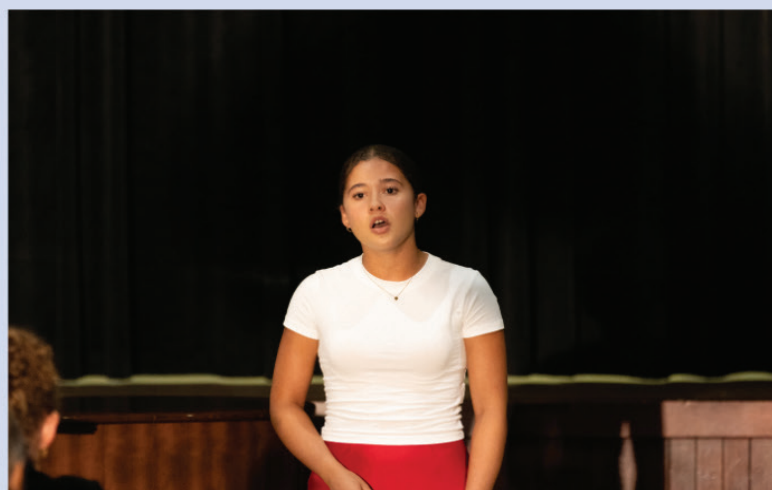


Issue 14 of 2024

# RHENISH NEWS

Excellence ● Compassion ● Accountability  
Integrity ● Diversity ● Respect

## RHENISHERS SHINE AT SENIOR MUSIC CONCERT



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# Senior Music Concert - a night to remember

Quoting a member of the audience of 9 May “ My goodness, Rhenish has extremely talented musicians!”

Sonja van Amstel

Music is a performing art to be shared and last Thursday evening’s presentation of voice and instruments reminds one once again of the importance of music in one’s life and the privilege of having a functioning music department at Rhenish. We, as educators, are encouraged by our learners every day.

Besides being part of the WCED PAT 1 Concert performance - the added benefit is that grade 10 to 12 learners attend this evening and learn about how other learners perform, how to react to applause, and how to handle moments of a possible wrong note or word.

As MC for the evening, Simone Singe, provided the audience with a brief explanation of each musical item prior to the performance. Her enthusiastic and contagious manner created a positive rapport between the performers and the audience.

Thank you PTA for the delicious snacks and refreshments and the most beautiful flower arrangement. We appreciate your support.



# HOSTEL DANCE - AN EVENING OF FUN AND LOTS OF PHOTOGRAPHS

Megan McCulloch & Courtney Bowker



The Hostel LC hosted the annual hostel dance on Tuesday, 8 May, and, as usual, it was a night to remember. With the Rhenish Hall transformed using “The Roaring ‘20s” as inspiration, gold and black balloons covered the ceiling and the tables were decorated with pearls and feathers.

The hostel learners looked dazzling, all dressed up, and the hostel LC dressed up to the theme. The DJs were a crowd favourite, playing music of all genres, keeping the girls on the dance floor all night, and some of the duty teachers showed off a few moves. The fantastic kitchen staff provided delicious starters, mains, and dessert, which we enjoyed immensely.

The typical Rhenish “gees” was on display when the grade 8s and 9s did their prepared dances, a tradition at every hostel dance. The girls also spent some time at the photo booth, where Isabella de Vries took the photos. A highlight of the night was at the end when the Hostel LC handed out their gift, a hostel badge, for each hostel member, which left huge smiles on everyone’s faces.

The hostel dance was a huge success. Thanks to the Hostel LC for all the hard work in organising the dance and to the enthusiastic hostel learners for showing up and showing off their dance moves.

11As' Trivia Night was one for the books. We had twists and turns and many unplanned moments, but all our hard work came together in one fantastic evening.

At 6 o'clock sharp, people began arriving; it seemed we had a never-ending flow through the hall entrance. Our first hurdle: We planned for an average turnout, which turned into a full house. This led to us having to place two teams per table. People brought snacks and music flowed as the smell of delicious popcorn and hot chocolate filled the air.

We were ready to begin after a bit of a disruption due to our table situation. Our trivia teams came up with great team names. Our teacher's team called themselves "the winning team", and although they didn't quite come first, they did win the third-place prize - a mouthwatering jar of sweets.

We had many laughs and frowns as learners, parents and teachers worked together to answer our trivia questions. We had a bit of everything for everyone. From general knowledge to sports and even some science. Then came our next hurdle; we had a tie for 2nd place. After a round of sudden death, we had our winners.

Our winning team, the Mavericks, scored 40/46 and thanks to our sponsor, Gino's Pizzas, they were awarded an R250 voucher for a pizza night. All in all, the trivia evening was

# GET YOUR QUIZ ON WITH TRIVIA NIGHT!

**Ava Stemmet**

deemed a great success! Our hosts added a little extra sparkle to the night, our finance team worked hard to ensure every cost was accounted for and our ushers ensured everyone received help where they needed it. The evening was great fun and enjoyed by all. Although not everyone was a winner, we all left with a little more knowledge than when we started and certainly an interesting fact or two in our pockets.

We are so grateful for the support received for this fundraiser and we hope that Rhenish trivia nights will become a regular feature on the calendar.



