

Issue 28 of 2024

RHENISH NEWS

Excellence ● Compassion ● Accountability
Integrity ● Diversity ● Respect

RHENISH VICTORIOUS AT INSPIRED CUP



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**Photographs: Jess Brown, Garin Walker, Ms Davids, Ms Van der Merwe, Tina Gardner,
Alerise van Ster, Ms Baxter, Paarl Girls' High School Media Team,
Waterpolo Dad (Facebook profile)**



Upcoming Events and Dates



- Paarl Girl's High Invitational



- Boland Gala (Rhenish Host)
- All Sport and Culture Activities Conclude



- LO Exam (All grades)
- ROGU Business Breakfast



- E-Book 2025 Store Opens
- FinCom & Exco Meeting
- Final Examination: Start (Grade 10 & 11)



- English P3 (Grade 8 & 9)

Triumphant Rhenishers take home the

Bella Murray *Inspired Cup title in 2024*

Over the weekend of 24 to 27 October, our Rhenish Water Polo First Team competed in the Inspired Cup 2024, delivering an outstanding performance.

After an unexpectedly long travel day, we arrived in Johannesburg and wasted no time, facing our first match that very afternoon. Eager and excited, we opened the tournament with a superb 20-1 victory against Pretoria Girls.

Day 2 began with high energy and positive team spirit. We started the day with a commanding 19-0 win over Oakhill. Later that day, we faced Steyn City and St Stithians, where our team's determination and passion led to further triumphs with scores of 10-4 and 7-3 respectively.

On Day 3, we had an early fixture against St Mary's Waverley, where our team's enthusiasm and unity shone through with an impressive 15-0 win. Remaining unbeaten and topping our pool, we qualified for the semi-finals later that evening. With unwavering strength and resilience, we secured a spot in the final with a decisive 14-1 victory over Steyn City.

On the final day, our team was energised and ready for the championship match against Woodridge at 12:00. After a hearty breakfast and with positive affirmations filling the air, we took to the pool in high spirits. A phenomenal game of water polo resulted in a 7-2 victory, crowning the Rhenish First Team Water Polo as the Inspired Cup champions.



Editor's note: The following Rhenishers made the Tournament team: Sofia Walker, Bella Murray, Zoë Michell and Georgia Hobbs. Three members of the team won the following individual awards: Georgia Hobbs - Goalkeeper of the Tournament, Sofia Walker Defender of the Tournament and Bella Murray - Attacker of the Tournament.

2024 Hostel Olympics



To launch our new term of office, the Hostel LC aimed to create an engaging event for everyone to get better acquainted and to build enthusiasm for the term ahead. With the Paris Olympics and Paralympics having taken place earlier this year, we thought it fitting to hold our very own Hostel Olympics on 11 September.

The girls were divided into ten teams, each representing a different country: Ireland, Australia, Spain, Greece, USA, Brazil, Italy, Japan, France, and Kenya. Each team competed in a round-robin tournament across five games – volleyball, ultimate frisbee, dodgeball, a sack race, and a blindfolded ball game.

We encouraged each team to dress up and show their team spirit, resulting in some fantastic costumes! Highlights included Team Japan's homemade sushi outfits, Team Australia's portrayal of 'Raygun,' the viral Olympic breakdancer, Team USA's Trump outfit (complete with an orange spray tan), and Team Greece's togas.

That Wednesday evening was truly memorable! It was the first event of its kind in the hostel, and it reminded us how valuable it is to connect with people outside of our usual circles. It inspired us to host more events, as we always find such joy in coming together as a hostel. Team Australia took the Olympic gold medal by the end of the night, with Team Brazil and Team France completing the podium. The Hostel LC also awarded 'best dressed' prizes for each grade, and everyone enjoyed Olympic-themed cupcakes lovingly prepared by our hostel kitchen.

We as the Hostel LC hope this event becomes an annual tradition. Organising it was a wonderful experience, and it was a truly special night!

HOSTEL HALLOWEEN FUN

Sophie Fitzhenry

If horror isn't your genre, you may wish to avoid the Rhenish hostel in October! Here, we have a beloved tradition of transforming the school grounds into a haunted house, sending our unsuspecting juniors off to face their fears. Clowns, dolls, Voldemort's lesser-known twins - we have it all!

