

RHENISH GIRLS' HIGH SCHOOL

2023

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2023

... then, now and forever

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"Discomfort is a Catalyst for Growth

Photo credits

Mr Piron, Mrs Arzul and Mr Swart
members of Rhenish Media Services

TIMES OF GROWTH

**DR RIKA KROON
MS ANGELA SARGA**



2023 has been a year of significant change for Rhenish Girls' High School. Change is not something that sits comfortably with many of us and so, often, we resist it. We stay in our lanes, we stick to our routine and mix only with the people that we are accustomed to, with whom we feel comfortable. This is not always a bad thing. However, if we do not change, we cannot grow. Also, in resisting change, we lose the ability, the skills necessary to manage change. We anesthetise ourselves to the possibilities that change can bring because we are afraid to do the work that change demands.

Times of stress are also signals for times of growth

Change is both inevitable and unavoidable. This truism is well documented, particularly in the animal kingdom. A prime example is the lobster, a soft and squidgy creature which lives inside a rigid shell. As the lobster grows, its shell becomes increasingly constricting, causing it to feel under pressure and uncomfortable. Seeking refuge from predatory fish, the lobster retreats under a rock formation, where it casts off its old shell and grows a new one. This process is repeated multiple times throughout the lobster's life, allowing it not to be trapped inside the same uncomfortable shell for a lifetime. The stimulus for the lobster to grow is that it feels uncomfortable. We could learn a lot from the lobster. We should embrace times of stress or discomfort as times of growth, not suppress or deny our discomfort.

If we use it properly, we can grow through adversity

When Ms Slabber announced at Prize Giving in 2022 that she would be retiring, many of us were filled with trepidation. She had been at the helm for 12 years. She had courageously steered us through so many challenging times, she had overseen significant change and growth of our facilities and her vision had shaped Rhenish Girls' High for over a decade. How were we going to manage without her?

In true Rhenish style. That is how this has been accomplished in 2023. We, perhaps at times nervously, embraced the change that this brought with it. We stepped up to the challenge of upskilling ourselves and the staff to assume so many of the responsibilities managed so effortlessly by Ms Slabber and we developed new ways of doing things, all the while holding central the Rhenish values that have ensured the longevity of this incredible school.



We are grateful to have had in each other a strong, reliable and capable partner. It is not always easy to shoulder the responsibility of steering Rhenish Girls' and making the tough decisions, but we have tackled the task together, always having someone to bounce ideas off of and someone to help us see the details one of us on our own may have missed. We have come to value what we separately bring to this leadership role and we have managed to find agreement and co-operation where in the past we may have found ourselves on opposite sides of a situation. We have come to understand and value what for some is merely an idea, that 'together, we are stronger'. Out of the discomfort of the unknown, with Ms Slabber's resignation and our joint assumption of the role as Acting Principals, we have grown into the position and into a working relationship that we believe has steered Rhenish Girls' High School through the changes thrust upon her this year and we have laid the foundations for a successful hand over to the new Principal.

We are grateful to the Senior Management Team (SMT) for their unwavering support and their hard work in ensuring a smooth transition. Each one of them has stepped up, taking on more responsibility, working harder and longer hours as they too stretched themselves. All the while, never losing focus on the learners, the Rhenish girls who are at the heart of every decision and every action taken by this team. As with all successful teams, we are comprised of different people with different styles and different personalities and it is in our differences that our strength lies. Everyone brings something unique to the team and, together, they have ensured that Rhenish Girls' High School has not only maintained its values, traditions and direction after Ms Slabber's departure but that she has got even stronger.

In January, and even at the end of March, we were anxious about the changes that lay ahead. With the support of the Rhenish staff, we have come through this period of "Acting" and, truthfully, it is **they** who often make our 'act' convincing. The School Governing Body (SGB), chaired by Mr Gerhard Smit, has been unfailing in its support throughout this period. They have been accessible and approachable and the expertise each one brings to the table is valued.

Accept change and GROW through it

Adaptability is a soft skill, being able to adjust to changing circumstances requires not only technical skill - the tools or skills to do what is required in the changed situation - but also behavioural and emotional skills. When confronted with unavoidable changes, it is imperative that we possess the qualities of adaptability, perseverance, ingenuity, and willingness to work together. And, when we are in a situation where everything is changing for everyone, we need to remember that everyone else is also experiencing the insecurities and doubts that we are. So, we need to be kind - in our thoughts and in our deeds. We need to be understanding - not everyone will reach the same point at the same time or by the same means. And, finally, we need to be forgiving - of ourselves and of others. We may not succeed immediately. We will make mistakes along the way. But, as long as we remain true to our core values and our vision, Rhenish Girls' High School will manage change with grace and dignity. And, with indomitable Rhenish spirit.

More change is in store for all of us in 2024. Whether this comes to you in the form of a new school, new friends, a new job, a change in your family circumstances or, for our Grade 12s, life outside of school, change is inevitable. Change is a time to grow so look out for the lessons and lean in. Accept the uncertainty that it brings and grow through it.



Ringing in the NEW





... *endings*

FAREWELL, MS SLABBER

"All endings are also beginnings. We just don't know it at the time." - Mitch Albom

For thirteen years Ms Helmien Slabber dedicated herself to service to Rhenish Girls' High School. Two and a half generations of Rhenish girls have been molded and shaped by her vision, her management style and her nurturing manner.

"A leader is one who knows the way, goes the way, and shows the way."

- John C. Maxwell

As a leader, Ms Slabber led from the front, by example. She was at her desk before most arrived in the morning and long after others had left at night. Answering mail, directing questions, dealing with staff matters or learner issues. She attended most home and many away sports matches, always sporting her Rhenish blue. She was game for anything – she played tennis or netball in fun games with the girls, she tried the 'walkie-talkie' chicken at Siyaphambile evenings and, to the delight of the girls, joined them in dancing at isiXhosa functions and hostel dances. If there was a fundraiser that required having her hair spray dyed or being doused in icy cold water, Ms Slabber was always open to participating, giving others the courage to put their more cautious selves to one side and to enter into and rise to a challenge. But, she would never compromise when it came to being an example to the learners and to the community of what a Rhenisher is, of the values and traditions we hold dear.

Ms Slabber worked tirelessly in her efforts to ensure that Rhenish has excellent facilities. Working with her staff and the SGB when she first arrived at Rhenish in 2011, she drew up a master-plan or wish list for

infrastructure developments that would ensure that Rhenish Girls' High could offer her learners opportunities that would equal any private school in South Africa. And then, she methodically set about realising each of the projects on this wish list. In her time, she broke ground for the astro, for new classrooms, for the Ebenezer Hall and for the swimming pool. She repeatedly went to battle with the WCED for funding to support our various infrastructure projects and for the replacement of the roof that was damaged during a storm in 2014.



"Outstanding leaders go out of their way to boost the self-esteem of their personnel. If people believe in themselves, it's amazing what they can accomplish."

- Sam Walton

Ms Slabber believed in Rhenish - in the learners and in her staff. She knew that her staff worked tirelessly in their efforts to ensure that every Rhenisher had every opportunity to achieve her potential and she knew that with the support, encouragement and love of their teachers, Rhenishers could become the citizens that our country needs going forward. She pushed us all - to be our best. To work harder, to work smarter and to reach our individual potential.

"A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be." — Rosalynn Carter

Ms Slabber recognised the need for the introduction of eLearning even when she too was uncertain and unskilled in the use of technology in teaching and learning. She knew that it was what our learners would need if they were to succeed beyond the walls of Rhenish Girls' High. She learned alongside us, dragging many of us, kicking and screaming, along with her until we find ourselves today quite challenged NOT to use technology in the delivery of our lessons.

