey filled with beauty and achievement. However, the reward lies in realising how much we have accomplished in this relatively short time. The bonds we have forged, the memories we have created, and our impact on our school community are immeasurable.

Looking ahead, we place our complete faith and trust in the capable hands of the incoming Learner Council. They will uphold and build upon the legacy we leave behind, taking Rhenish to even greater heights.

We extend our heartfelt wishes for a successful and fulfilling term to our successors. Remember, you are never alone on this journey; you have a supportive sisterhood ready to stand by your side, offering guidance and encouragement at every step.

Emma Green and Ishekudzwai Matope





# Confucius Experience showcase at Rhenish Girls' High School.

BY MARINE WASSERFALL

Anyone unfamiliar with the melting pot of activities on the Rhenish grounds at any given time may have been thoroughly overwhelmed by the myriad of sounds carried on the brisk wind this week. They would have been excited by the hockey chants, intrigued by the science questions, perplexed by the mathematics problems and emotional after the angelic choir songs. Filtering through the cacophony, they may also have been soothed by the calming sound of soft music and the delicate whoosh whispers of Chinese fans through the air.

During their Physical Education lessons this week, Rhenishers were treated to the experience of various traditional Chinese cultural activities by the Confucius Institute of Stellenbosch University. Two instructors from the institute, Jia Yang and Xu Mengxuan, took the time to teach the learners various skills and games, from traditional Chinese fan dance to martial arts using nunchucks. Using space wherever it was available on the eventful Rhenish grounds, from the parking lot to under the trees, learners and visitors alike enjoyed the experience of something new and graceful.

Learners were taught basic skills for these intricate art forms but were free to create their movements and use their imagination. It was a sight to behold the colourful fans in action as learners took the opportunity to twirl, leap and create dances; the elegance of Ms Xu inspired even the most hesitant learners. The girls were unable to hold back the excitement over the opportunity to try movements with nunchucks, especially after observing the trained artistry of instructor Jia. Rhenish had a joyful and fun time learning a little about our culturally diverse world.



[Click here to view  
some videos](#)



# WE NEED YOUR BOOKS!

BY FRANÇOISE AZUL

We are collecting children's books (Grades 1- 7) that will be cleaned and donated to Weber Gedenk Primary School during term 4.

The librarian of Weber Gedenk Primary (Mrs E Johnson - mother of an old girl) just told me that their learners are reading so much more due to all the lovely different books donated by RGHS in previous years.

The school is grateful to have received the books collected at our annual book drive. We also visit the school twice a month to read to the learners at the USIKO aftercare center.

The prizes to be won by our girls for participating in this popular event are displayed in Rhenish Library.

Best class: Pizza for everyone

Biggest individual donation:

First place: R500 voucher from Wordsworth

Second place: 5x R50 voucher for the tuckshop

Third place: a big slab of bubbly chocolate and three cappuccino sachets.

The book drive ends at the end of this term, and we aim to collect more books than last year, but this can only be achieved with everyone's help and support - We collected about 2000 books in 2022, and we know that we can beat that number this year.

*The Book Drive  
2023 has started!*

## Blanket Assembly - Bless a Baby



BY GLENYS KRUGER

Rhenishers will hand over their completed knitted square blankets to the Bless a Baby Project during assembly on the 18th of August.

We have received many knitted squares (as mentioned in the previous editions of Rhenish News) and have had the great honour of having some of our parents band their needles together and help make the knitted squared into some of the most colourful blankets.

Have you perhaps contributed to this initiative by knitting squares or sewing them into blankets? If so, you are invited to visit the school and join in the fun as we will display the completed blankets to the school and showcase what we have accomplished as a sisterhood before they are sent off to their new owners at the Bless a Baby Project.

