



Issue 28 of 2023

# RHENISH NEWS

Excellence ● Compassion ● Accountability  
Integrity ● Diversity ● Respect

# *Here we come...*

# 2024

## **In this Issue:**

Motto Assembly | #BokFriday | Sponsorship in 2024 |  
Botanical Garden visit | Out of the Ordinary |  
Santa Shoebox | Sports Results

“*Hold the Vision,  
Trust the process.*”

Jana Gouws

As the year comes to an end and we reflect on the past ten months, while looking forward to 2024, we are faced with a lot of goals to still achieve and challenges to conquer.

We, as the Learner Council for 2024, spent time coming up with a motto that can be used to inspire the school and encourage each another to keep working towards our goals no matter what life throws at us. And with that the motto for 2024 was chosen... “Hold the Vision, Trust the process.”

May this motto be encouraging to every Rhenisher during this exam season and may it remind us of where we started and where we, as a school, are heading.



This year's Motto Assembly was held together with our Springbok Gees #BokFriday.





**#BokFriday:  
27 October 2023**





# What will 2024 look like?

According to our School Governing Body Chair, Gerhard Smit, as mentioned in the Annual AGM held in October 2023:

“In 2024 a range of exciting opportunities for both organisations and individuals will be created to create a lasting impact on our learners’ lives which will enhance their sport, cultural, and academic experiences.

Collaborating closely with the School Leadership, we have identified some ambitious objectives that will be supported by a series of community-driven initiatives. I believe that by fostering a sense of togetherness we can accomplish these goals with the collective effort of our extended school family.”

You can become a sponsor in any the following area school:

Academics and Culture

Aquatics

Hockey

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## *Education in action*

Chloé le Roux

After a brisk walk through the flourishing town of Stellenbosch, the grade elevens were treated to a morning in the Stellenbosch University Botanical Garden. It was refreshing to walk out of the classroom and encounter our textbook in real life.

Instructed to take photos of the four different phyla (species) of plants, as well as a take photo of our favourite plant, we enthusiastically explored the garden for an hour and a half.

A huge thank you goes out to the Rhenish Girls’ High School Life Sciences Department and the Stellenbosch University Botanical Garden for making this memorable morning possible.





# Out of the Ordinary learner changes lives



Our 2023 Investec Out of the Ordinary learner, Olivia Visser, continues to live up to her name as she and her family took hands with the Hanna Charity Foundation and assisted with the establishment of the Li'l Fish Reading Room in Smartie Town. She, together with the rest of the foundation, took an ordinary container and turned it into a quiet place of calm and reading.

You can view video of the opening of this library this foundation [here](#).





# SANTA SHOEBOX

RHENISH

GIRLS HIGH SCHOOL



1860

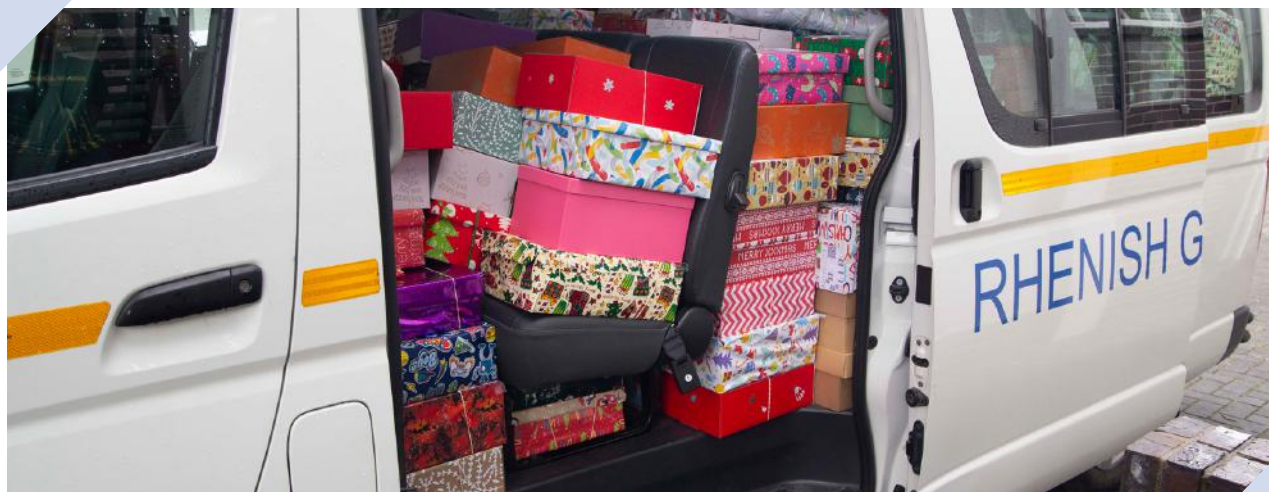
The Santa Shoebox Project is an annual project that we support and one that we hold dear to our hearts. As service and caring are part of our Rhenish make-up, our learners could not wait to get started with this project.