"A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others." — Douglas MacArthur

Ms Slabber always had the courage to make the difficult decisions, the decisions that were not always the most popular ones. In this, leadership can be quite a lonely path. It is a path she walked with integrity and honour and, always, with the best interests of Rhenish and of her learners, foremost in her decision making.

In saying farewell to the school in March, Ms Slabber said, "It has always been my intention to put our girls first in all of my decisions. I may not always have made the 'right' decision, but we have retained our focus on the collective best interests of the Rhenish girls more often than not."

Ms Slabber dealt with learners, staff and parents with respect. In all her decisions and actions, she allowed others to maintain their dignity and,



so doing, she earned their loyalty and gratitude.

Ms Slabber has guided Rhenish Girls' High School through one of the most challenging periods. She led us through the dark days of Covid, encouraging all of us from her desk at home to 'keep on keeping on'. She ensured that everyone - parents, staff and learners - was informed and encouraged. She fought to ensure that all of our learners had access to data and the internet so that they could access lessons on line. She held all of us accountable, in spite of the trying circumstances, for ourselves, for our friends and family, and for our work. She encouraged us by her example to get up, every day, to come to school and to do our jobs. To support each other, albeit through a mask.

Ms Slabber held us when we thought we could not go on any more - when we lost members of our community and we could not see our way forward. She grieved, but she was strong and steady. She held us in our devastation and encouraged us to put one foot in front of the other and simply to keep on.

Ms Helmien Slabber is woven into the fabric of Rhenish Girls' High School. In the buildings she helped erect, in the traditions she both established and upheld, her presence will remain. It will be felt in the compassionate yet firm example of leadership, in the relationships she nurtured with our neighbouring schools and in the legacy of love and pride in Rhenish Girls' High, the school she served so selflessly.

"Once a Rhenisher; Always a Rhenisher."



...beginnings

WELCOME, MRS MEGOM

Mrs Tracey Megom, former Principal of Parktown High School for Girls, joins the Rhenish Girls' High family in January 2024.

Mrs Megom believes the youth to be brave, resilient and courageous and she feels privileged to work in education where she has a front row seat to the possibilities of the future.



Learner Council

HEAD GIRL DEPUTY HEAD GIRL

EMMA GREEN

ISHEKUDZWAI MATOPE

**“Inhale Courage;
Exhale Fear”**

Emma Green



Ishekudzwai Matope



As our term of office draws to a close, we would like to take a moment to reflect on the leadership journey we have shared, grateful for the opportunities we have had to serve our school with honour and grace.

In August 2022 we were entrusted with the monumental responsibility of spearheading the Learner Council. This is a responsibility which we assumed with excitement and not a little trepidation. Any anxiety we may have felt about our positions was easily overcome through the guidance we received from our liaison teachers, Mrs de Kock and Ms Schreuder, and the support of the other members of the Learner Council and that of the Rhenish sisterhood.

We have collectively achieved a number of milestones this year; executed on plans that started only as dreams. Our shared dedication to Rhenish Girls' High and the values she has instilled in us has empowered us to lead the school, confident in the knowledge that we had the love and support of our Rhenish family that wanted us to succeed.

The Learner Council of 2022/2023 has demonstrated a remarkable level of involvement and dedication in spearheading significant events. On every occasion, these Rhenishers have risen to the challenge and they have delivered - Grade 8 orientation week, Open Day, Winter's Week, Blood Drives - if there was a successful learner initiative,



Wimbledon



Inter House



Formula One



LC Dance

you could count on this group being behind it. Their projects have had an indelible impact on our school and, in executing them, we have also learned valuable life lessons that will influence us in many ways in our future pursuits.

The year's accomplishments extend beyond event management. The LC has provided us with a platform to come up with new ideas, as evidenced by the introduction of Culture Feature Fridays, the Sanitary Product Drive and the revival of the Science Amazing Race. These initiatives, designed to enhance various facets of our school community, serve as a testament to our unwavering commitment to innovation and progress. Through initiatives like this, we hope to have established a legacy of creativity and advancement that will endure within our school's culture.

"Inhale Courage; Exhale Fear"

Our motto, "Inhale Courage; Exhale fear", motivated us to complete every task we set ourselves. At times, this was daunting – balancing our LC portfolio commitments, our academic work, sport and planning for the future. It can be overwhelming, but our motto reminded us to face the challenges with courage and not to let fear hold us back. This motto became more than just words; it became a mantra that fuelled our perseverance, enabling us to push through obstacles and emerge stronger on the other side. Our hope was that this motto motivated Rhenishers to find the courage within themselves to do anything they set their minds to in every sphere of life.

We were privileged to have the unwavering support of an extraordinary group of 25 individuals who walked every step of this exciting journey with us. Without this unique group, our 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 like to thank Mrs de Kock, the backbone of the LC for the time and effort that she invested in the LC - we would not have succeeded without her support and guidance.

To the matric class of 2023: you are such a special group of people. Thank you for entrusting us to lead Rhenish Girls' High over the past year. Your faith in us to do this job was often what drove us to keep trying, to keep putting in the effort. We hope that we did not let you down. Thank you for your enthusiasm, your love and your willingness to keep trying. We cannot wait to see what the future holds for each and every one of you!

Ms Slabber, Ms Sarga and Dr Kroon have been such exemplary leaders. While our time with Ms Slabber was brief, we are grateful for the lessons we learned from her, not only this past year, but over the past five years. Dr Kroon and Ms Sarga supported us consistently and gave us the scope to explore and deliver on our passion through our many projects.

Planning and celebrating Ms Slabber's farewell was one of our favourite projects. Our Rhenish-style Wimbledon tennis tournament and Rhenish grand prix (encompassing two of Ms Slabber's biggest passions - tennis and Formula One) was an immense success and a fitting farewell to our dear principal, Ms Slabber, and all that she had done for us and our school.

It is sad to bid farewell as our Rhenish journey draws to a close. We have experienced so much beauty and we have achieved so much. We are comforted by the knowledge that we have done our best. We have represented our school and the Rhenish sisterhood with pride and we take with us a store cupboard of memories that we will treasure forever.

Once a Rhenisher; always a Rhenisher





Hostel Learner Council

HEAD AND DEPUTY HEAD

MYA NENGIKE

ISABELLA BEFFA

The potential present in the Hostel Learner Council was evident immediately on our election in August 2022. We were all filled with excitement at the thought of what our term of office would hold. As much as it was exciting, it was also a very daunting task - we all wanted to carry on the special traditions our previous leaders had created whilst introducing some of our traditions too.

Our first meeting as the newly announced LC is one we remember clearly. We had so many ideas and one of our main aims was to enhance the sisterhood in the hostel. We all agreed that we wanted to create an environment for the hostel girls that was fun, that made them comfortable with making new friends and where they could form new friendships with the girls in their grade and outside their grade.

A brainstorming session quickly revealed that this group was brimful of interesting ideas for new events that we wanted to hold and in no time we were faced with planning our very first event - one that we had not anticipated. We had to plan a surprise farewell party for Ms Seward, our Hostel Matron whose health necessitated early retirement. This took



Mya Nenguke



Isabella Beffa



loads of planning and hard work and it was a painful goodbye for all of us. However, the experience showed us that we were able to work together really well as a team and this has stood us in good stead throughout our term of office. The farewell was a memorable one, filled with love and joy.