# From the Old Girls



## ROGU SCARF ORDERS

For more information about Rhenish Old Girls' Union, or information about how to order your scarf, please get in touch with Mrs Dominique Golder, Alumnae Contact and Marketing, at: [dominique.golder@rhenish.co.za](mailto:dominique.golder@rhenish.co.za)

# Rhenish ★s



Congratulations to Sarah Krone and the South African Mixed Open Tag Rugby performance during the recent Tag Rugby World Cup held in Limerick, Ireland.

Sarah made an impressive achievement by scoring her first international try during the event. Her excellent performance helped boost TagBok's standing, as they finished fifth overall.





# SPORT ROUND-UP

# NETBALL

## ROUND - UP

### vs Hugenote (Away)



1st team won 43-23

2nd team lost 18-12

U17A lost 18-11

U16A lost 22-17

U16B won 23-2

U16C lost 18-10

U15A won 16-14

U15B won 20-11

U15C won 25-2

U15D won 23-2

U14A won 18-4

U14B won 20-8

U14C lost 16-12

U14D lost 12-7

### vs Somerset College (Home)

1st team won 43-11

2nd team won 17-12

U16A won 17-12

U16B won 17- 2

U15B won 22- 5 vs Somerset College U15A

U15C won 20 - 1 vs Somerset College U15B

## Bloemhof U14 Tournament

U14A

Drew 16-16 vs Bloemhof B

Won 21 -6 vs Herschel B

Won 21-2 vs Somerset College A



# HOCKEY

ROUND-UP  
BROUGHT TO YOU BY



## vs Somerset College (Home)

1st team won 5-1  
2nd team won 4-0  
3rd team won 6-0  
U16A won 4-0  
U16B won 3-0  
U16C won 4-0  
U14A won 4-1  
U14B won 2-0

## Bloemhof U14 Tournament

U14A  
Won 2-0 vs Springfield  
Won 5-0 vs Bloemhof B  
Won 5-0 vs Strand High  
Won 1-0 vs Somerset College  
Won the overall tournament played  
Bloemhof in the final. Winning 2-3 in the  
shootout

U14B  
Lost 4-0 vs Bloemhof A  
Lost 1-0 vs Bellville A  
Lost 1-0 vs Somerset College A  
Won 2-0 vs Strand  
Tied 5th position with Bloemhof B



## Top 12 results 2023

This past week our U14A, U16A and First Team participated in the Top 12 Hockey Tournaments hosted in Bloemfontein (First Team), Paarl (U16) and Stellenbosch (U14).

Our teams finished in the following positions:

**U14 = fifth**

**U16 = tenth**

**First Team = fourth**

*\*Look out for a full report in the next edition.*

# LIZE-JEANNE COETZEE BIOKINETICIST PRACTICE

# SCHOOL WELLNESS TESTING

— AT HIGH SCHOOL LEVEL —

Lize-Jeanne Coetzee  
Biokineticist Inc



SPECIALISED

Body Composition

& Gross Motor  
Movement Testing

ALL TESTING PROCEDURES DURING SCHOOL HOURS

**R270**  
per child

+ FEEDBACK SESSIONS

AT SCHOOL  
FEEDBACK

OR

ONLINE  
BOOKEM FEEDBACK



Wellness testing is for  
all children and not  
only those who have  
health-related challenges.  
Every child who  
participates can benefit  
from this testing.  
Registrations are now  
open to all.

Testing date: 22-24 August 2023 | Cost for testing: R270 | Testing includes the following: InBody J30 Screening including Report, Posture Analysis, Gross Motor Development Assessment, Functional Assessment and Running movement screening.

Our Biokineticist will assess muscle imbalances and how well the child's body is developed. After the assessment, every parent will receive an online or print-out report and a 15-minute feedback session with the Biokineticist.

Registration link: [Registration link for School Wellness Testing](#)

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# Cookies for Cancer

Karri app open from 31 July to 7 August  
Drop off in Register

COOKIES ONLY R30

17 AUGUST



SUPPORT KIDS  
FIGHTING  
CANCER



# 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](mailto:lauren.conchar@rhenish.co.za)**

**[almarie.nel@rhenish.co.za](mailto: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