This year was the tenth year that Rhenish Girls' High School has been involved in the Santa Shoebox Project. Almost 5000 boxes were pledged by the Rhenish community during the past decade. This year, Rhenish pledged 122 boxes, which meant that, together with the boxes dropped off by the Stellenbosch community, we had a room filled with Santa Shoeboxes. Almost 900 boxes were collected in total and taken to the drop-off point in Somerset West.

This project also allowed our learners to become involved in the other (behind the scenes) parts of the project from receiving the boxes in the morning, ticking off the names, putting them in the storeroom, collecting boxes from the community in the foyer to taking them to the storeroom. Furthermore, they helped load the bus before the boxes were delivered to Somerset West.

A big "thank you" to the Rhenish and Stellenbosch community for reaching out to help put a smile on children's faces this coming Christmas.

Paul van der Hoven



2023



***Sports Results***  
***Round-up***



# SWIMMING



Rhenish Girls' High School wins Girls' Section of Boland GALA, hosted by Rhenish Girls' High School, by 33 points.





# ATHLETICS



Rhenish Girls' High School recently participated in the Paarl Girls' High School Invitational and the Boland Summer League. The following learners achieved some great results:

## **Paarl Girls' High School Invitational:**

Katherine Sickle and Amy Evans won the 150m and 300m hurdles respectfully.

## **Boland Summer League:**

Nicola vd Merwe won U16 javelin and achieves personal best of 50.25m



# Rhenish

# Aquatics



## Aquatic KIT

### OUR KIT

Our Water Polo and Swimming Team Kit form an integral part of our Rhenish Girls' High School Brand.

The kit - rebranded in 2018 - remains the same. We have sourced the best quality fabric at the most affordable prices and the kit will be used for the time your daughter plays the sport at Rhenish Girls' High School.

The costumes are of a high quality, and should last for at least 3 seasons if the girls take care of them.

### Order Here

[Kit & Costume](#)

### THE PROCESS -

#### HOW TO PLACE YOUR ORDER

- Kit orders need to be placed by completing the google link by 31 October 2023 .
- Proof of Payment must be loaded onto the order form before it can be submitted.

### NOTE

*Early orders needs to be placed as there is a lead time of 8weeks for kit to arrive so we cannot only place the order in Term 1 of 2024. If you do not order now, the learner will not have kit for the 1st term.*

### Payment

Rhenish Girls' High School

Nedbank

Account No: 1180253698

Ref.: Name+Surname+Aquakit



# All Items of the Kit are Compulsory

## Swimming KIT

- TYR costume R450

### Costume



- White T-shirt R195
- Navy Shorts R250

### T-Shirt



Navy Shorts



White Cap

- Navy Swimming Cap R80

### Navy Cap



- 1 x Rhenish Towel R220



Rhenish Towel

## Water Polo KIT

- Water Polo Costume R680

- White T-shirt R195
- Navy Shorts R250

- 1 x navy swimming cap R80
- 1 x white swimming cap R80

- 1 x Rhenish Towel R220



# Yearbook 2023

**Pay via Karri**  
**Collect with POP from Molteno Room**

**AVAILABLE NOW**



**NO  
BRACES**

**ORTHODONTIC  
TREATMENT  
FOR ADULTS & TEENS**

**WITH INVISALIGN  
CLEAR ALIGNERS  
BY DR FRANS KRUGER**

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[info@ismile.co.za](mailto:info@ismile.co.za)



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GIRLS' HIGH SCHOOL



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IT'S TIME TO THANK OUR  
WONDERFUL GROUND STAFF WITH...

# Christmas Vouchers

DONATIONS TOWARDS THESE VOUCHERS WILL  
BE OPEN ON THE KARRI APP UNTIL 30  
NOVEMBER

● ALL DONATIONS ARE GREATLY APPRECIATED  
AND WILL HELP US GIVE OUR STAFF THE THANK  
YOU THEY DESERVE FOR KEEPING OUR  
GROUNDS LOOKING IMMACULATE



The staff wishes our grade 8s to  
11s well with the start of their  
exams and we wish our grade 12s  
well for the rest - the first week  
is done.





# 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