Soon after we started planning a fun Halloween event for the whole hostel. This would be different to those organised in previous years and our LC truly came together as a team. We decided to make the event a Halloween treasure hunt around the school, including a visit to a Haunted House. Each girl was given a map and several riddles to solve and at the end prizes were handed out. The Haunted House was a huge hit and memories of it will be shared for many years.

In the beginning of 2023 the hostel LC returned to school early in order to prepare the hostel for the arrival of the new Grade 8s. We wanted to ease their transition to hostel and make it a special experience so we created a cute arrival package for every Grade 8. The package included a "hostel survival guide" which had everything a new learner could need to know about hostel so that it was not all too overwhelming. We were extremely motivated to ensure that they felt at home and they felt as though they had big sisters to look up to. This goal was achieved as the Grade 8s are now truly part of the hostel family. Our first week back was jam-packed with many different ice breakers, Grade 8 speed dating with the matrics, fashion shows and evening swims.

The main event of the year and our last event as a LC was the Hostel dance. Here we really pulled out all the stops. Our theme was the Oscars and the hosts for the evening were the LC who dressed in sleek black dresses with black gloves and glasses. The hall was draped with fabric and twinkling fairy lights and the round tables were decorated with strings of pearls. Even with the beautiful decorations it was defiantly the DJ that stole the show as the girls danced the night away.

It is difficult to comprehend that our term as the hostel LC is over. Time truly flies by. Leaving our hostel family feels like an impossible task. Every memory and laugh in this hostel is one that we will hold with us for the rest of our lives. We encourage our younger hostel sisters to strive to keep the sisterhoods alive and look out for one another.

We would like to thank Ms Sarga, Ms Davids and the rest of the hostel staff who were able to make hostel into our home.

It has been an honour to serve a hostel full of people who are beautiful inside and out.

TRANSITIONING INTO GREATNESS

A Message from our Chairman

MR GERHARD SMIT

In January 2023, at its strategic planning session, the School Governing Body (SGB) acknowledged that Rhenish Girls' High would be entering a period of transition and change. The catalyst for this was that Ms Helmien Slabber, the inspirational leader and true Ebenezer of Rhenish, confirmed her retirement to be effective 31 March 2023. As with any period of change, we were conscious of potential uncertainty and the need to navigate these uncharted waters with great care.

Our intention was always to have Ms Slabber's replacement appointed with effect January 2024, giving the SGB and the Department sufficient time to find the applicant best suited to this vital position. The duty to navigate the transition period was delegated with confidence to the two Deputies, Dr Kroon and Ms Sarga who would jointly fulfill the role of Acting Principal. Together with the support of the SMT, the staff and the SGB, the two acting Heads have embraced the unknown and dealt with this challenging period.

"Growth and comfort do not coexist." — Ginni Rometty

Any change breaks down our comfort zones while simultaneously freeing us (or forcing us) from complacency. It is an uncomfortable period but it serves as an opportunity for growth.

I have observed how both Deputies have grown in their confidence, assertiveness and decision-making skills whilst simultaneously dovetailing the strengths and weaknesses of each other.

The Deputies have taken on this extra responsibility whilst still carrying their full load as teachers and Deputies of the school. This is no mean feat. We can certainly be grateful for the caliber of leadership exemplified here and the unwavering support afforded by the SMT and the staff.

In the catalogue of Rhenish's history, this should not be surprising. This is not the first period of transition experienced in the long history of Rhenish Girls' High. Overcoming adversity and facing discomfort head-on is in our DNA and the success with which this period has been navigated is a testament to the resilience, adaptability and perseverance inherent in every Rhenisher.

As I am writing this, I am also preparing to announce the appointment of Mrs Tracey Megom as the new Principal of Rhenish from January 2024. She will be in the fortunate position of assuming the helm of an immaculate and even stronger Rhenish. I tip my hat to the two Deputies, the SMT and the staff and I thank the SGB for its planning, its support and its guidance of the school in the past year.

2023 has also seen the start of the next infrastructural development of the Rhenish Campus with the creation of a Music Academy and the building of a new house for the Principal on a different position on the campus. The new Principal will reap the benefits of this.

On a personal note, this will be my final contribution to the Rhenish yearbook as my daughter matriculates at the end of 2023 and I will be stepping down as Chair. It has been an absolute privilege to serve Rhenish Girls' High School and I will leave with a sense of fulfilment and purpose as my journey with the school has also brought with it opportunities for growth, strength and wisdom.

My best wishes and my loyalty will always lie with this amazing school - Ebenezer.





Staff

Academic • Administrative • Support • Hostel

"A teacher affects eternity;
(s)he can never tell where (her)his influence stops."

Henry Adams

HEADS



OUTGOING PRINCIPAL
Ms Helmiën Slabber



ACTING PRINCIPAL
Dr Rika Kroon



ACTING PRINCIPAL
Ms Angela Sarga



INCOMING PRINCIPAL
Mrs Tracey Megom

DEPARTMENT HEADS



GRADE 12 HEAD
Mrs Rozanne van Dyk



GRADE 11 HEAD
Ms Lana Schreuder



GRADE 10 HEAD
Ms Ingrid Hofhuis



GRADE 9 HEAD
Dr Alison Bennie



GRADE 8 HEAD
Mrs Sherna Smith



HEAD OF SPORT
Mrs Sam Henery

ADMINISTRATIVE



PA TO PRINCIPAL
Mrs Rhonda Blows



RECEPTIONIST
Mrs Marisa Nel



BURSAR - SCHOOL
Mrs Charmaine Brooks



BURSAR - HOSTEL
Mrs Larissa le Roux



COMMUNICATION
Mr Ivan Swart



IT SUPPORT
Mr Jody Filander



OLD GIRLS' LIAISON
Mrs Dominique Golder



LAB ASSISTANT
Mrs Charlene Cicero



ARCHIVIST
Ms Mariëna Kotze



COUNSELLING PSYCHOLOGIST
Ms Lauren Conchar



EDUCATIONAL PSYCHOLOGIST
Mrs Almarie Nel



LEARNING SUPPORT
Mrs Christelle Pretorius

ACADEMIC



Mrs Bronwyn Adonis-Maarman



Mrs Françoise Arzul



Ms Caitlyn Baxter



Ms Tayla-Rose Bisset



Mrs Noxolo Boo



Mrs Johanette Burger



Ms Amy Davids



Mrs Jinnie de Kock



Ms Linda de Villiers



Dr Yane Dewoo



Mrs Linnaea Fanton



Mrs Alice Forsyth



Ms Gemma Hall

Mrs Jean-Mare
Hambridge

Ms Tarryn Harbour



Mrs Sue Hodges



Mr Francois Hugo

Ms Rebecca
Jansen van Rensburg

Mrs Nkosi Jikela



Mrs Kristy Joubert



Mrs Shé Kleingeld



Mrs Leandri Kos



Mr Matthew Kriel



Mrs Stephanie Krige



Mrs Glenys Kruger

Mrs Jeanette
Liebenberg

Ms Yvonne Makwara



Mrs Tanya Millar



Ms Nabilah Mowzer



Ms Michelle Nieuwstad



Mr Leon Piron



Ms Kirsten Robinson



Mrs Marsha Schwartz



Ms Sarah Shaw



Ms Henna Skog



Mrs Isabel Smit



Mrs Sonja van Amstel



Mr Paul van der Hoven



Mrs Magda Vermeulen



Mrs Anna-Marie Voges



Ms Mariné Wasserfall



Mrs Suzaan Carstens



Mr Christiaan de Kock



Mr Chris Gerber

*“One book, one pen, one child and one teacher can change the world.”
Malala Yousafzai*