**Thank  
you to our  
sponsor:**



# Rhenish Old Girls' Annual Lunch - a celebration of sisterhood



On Saturday, 11 May, ROGU hosted the Annual Old Girls' Lunch. The atmosphere in the Rhenish Hall was warm and nostalgic as old girls reconnected and reminisced. Laughter and stories filled the air, creating a sense of unity among the attendees. The presence of former principals added a touch of history and wisdom to the event, reminding everyone of the strong bonds forged at Rhenish.


The 40th anniversary of this cherished tradition was a testament to the enduring legacy of Rhenish and its lasting impact on its alumnae. As the afternoon drew to a close, there was a sense of gratitude and appreciation for the connections that had been rekindled and the memories that had been shared.

With the LC members playing a pivotal role in ensuring the success of the event, the future of the Old Girls' Union looks bright. Their enthusiasm and dedication were commendable, embodying the spirit of service and camaraderie at the heart of Rhenish.

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# SPORTS NEWS

# The 2024 Boland Hockey players: Rhenish Girls' High School.



The following Rhenishers will be representing the Boland at the provincial hockey tournaments that will be taking place during the upcoming holidays:

U18A : Leah du Plessis; Martanique Petersen

U18B: Shene du Plessis; Kaitlyn van Binsbergen

U18 Regional Team: Puck Bakker

U16A: Katherine Sickle; Grace Hobbs; Pippa Viljoen; Eva Miller;  
Rose Quinlivan; Nicola van der Merwe;  
Sarah-Ellen Groenewald; Lily Newton

U16B: Amy-Leigh Gibson; Frankie Henn

U16 Regional Team: Aqhama Kwayimani; Sarah Oscroft

U14A: Megan Bennie; Isabella Garces; Zoë Jacobs; Aerial Miller

U14B: Dani Henn; Emma Wilcock; Liv de Beer;  
Taylin Hilliard-Lomas

# Results



**HOCKEY VS LA ROCHELLE 11 MAY**  
U19B drew 1-1 (La Rochelle U19A)  
U19C won 3-0 (La Rochelle U19B)  
U16A won 6-0  
U16B won 1-0  
U16C won 3-0  
U14A won 3-0  
U14B won 7-0  
U14C won 7-0

**Netball matches vs La Rochelle  
cancelled**

# Rhenish STARS



Grace Morris has done exceptionally well at the XVI Africa Aquatics Swimming Championships where she represented South Africa and came home with the following medals:

Individual medals

Silver - 200m backstroke

Bronze - 100m backstroke

Bronze - 200m individual medley

3 relays - 3 silver medals

Garbiella Martin participated in the “On the tip of your tongue public speaking competition” recently and was awarded an A++ (91%). She also took part in the Stellenbosch Eisteddfod and walked away with a Cum Laude in Public Speaking.



Isabella Delplanque participated in the “ATKV Redenaars” Competition and went through to semi-finals of the competition.



# Rhenish STARS



Nina Watts did very well at the Lifesaving Inter Provincial Champs that was recently held in Gqeberha. She represented the Western Cape and achieved the following results:

1st in Beach sprint

1st in Beach relay (team of 4 sprinters)

2nd in Taplin Relay (team of 1 runner, 1 swimmer, 1 boarder)



Malika Surmon recently won gold at the Infinity invitational for Rhythmic gymnastics (elite dance).



Zintle Warner achieved her PADI Open Water Scuba Diving certificate last weekend, which included online theory study, plus 4 dives – two in the I&J tank in the Two Oceans Aquarium and two in the ocean in Simon's Town.

# Exam Tips from the LSU

## 1. Set up an effective plan

- **Set a realistic study timetable**
- **Make time for breaks**
- **Set small, attainable, and specific goals by breaking up your work into sections**
- **Limit distractions e.g. put your phone on flight mode or in another room**
- **Make your study space a nice place to be**
- **Put small rewards in place for when you have completed a task**
- **Share your study plan and goals with someone you trust and ask them to help you stay accountable**



## 2. Don't forget the basics



*Eat. Sleep. Move. Connect.*

### 3. Ground yourself in the present when you feel overwhelmed



### 4. Reach out for support



# Learner Support Unit at RGHS



Ms Lauren Conchar  
*Counselling Psychologist*  
lauren.conchar@rhenish.co.za



Mrs Almarie Nel  
*Educational Psychologist*  
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Ms Nkepeng Khoboko  
*Academic Support*  
nkepeng.khoboko@rhenish.co.za

## Emotional Support

- **Individual counselling/psychotherapy:** Takes place during school hours (maximum of 12 sessions per learner per year).
- **Individual secondary support:** Check-ins at school for learners who are seeing an external psychologist.
- **Whole-school wellness check-ins once a term.**
- **Class-based group sessions and specific small-group sessions.**
- **Grade 9 Subject Choice Assessments:** At parents' own cost.

## Academic Support

- **Short-term Individual and small-group level support.**
- **Grade 8 and 9:** Choice subject change to s'Cool Skills which focuses on soft skill development.
- **Homework Centre:** Open from after school until 16:00 (Monday-Thursday).
- **Accommodations:** Diagnosed or suspected learning barrier issues can be brought to the attention of the LSU by parents/guardians. .

Please feel free to email a member of the LSU if you would like to enquire about any of the above-mentioned services.

»» All cases are treated with utmost confidentiality ««