Halloween is an especially meaningful time for hostel learners, particularly for the Grade 11s, as it offers the chance to create an unforgettable evening for our juniors and enjoy a "last hurrah" before exams begin.

The responsibility for planning this annual adventure lies with the Grade 11s, and I am proud to say we truly outdid ourselves this year. Every stop on the route was carefully crafted, giving us the opportunity to showcase our hidden horror acting talents. Pulling off a great scare requires creativity, hard work, and meticulous planning, and we were determined to provide a night to remember - dressing to the nines and giving it our all! Admittedly, we probably enjoyed it far more than our poor juniors, but it was a memorable experience for everyone involved.

The evening was a wonderful chance to release some stress and create fun memories with friends. Although, a formal apology to our neighbours for all the noise might just be in order!

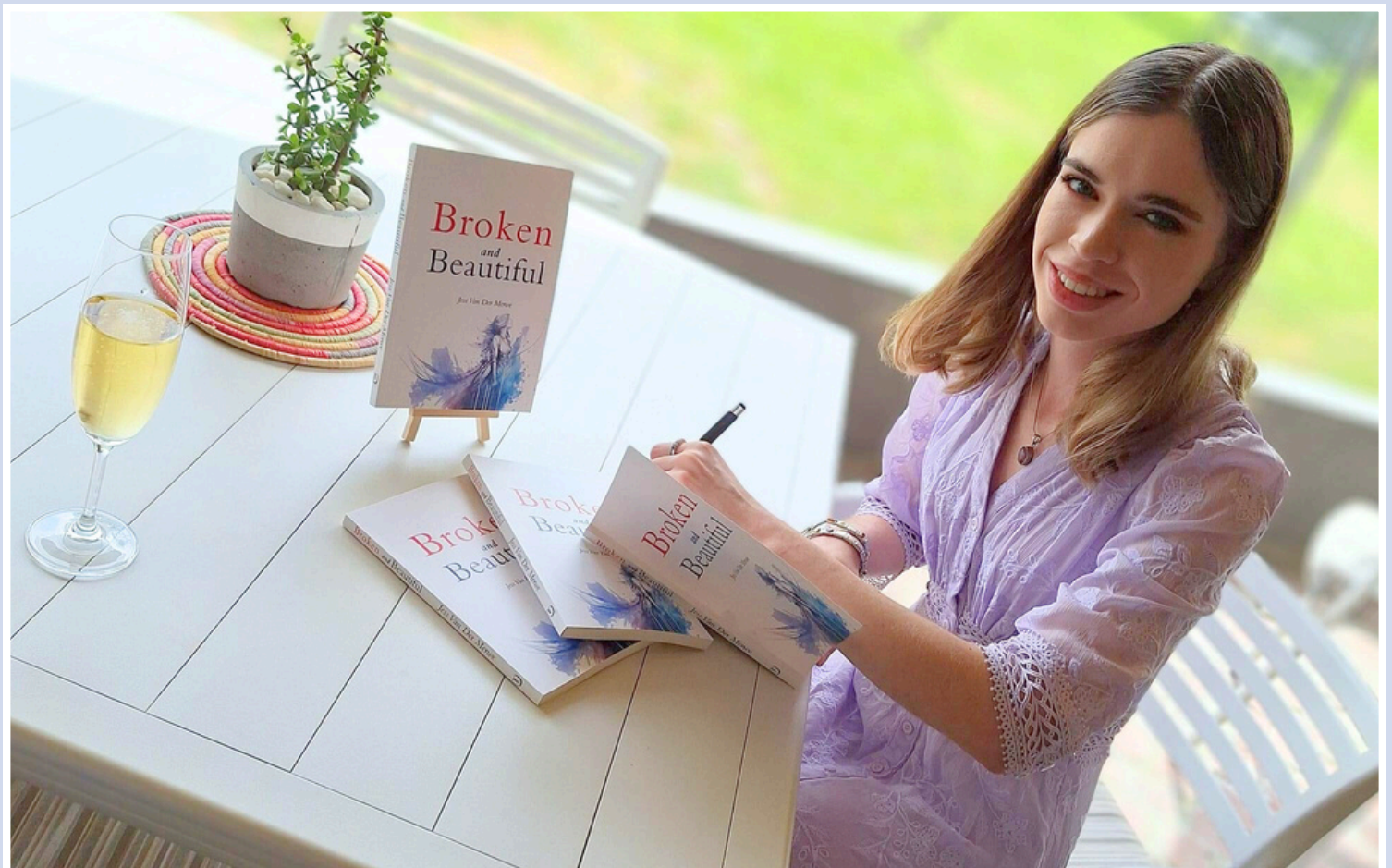
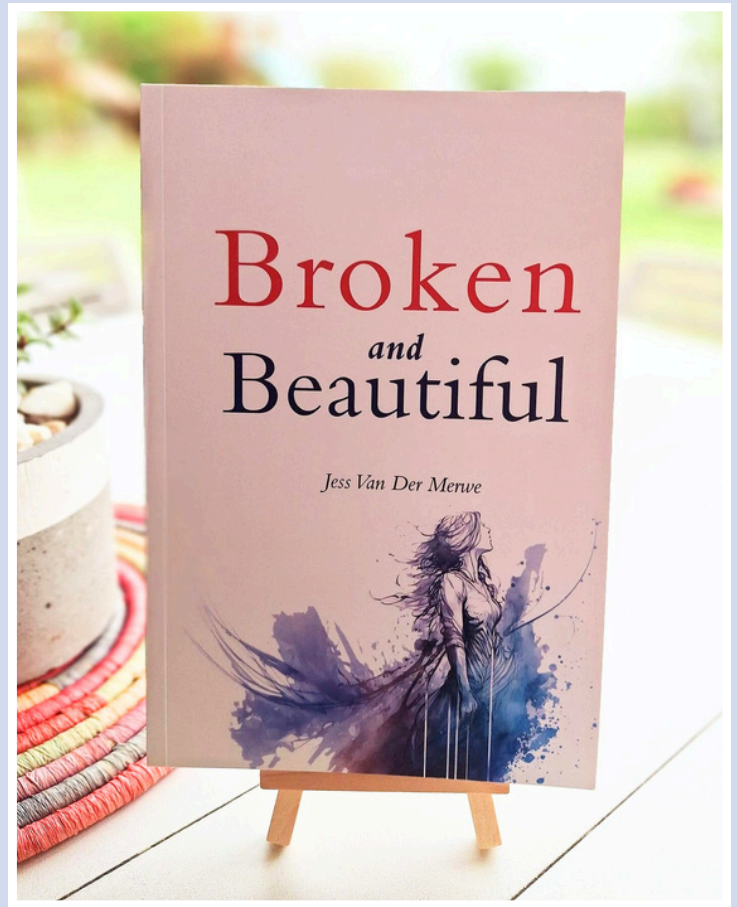