Ms Heidi Abrahams



Mr Lindelo Cakata



Mr Neville Green



Mr Wayne Hartung



Mr Charles Martin



Mr Siya Matokazi



Mr Lennox Mswelanto



Mr Casper Ndlovu



Mr John Pienaar



Mrs Essie Poole



Mr Llewelan September



Mr Willem September



Mr Tembeleni Siyo



Mrs Babalwa Boyana



Ms Natalie Basson



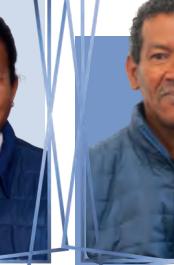
Ms Sharon Basson



Ms Philicia Damon



Mrs Coren Flandorp



Mr Harold Linders



Ms Monica Ncapayi



Mrs Lorette Orsen



Mrs Margie Pietersen



Mrs Riana van der Nest



Mr Ivan van Heerden



Ms Elize van Rooyen

Rhenishers

Those who inspire

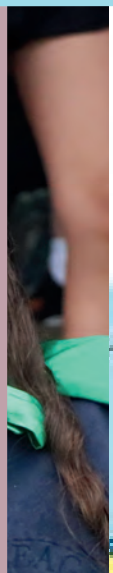
Grade 8 - 12
2023

"Embrace the journey, for within every challenge lies an opportunity to grow, learn, and thrive together."



This Grade 12 Reflection is indebted to and is a nod to Dr. Seuss and his little book, "Oh! The Places You'll Go!"

In design and in the quotes from this little book that has carried so much weight for so many people young and old, throughout the ages.



Oh! The Places You'll Go!

G



MRS ROZANNE VAN DYK

We have all heard of the famous and much beloved author and illustrator, Dr Seuss. We are familiar with his books and famous quotes, often used to motivate, encourage and uplift. In reflecting over this past year and the journey I have walked with you, I would like to share a few THINGS about Dr Seuss and his life that you may not know and, perhaps, there is something to take from it for the future.

R

Thing 1: He got his sense of poetry from his mother.

In a 1995 biography, Seuss credited his mother with inspiring his well-known rhymes. Henrietta Seuss would chant softly to her children at bedtime with rhymes she memorized from her time working in her father's bakery: "Apple, mince, lemon ... peach, apricot, pineapple ... blueberry, coconut, custard and SQUASH!". Seuss later said that, more than anyone else, his mother was responsible "for the rhythms in which I write and the urgency with which I do it". A reminder of the important role your mother (or any other guardian) might play in your future success and the person you will become. Never underestimate the power of influence a parent (or role model) has.

A

Thing 2: He never had any biological children.

Quite ironic, if you think about the fact that he was an author of children's books. When asked why a writer of children's books had no children of his own, Seuss had a response ready: "You make them, I'll amuse them." So, perhaps, following the stereotypical life path of going to university, getting married, having children, etc. in a specific order and at a specific stage will not guarantee success. And, perhaps, you have an out-of-the-box way of thinking about or seeing things that gives you an immense advantage.

D

Thing 3: The pen name, Dr Seuss, began as a way to escape punishment in college.

In 1925, in the midst of the Prohibition Era, Seuss and his friends were caught drinking gin in his Dartmouth dormitory room. As punishment, Seuss was stripped of his editorship at the college's humor magazine. However, he continued to publish work under a variety of pseudonyms, including "Dr Seuss."

Now, don't get me wrong, I'm NOT saying drink in your dorm with your friends. What I AM saying is experience life. Grab opportunities. Never give up. Don't allow one setback to stop you. Gain life

experience. Make your own decisions. Find out what your own boundaries are. Imagine if Dr Seuss just accepted his punishment and didn't write again.

Thing 4: He was a successful ad man, before he was an author.

Seuss' first foray into children's literature was with "And to Think That I Saw It on Mulberry Street" in 1937. Before then, he had a successful career in advertising. Your passion and your career might be two different things. The simplest and most effective way to increase your chances of success is to align the two. Also ... always have a Plan B.

Thing 5: His all-time best-selling book was created on a bet.

Dr Seuss' editor Bennett Cerf bet him he couldn't write a book using 50 or fewer words. The result is 1960's "Green Eggs and Ham." The story of Sam-I-Am trying to convince an unknown character to eat green eggs and ham has sold more than eight million copies since publication. Just proving that something insignificant, an innocent bet, a dare, a challenge, an effort, can lead to something life-altering. Don't underestimate the small, seemingly insignificant occurrences in life.

Having gone through this year with you, I am confident that all of you *will* succeed. Your *never-give-up* attitude is already proof enough of that. I have been privileged to share a number of highlights with you throughout the year. Highlights next to the astro, on the track and field at Coetzenburg, next to the netball courts during Winter's Week, on stage at cultural evenings, and on the dance floor at the Matric Dance. I have been honoured to endure a few challenging and tough moments with you too. All of these, highs and lows, have given me hope for the future. Hope for YOUR future. I can't wait to see what you make of it.

"You'll be on your way up! You'll be seeing great sights! You'll join the high fliers who soar to high heights. You won't lag behind, because you'll have the speed. You'll pass the whole gang and you'll soon take the lead. Wherever you fly, you'll be best of the best. Wherever you go, you will top all the rest."

E

12

12A

You have brains in your head.
 You have feet in your shoes
 You can steer yourself
 Any direction you choose.

You're on your own. And you know what you know.
 And YOU are the (one) who'll decide where to go.



Mrs Alice Forsyth



Imaan Abrahams



Riley Abrahams



Mwinesohma Ansen



Khanya Banjwa



Rachel Banks



Jade Bradley



Athina Brooks



Mikah Davids



Josephine Douglas



Jay-Linn Erasmus



Zoë Grobbelaar



Abby Jacobsz



Holly Jenkin



Carla Kleinhans



Jumari Knebel



Jadyn Lottering



Zintle Mangxilana



Siphosihle Maphanga



Leah Marchinkowski



Jesse Mason



Jordan May



Emma Michell



Olivia Penfold



Grace Petty



Annabelle Rossouw



Jamela Shikwambana



Kyrilee Shrimpton



Ayden Snell



Jada Whiteboyd



12B



You'll look up and down streets. Look 'em over with care.
 About some you will say, "I don't choose to go there."
 With your head full of brains and your shoes full of feet,
 You're too smart to go down any not-so-good street.
 And you may not find any You'll want to go down.
 In that case, of course, You'll head straight out of town.
 It's opener there In the wide open air.
 Out there things can happen And frequently do
 To people as brainy And footsy as you.



Mrs Sue Hodges



Jady Bergstedt



Thenielle Botha



Willemien botha



Emma Bourne



Rachel Damonze



Caryn-Kaye De Bruin



Ashleigh Dreyer



Gia Gordon



Tayla Griffin



Olivia Hendrikse



Jaime Hendriksz



Sinead Hill



Rosie House



Caiten Jansens



Nicole Jones



Ame Louis



Kristen Major



Malaika Mortimer



Francesca Pate



Amber Rawson



Larah Robertson



Isabella Roche



Kayla Rogers



Aimee Rubino



Kayleigh Schultz



Melysa Seyffert



Deané Strydom



Hailey Troup



Natalie Underwood



Anika Venter



And when things start to happen,
 Don't worry. Don't stew.
 Just go right along.
 You'll start happening too.
 You'll be on your way up!
 You'll be seeing great sights!
 You'll join the high fliers
 Who soar to high heights.



Mrs Tanya Millar



Yusrah Arnolds



Ineke Brynard



Juliette Burger



Katerina Combrinck



Abigail Damonze



Bethhany Ellis



Cameron Greenwood



Ashleigh Henn



Chloë Hodge



Jessica Hoffman



Zoë Knoop



Sarah Krohe



Donadei Madala



Lega Matthews



Tinevimbo Mavengahama



Mlibo Msolo



Lutho Ndlela



Georgia Penn



Roxanne Pretorius



Paula Prinsloo



Dipika Ramjugernath



Katie Shyders



Erica Stander



Clara Stoms



Jemimah Valentyn



Saskia van Zyl



Kiara Webb

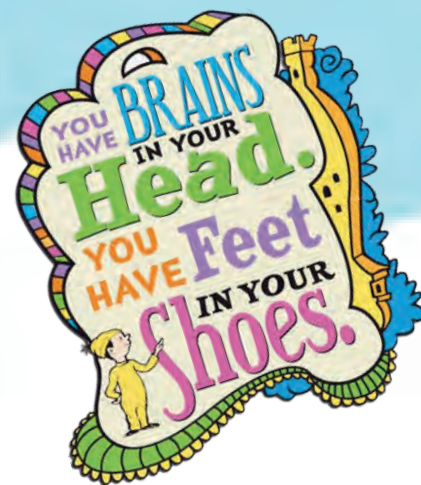


Neve Williams



12D

You won't lag behind, because you'll have the speed.
 You'll pass the whole gang and you'll soon take the lead.
 Wherever you fly, you'll be the best of the best.
 Wherever you go, you will top all the rest.



Except when you don't
 Because, sometimes, you won't.



Ms Tarryn Harbour



Anu Abrahams



Esther Babafemi



Justine Basson



Isabella Beffa



Chloé Benjamin



Taséa Brown



Jenna Dramat



Alexandra Eagles



Megan Grant



Jaydee Herbst



Chloe Holmes



Shannnon Johnson



Victoria Kelly



Lila Lombard



Sanelisiwe Maqasha



Ishekudzwai Matope



Mila Mitrovic



Raquel Pestana



Anna Petika



Chelsy Pillay



Syntyche Plaatjies



Angenitha Roos



Jenna Senekal



Tariro Sibaca



Qhawe Sigwela



Sinesipho Silani



Aimee Volans



Isabella Wilk

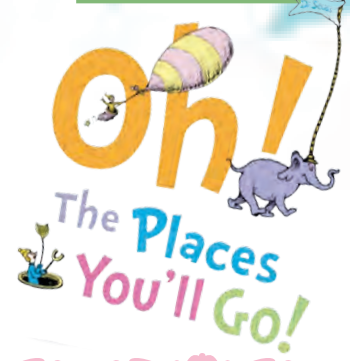
12E



You'll get mixed up, of course,
 As you already know.
 You'll get mixed up
 With many strange birds as you go.
 So be sure when you step.
 Step with care and great tact
 And remember that Life's
 A Great Balancing Act.
 Just never forget to be dexterous and deft.
 And never mix up your right foot with your left.



Mrs Glenys Kruger



And will you succeed?
 Yes! You will, indeed!



Anouk Bauer



Hannah Buckton



Chloe Coombe-Davis



Baylee Engelke



Emma Green



Catelin Grobler



Lilly Hobbs



Alex Kemp



Marise Kriel



Liyah Landman



Ga-Young Moon



Melissa Müller



Anja Nel



Mya Nenguke



Allisher Nyikadzino



Siena Prowse



Isabella Reid



Lise-Anne Ruthford



Lechaé Savory



Emilie Smit



Amy van Rooyen



Emily van Wyk



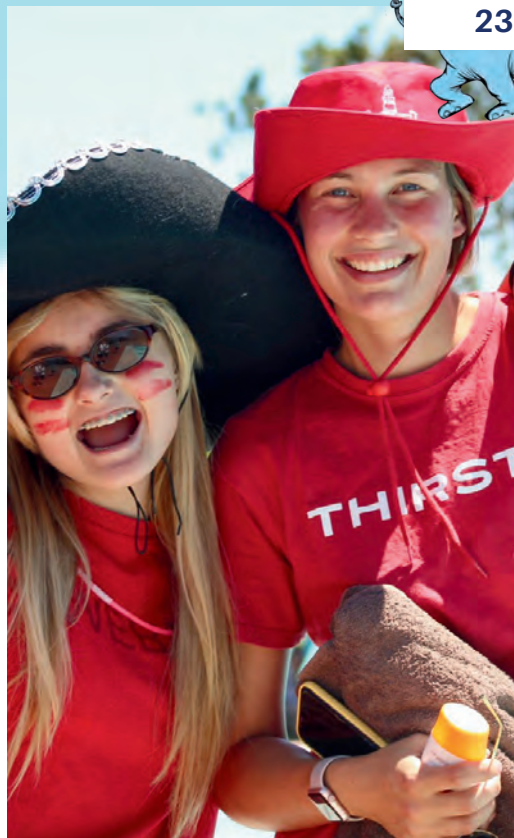
Amber Verwagen



Olivia Visser



Adriana Wepener



On!
The Places
You'll Go!





Conquering Challenges Grade 11





"Challenge yourself. It is the only path that leads to growth"
Morgan Freeman

It is important to have goals in life. They do not have to be massive, earth-shattering goals, just something you know within yourself that you want to achieve.

Michelle Obama writes in *The Light We Carry*, "When you're beginning something new, you can't always see where you're headed with it. You have to be okay with not knowing exactly how things will turn out." And "Tell the truth, do your best by others, keep perspective, understand history and context. Stay prudent, stay tough, and stay outraged. But more than anything, don't forget to do the work."

Ms Lana Schreuder

I always think the Grade 11 year is one of the toughest in school. You found your feet in the FET (Grade 10 -12) phase, but you are not quite yet in the last stretch. You are in the middle, probably feeling like you are treading deep water as you try to find the balance between sport, culture, academic achievements while still trying to have a life outside of school. Some days are fantastic at school, some are hectic, but do-able, and some are just plain awful. It takes courage and resilience to make it this far, but even more so to realise you have to keep going.

I am sure you experienced many challenges this year (and there are more to come!). The Oxford dictionary defines "challenge" as "a new or difficult task that tests someone's ability and skill". I want to add to that a challenge also tests a person's character.

The nature of our busy school life means challenges are a guarantee. Our outlook and attitude towards those challenges are what builds character, resilience and strength. We struggle through the challenges, but when we get to the other side, we realise what we have actually achieved! The obstacles we had to overcome, the new skills we learned along the way, even the failures somewhere along the journey are all things that shape us and give us the motivation to accept and conquer the next challenge.

"It does not matter how slowly you go as long as you do not stop."
Confucius

Grades 11s – WELL DONE! You have successfully navigated one of the toughest years in school. You have developed new skills, learnt to be resilient and how to stay strong.

Remember, achieving your goals will not always be easy. Do the best you can and make use of the support structures you find along the way. There will always be a parent, a teacher, a friend who can walk the journey with you and you never have to feel alone.

Looking ahead, your Grade 12 year may seem like quite a challenge. Be proud of yourself for making it this far, look back on your previous experiences of conquering your challenges and head into your Grade 12 year with a mantra:

Challenge Accepted



Mrs Linnaea Fanton

"You should never view your challenges as a disadvantage. Instead, it's important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages."