Rhenish Old Girl writes a book

Jessica van der Merwe is an old girl from Rhenish who matriculated in 2018. She has just written and published an autobiography, *Broken and Beautiful*.

Living with Cerebral Palsy, Jess has faced more challenges in her 24 years of life than many people do in a lifetime. Despite these challenges, she has learned to take control of her life, advocate for herself and find strength in accepting help from others. Her journey is a testament to the power of self-love, determination and a positive outlook. Her story is one of overcoming adversity, embracing vulnerability, and discovering the beauty in life's toughest moments.

Broken and Beautiful will be available on Kindle, Amazon, and Takealot shortly.



CLASS REUNION 1994



Dominique Golder

On Saturday, 26 October, the school grounds were once again filled with laughter as we welcomed back the Class of 1994. For some of these ladies, it was the first time they had set foot on campus since they left 30 years ago. The reunion began with refreshments and light snacks in the Molteno Room, where they gathered to reminisce and reconnect with their former classmates.

Many initially wondered whether they would even need two hours to tour the school, only to find themselves captivated for two and a half. They were delighted to see the new classroom blocks, the recently developed pool area, and, of course, the music academy that have been added over the years.

The Class of '94 invited former teacher Mrs Serfontein and past principal Ms Snyman to join them on the tour, and they later reconnected with Mrs Burger and Mrs Baxter, who attended their lunch. It was a pleasure to host this special group, and we look forward to welcoming them back again in the future.



SPORT NEWS & RESULTS



PAARL GIRL'S HIGH SCHOOL INVITATIONAL: RELAYS

Harriet Smit



On 23 October 2024, Rhenish proudly sent a team of athletes to participate in the Paarl Girls' High School Invitational Relay Meet.

Our athletes competed against teams from HMS Bloemhof, Paarl Girls' High School, Paarl Gimnasium, Fairmont High School, Stellenberg High School, and Durbanville High School.

It was a long, hot day filled with friendly competition, enjoyment, and success. Despite the strength of the other teams, Rhenish, with our small but determined team, achieved the following results:

- **Third place in the 4x400m relay (Open Age Group)**
- **Third place in the 4x100m relay (U14)**
- **Third place in the Swedish relay (U14)**
- **Second place in the Sprint relay (Open Age Group)**

We are extremely proud of all our athletes and extend our gratitude to the coaches and liaisons who dedicated their day to support us.

We look forward to returning next year!



Sports Results



Water polo Friday, 25 Oct vs Herschel away



U14B vs Herschel U14B,
Rhenish lost 8-3
U14A vs Herschel U16B,
Rhenish won 8-1
U16B vs Herschel U16C,
Rhenish won 7-2
U16A vs Herschel U16A,
Rhenish lost 8-0
2nd team vs Herschel 2nd
Rhenish lost 15-0

ACADEMIC PORTFOLIO PRESENTS: STUDY TIPS & METHODS

STUDY-TIME RATIO 60:20

For every hour you study, take a 20min break, repeat 3 times. By then, you'd have completed 3hrs of studying & revision. Now take your longer 45min-1hr break! You've earned it!!



THE RIGHT STUDY METHOD FOR YOU

Everyone studies differently, you need to find what works for you and implement that strategy.
eg mindmaps, blurt method, PQ4R method, Feynman Technique, etc.

01

02

03



THE RIGHT ENVIRONMENT

- Minimal distractions
- Organised schedule/timing
- Organised space
- Good/natural lighting
- Calm atmosphere
- Access to fresh air



ACADEMIC PORTFOLIO PRESENTS:

STUDY SNACK MENU



DARK CHOCOLATE

A natural way to increase concentration, full of antioxidants and natural stimulants.



GREEK YOGHURT

Proven to relieve stress and mental capacity, high in protein and filling.



BERRIES

Antioxidants keep us zoned in and the glucose gives us energy for the brain.



FRUITS

They all help in giving your brain a boost of energy while supplying vitamins, minerals and fibre to your body.



MUESLI & NUT BARS

Will give you long lasting energy while still being sweet without the added sugar of chocolate bars.



APPLE W/ PEANUT BUTTER

It provides you with protein and fats to keep you focused on the task.

WHAT TO DO DURING STUDY BREAKS:

01

Take a Short Walk

Around the house or in the garden, studies show that exercise can improve brain function, boost verbal memory and improve alertness and learning while providing stress relief.

02

Read a Chapter of Your Favourite Book

Reading something that you actually find entertaining is a great way to break up a study session as it gives your brain a chance to process academic content.

03

Make a Quick Snack

Preparing a small snack during a study break is a good way to stay productive, as it gives your brain something to do, and your stomach will thank you!

04

Take a Quick, Warm Shower

Taking a warm shower is proven to promote relaxation, relieve stress and anxiety, clear your mind and enhance mindfulness.

WHAT NOT TO DO:

01

Watch TV

Watching TV during a study break is not ideal as it doesn't promote productivity, and can lead to you feeling more tired than you actually are.

02

Go on Social Media

It's easy to lose track of time when scrolling, and it can reduce concentration by 20%. Try to keep your phone out of sight while studying AND during breaks, as the whole purpose of a study break is to recharge your brain.