Michelle Obama

HA



Amber Adams



Zetah Appies



Jessica Bailey



Hanaah Bell



Emily Brown



Jenna Davidse



Amy de Villiers



Carmen de Wet



Nicola Evert



Eliana Hoctor



Tamia Krige



Taylor Lewis



Analo Magoso



Olivia Maré



Rachel Mckinney



Tallulah McLulich



Amber Mendes



Nalani Nalumango



Anisa Paulsen



Kendra Petersen



Kristin Petersen



Julia Pospech



Ryanne Proudfoot



Jasmine Russon



Okuhle Sakasa



Keira Shaw



Meghan Stapelberg



Ream Uheida



Amy van Zyl



Taelan Viljoen



Goiya Waite



"If I could talk to my younger self, I would just say that the path to great things is filled with a lot of stumbles, suffering, and challenges along the way. But if you have the right attitude and know that hard times will pass - and you get up each time - you will reach your destination."



Ms Tayla-Rose Bisset

Jonny Kim



Ziya Abrahams



Kiara Beamish



Alexandra Bowley



Lucah Braaf



Abriella Bredell



Qeara Davidse



Grace de Jongh



Micha Dilgee



Mackenzie Donald



Amy Elms



Lisa Fourie



Gabriella Godlonton



Kayla Grayer



Carmen Harris



Soneshree Jason



Alexa Kesonk



Kelly-Anne Langford



Megan McCulloch



Bella Myburgh



Aleeyah Oliver



Emily Philp



Amelie Pienaar



Mary Roux



Emma Rumble



Rebecca Stander



Léa Stanford



Katherine Stoms



Kayah Stuurman



Jenna Te Water



Tinita van Zyl



Abigail Wiid



Ms Caitlyn Baxter

"We all have challenges. We have to face them, embrace them, defy them, and conquer them."
Victoria Arlen



Rachel Alsworth-Elvey



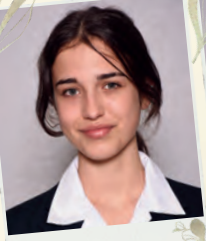
Ruby Blignaut



Hannah Blood



Katrien Booyen



Emily de Jager



Anja Durand



Amy February



Isabel Forsyth



Danni Fotuin



Akili Gwintsa



Eden Heyns



Teagan Jacobs



Juliette Jordaan



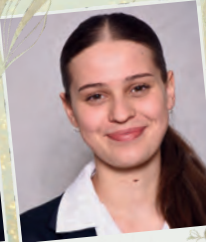
Vedio Kande



Victoria Kingham



Sophie Krige



Elizabeth Kuun



Meghan Law-Morris



Asemahle Mayekiso



Brodie Mckenzie



Tessa Meiring



Emma Nel



Carlie Olckers



Senna Rankin



Kashvi Reddy



Gabriella Samson



Hannah Slabbert



Kirsten Toop



Kaitlyn van Binsbergen



Gretchan Volkwyn



Emma Vos



"Focus on what lights a fire inside of you and use that passion to fill a white space. Don't be afraid of the challenges, the missteps, and the setbacks along the way. What matters is that you keep going."

Kendra Scott



Mrs Jeanette Liebenberg



Begum Adicary



Tamzyn Apollis



Bianca Bailey



Cara Barnard



Tarah Barwe



Chloe Beaton



Kendra Beresford



Zoë Beresford



Zoë Booysen



Saskia Bosman



Courtney Bowker



Tamzyn Brink



Danae Coetzee



Vita De Palma



Anna Du Plessis



Anesu Dzama



Zeta Hendricks



Ciara Julies



Lisa Louw



Jordan Nell



Aeron Osmond



Meika Rimmer



Iman Samaai



Hannah Stephanou-Lazarus



Denise Van Graan



Manon Viljoen



Siena Williams



Mrs Marsha Schwartz

"There will always be obstacles and challenges that stand in your way. Building mental strength will help you develop resilience to those potential hazards so you can continue on your journey to success."

Amy Morin



Lyné Anthony

Zakiah Arnolds

Kate Barnard

Madison Broekhuysen

Alysa Champanis



Caede Consul

Lisa de Waal

Claire Dekker

Suede Dugmore

Jenna Dyers

Jana Gouws



Ruth Groenewald

Suri Isaacs

Halle Johnson

Chloë le Roux

Sophia Lintner

Semihla Manxodidi



Olivia Maritz

Elizabeth Mulidwa

Sienna Parezee

Martanique Petersen

Amy Pettipher

Danielle Prinsloo



Abby Raymer

Thawaab Sadien

Samantha Söderlund

Sydney Springhall

Nicole van der Westhuizen

Logan Zeegers

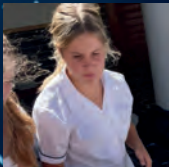


CHALLENGE
ACCEPTED



2023 done
Metric
here we
come





Grade 10



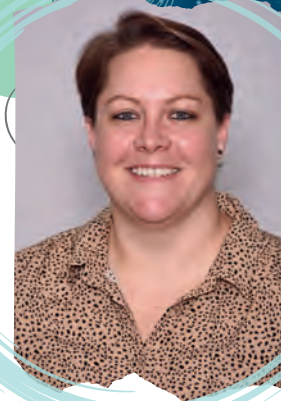
"Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine."

In a lot of ways, the past year has been the first fully "normal" year we have had at Rhenish Girls' High School since the pandemic hit and it has been both wonderful and exhausting in equal measure. In particular, the Grade 10s of 2023, have had a whirlwind ride with much expected of them as the new "seniors" in the school.

The manifold changes Grade 10s are exposed to can feel bewildering and overwhelming at times. There are new subjects, new classes, new friendships, new challenges and, inevitably, new pressures as they leave the familiarity of Grade 8 and 9 behind and start to consider the second half of their high school careers.

I hope that when the pressure starts to take effect, they will remember the words of Roy T. Bennett, "Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine."

Belief in oneself is not always easy when the only constant in your world is change and so much seems uncertain. It is also not easy at a stage of life when one feels caught in the middle between being a child and needing the comfort and safety of the adults in your life, and the pull of independence that impending adulthood produces.



Ms Ingrid Hofhuis

Strength - Bravery - Courage

I hope that in those moments of indecision and uncertainty, the Grade 10s of 2023 will remember that within them lies the strength to face those challenges, the bravery to start afresh and the courage to try again when they didn't succeed the first time.

The Grade 10s have risen to the occasion in so many ways this year. They have taken up their roles in various first teams, demonstrated empathetic leadership, been kind to their friends and peers and engaged with the more rigorous academic programme (mostly) enthusiastically.

They have also been able to experience some aspects of the traditional Rhenish experience for the first time - the 4M athletics, various sporting and cultural tours, inter house events and, towards the end of Term 3, the Grade 10 dance.

I'm delighted that this special group is having the year they are. Although it is not always fun and games, their resilience, humour and enthusiasm will stand them in good stead for the years to come.

Go well, future Class of 2025. I can't wait to see what you have in store for us!

10A

"A bird on a tree is never afraid of the branch breaking, because her trust is not on the branch, but on her own wings."

Unknown



Ms Mariné Wasserfall



Mwinebuobo Ansen



Tyra Cillie



Anzené Coetzee



Mia Cole



Leah Dreyer



Ingrid du Plessis



Leah du Plessis



Anecia Erasmus



Paula-Charis Essien



Kecia Gordon



Nikita Greener



Amber Henning



Mia Jacobs



Jeanne Jordaan



Alexis Louw



Emily Maggott



Jaeda Pyke



Isla Rodrigues



Anwen Schulz



Ava Stemmett



Justine Titus



Tayla Trollip



Ankia Venter



Clio Vermeulen



Sofia Walker



Kendrah Williams

10B

“Always remember you are braver than you believe, stronger than you seem, and smarter than you think.”

Christopher Robin



Mrs Anna-Marie Voges



Abigail Amner



Yomelela Antoni



Robyn Armitage



Victoria Babafemi



Puck Bakker



Caitlin Bennie



Mea Botha



Kiera Bowker



Ruby Cilliers



Ruqayah Cupido



Gaby Dhelminie



Shené du Plessis



Emily du Toit



Tia Fester



Tamryn Fry



Sienna Griffiths



Hannah Gultig



Ziah Jonkers



Hannah Knight



Tayla Lord



Juliet Mackinnon



Chloé Malila



Kendra Micahel



Caitlin Michell



Annabelle Roberts



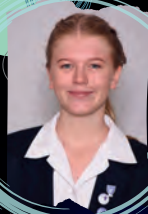
Caitlyn Roberts



Alisha Sampson



Kirsten Snell



Allegra Swart



Emily van Galen



Aaliyah Williams

10C

“When they judge you, yawn. When they misunderstand you, smile. When they underestimate you, laugh. When they condemn you, ignore. When they envy you, rejoice. When they oppose you, prevail.”

Matshona Dhlwayo



Ms Henna Skog



Amber-Rose Berry



Anú Böhmer



Mischa Bosch



Kristin Botha



Courtney Crossman



Megan Erasmus



Arabella Fernandes



Andrea Fortuin



Anouk Fourie



Mila Geldenhuys



Tyla Hinks



Jessy Jooste



Nina Kielblock



Ella Lederle



Keisha Leibrandt



Saskia Lipjes



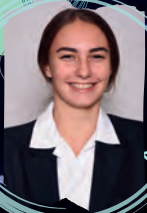
Kgathiso Makoe



Rania Manuel



Gabrielle Muro



Milan Olivier



Qhaujiya Pongolo



Sibahle Pongolo



Hannah Rademeyer



Tallulah Reyneke



Melissa Senekal



Layla Shrimpton



Ivana Silence



Ayomide Simelane



Milani Sixabaqi



Oujisa Zibi

10D

"Believe in yourself, and the rest will fall into place. Have faith in your own abilities, work hard, and there is nothing you cannot accomplish."
Brad Henry



Mrs Isabel Smit



Jasmine Aitken



Ashleigh Briers-Danks



Jordan Chetty



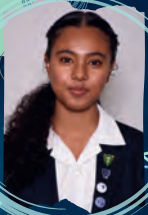
Danielle Currie



Tumisang Dafeti



Aashiq Dale



Mia Davidse



Montana de Kock

Nicolette
De Lapelin Dumont

Kaitlin Ernstzen



Kayla Evans



Madison Fesel



Sophia Fitzhenry



Hayley Grant



Georgia Hobbs



Lara Maritz

Catherine-Rose
Minnaar

Tayler Morton



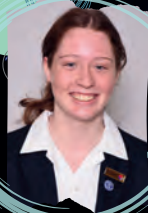
Rebecca O'Brien



Amy Peckham



Katie Pratt



Jemima Schipper



Jade Te Roller



Juné Theron



Amber Turner



Qhama Tyhoda

Annabelle
van Almenkerk

Morgan Van Wyk



Chloe Williams



Kelsey Zaphi

10E



Nikita Barker

“Don't let fear or insecurity stop you from trying new things. Believe in yourself. Do what you love. And most importantly, be kind to others, even if you don't like them.”

Stacy London

Mrs Bronwyn
Adonis-Maarman

Shiloh Daniels



Chloe Farrell



Nina Fourie



Taliya Gouws



Dannika Holtmann



Layla Jappie



Asemahle Khumalo



Amelia Kilpin

Tilly-Tallulah
Lambrechts

Maya Laubscher



Laura Lechner



Isabella Mansfield



Xenia Mclachlan



Chloe Milton



Jade Mulder



Hannah Oelofse



Lakhanja Peter



Kate Purves



Sara Rawoot



Kauthar Rhoda



Mia Schulz



Victoria Seuffert



Simone Singe



Mekaulya Stevens



Isabel Stofberg

Hannah
van den Berg

Anika Wessels



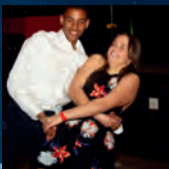
Sienna Wilk



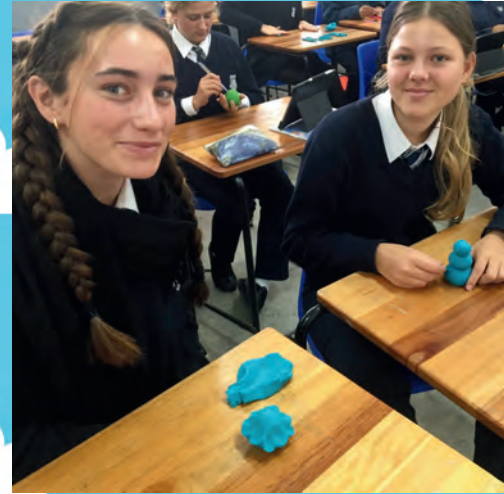
Halle Williams



Kristin Williamson



OUR STORY GRADE 9 2023



"WRITE YOUR OWN STORY. BE YOUR OWN HERO. SPEAK YOUR OWN TRUTH. LIVE YOUR OWN DREAM." – RAPHAELLA VAISSEAU

The more time I spend engaging with Grade 9s, the more I realise that it is during *this* year that awareness develops.

Awareness of what is happening in your environment, awareness of what is happening in the world around you – but also self-awareness, of who you really are, what is important to you and where your interests lie.

GRADE 9 IS THE YEAR WHERE YOU START TO WRITE YOUR OWN STORY.

The first few chapters of that story are often messy and may not seem to be going in a definite direction, but towards the end of your Grade 9 year your story really starts to develop.

You have a better idea of who you are and what you like and dislike. You have identified what is important to you and what is not.

But, how do you write your story – and more importantly – how do you write your BEST story? You can only do this if you allow yourself to be authentic.

BE AUTHENTIC

You have to embrace your authentic self and accept your quirks and flaws, your strengths as well as your weaknesses.

Being true to yourself does not mean that you should disregard the opinions and feelings of others. It is all about finding the balance between being your authentic self and respecting those around you.

By being true to yourself and writing your own story you may inspire others to be brave enough to do the same.

"AND AS WE LET OUR OWN LIGHT SHINE, WE UNCONSCIOUSLY GIVE OTHER PEOPLE PERMISSION TO DO THE SAME. AS WE ARE LIBERATED FROM OUR OWN FEAR, OUR PRESENCE AUTOMATICALLY LIBERATES OTHERS."
NELSON MANDELA

If you are proud of the story you are writing you will not need the validation and approval of others. If you are authentic, you will attract people who appreciate the real you.

Your story does not have to be perfect. You are allowed to scratch out paragraphs, you may even write characters out of your story and add new ones. Your story will change and develop and grow, but it should always be *YOUR STORY*.

So, Grade 9s, be brave enough to accept and celebrate your uniqueness and also to accept the uniqueness of others.

Be brave enough to write your BEST STORY.



DR ALISON BENNIE





“Remember each new day you get to turn a page in your life and write your own story.”

Tammy Mentzer Brown



Ms Nabilah Mowzer



Jody Beaumont



Issataya Bredell



Emma Campher



Kaylee Coetsee



Danielle Cronjé



Isabella de Vries



Rachel de Wet



Alya Essl



Sasha Hill



Errine Hodges



Madison Isaacs



Lilli Kleinert



Peyton Kleynhans



Zoë-Jane Levendal



Sonya Ligthart



Faith Martin



Arabile Matseme



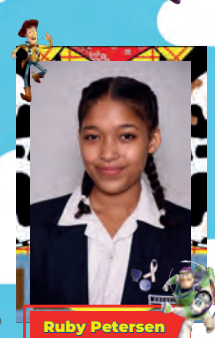
Kara Meets



Bukho Ntese



Gemma Paynter



Ruby Petersen



Giorgia Pretorius



Chelsey Ramongane



Claudia Snyman



Lauren Stoms



Mbali Tatana



Lana van der Linde



Claire van Wyk



Zintle Warner

“Don’t let one bad chapter in your life define the rest of your life. The key is to learn from that chapter and re-write your own story.”
Anurag Prakash Ray



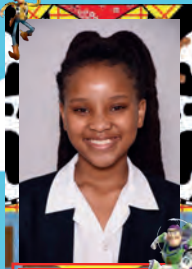
Mr Francois Hugo



Cara Brink



Marcelle Brits



Hlomia Bukani



Anna-Sophia Combrink



Rabeeah Darries



Hanna Davids



Grace de Jager



Jemma de Kock



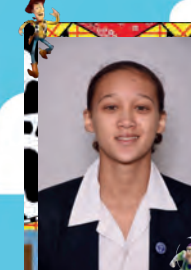
Kaitlin du Toit



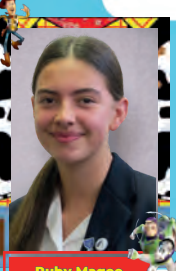
Zoe Green



Grace Hobbs



Leah Lundall



Ruby Magee



Likhona Makiwane



Micaela Meyer



Hope Nalumango



Lily Newton



Zoë Olivier



Jenna Pettipher



Kelly Robertson



Marie-Elizabeth Roos



Catherine Rubino



Josephine Schlemann



Clara Schreuder



Katherine Sickle



Harriet Smit



Liyema Sokwaliwa



Sarah Stenslunde



Emily van der Merwe



Genevieve Ward



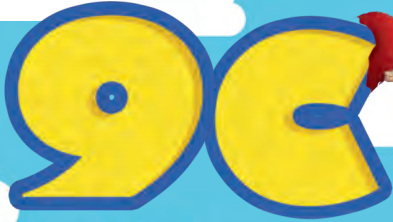
Luthando Warner



Emma Yip



Sumaya Yusuf



**“She wouldn’t let others define her; She wrote her own story, and she lived it.”
Mark Anthony**



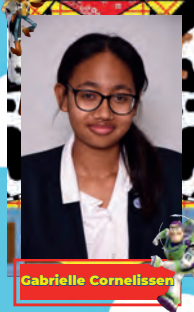
Ms Rebecca Jansen van Rensburg



Nuha Arnolds



Robyn Baxter



Gabrielle Cornelissen



Emma Du Plessis



Clarice du Toit



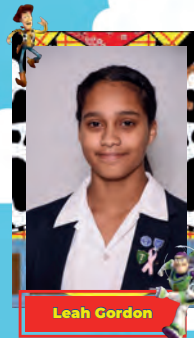
Lisa-Marie du Toit



Gianna Forssman



Sophia-Mara Franke



Leah Gordon



Sarah-Ellen Groenewald



Sarah Hodsdon



Lila Isaacs



Mariam Janelidze



Emma Jansen van Rensburg



Zoe Jenkin



Mivuyo Kiva



Lulibo Kwayimani



Maya Landman



Kyla Lipjes



Zia Meyer



Zoe Michell



Ayola Mokhoane



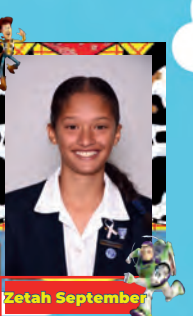
Rebecca Morgan



Grace Op't Hof



Raania Parker



Zetah September



Emily Smit



Faariah Sondag



Emma van Almenkerk



Isabella van Staden



Chrissa Worship

"Don't let other people define you. It's not their life; it's not their story. Live your own life, and write your own story. Define yourself."
Unknown



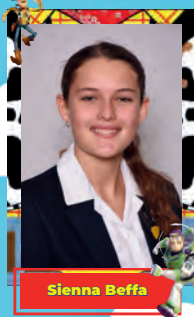
Ms Michelle Nieuwstad



Megan Baxter



Sophie Beaumont



Sienna Beffa



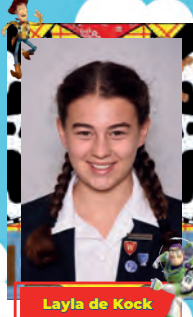
Tylo Bergstedt



Zoie Cloete



Samantha Currie



Layla de Kock



Niki de Waal



Toni Etson



Amy Evans



Amy-Leigh Gibson



Erynn Gouws



Olivia Hagen



Robyn Jelbert



Sadie Jooste



Grace Kiru



Kaylee Le Roux



Emma Lurie



Anothando Matheza



Akhanya Mkiva



Katharina Moss



Sarah Oscroft



Lakiwe Peacock



Caitlyn Perch



Danielle Potgieter



Zoë Pretorius



Olivia-Rose Steyn



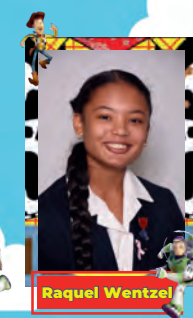
Kharsin van der Walt



Emily van Niekerk



Cariynne von Willingh



Raquel Wentzel



Alana Williams

9E



**"The most important story we'll ever write in life is our own - not with ink, but with our daily choices."
Richard Paul Evans**



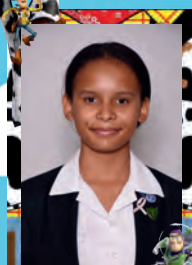
Ms Gemma Hall



Emma Adamson-Kain



Grace Blignaut



Meghan Boshoff



Jeziel Brink



Amy Brown



Blaska Cloete



Kelly de Wet



Samara Docrat



Nicola Engelbrecht



Julia Fink



Caris Griffiths



Gabrielle Johnson



Siva Jolingana



Charlotte Joubert



Haajar Khan



Danielle Krige



Larissa Louw



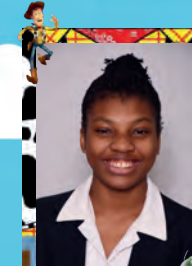
Mckenzie Mack



Mbasa Majija



Z68 Marchinkowski



Leya Mbaya



Kika Mossop



Shalom Mwansa



Mildred Ncube



Rebecca Niesler



Alicia Pinkhard



Tatum Robertson



Lia Schagen



NiRita Schoeman



Abenathi Sibeko



Kesia Visagie



OUR STORY 2023





GRADE 8

*... a piece of the
"Rhenish puzzle"*



"There are no extra pieces in the universe. Everyone is here because he or she has a place to fill, and every piece must fit itself into the big jigsaw puzzle."

Deepak Chopra

FIGURING OUT HOW TO FIT IN

We are all puzzle pieces gently trying to find our fit. The new puzzle pieces to our big Rhenish puzzle, our Grade 8 learners, were welcomed by the Learner Council and mentors on Tuesday 17 January 2023. The nervousness and uncertainty of the Grade 8s was tangible. While it was all new and unsettling, it was also exciting to be starting a new year and a new school with seemingly endless opportunities.

Our incoming Grade 8 parents are also important parts of our Rhenish puzzle and the "Newcomers Function", an information evening held on the Grade 8s first day of school, aims at helping the parents to navigate the transition from Primary School to High School.

A puzzle with 1000s of pieces may seem daunting and one often may not know where to start. But, start one must and, for our Grade 8s who are trying to find their place in the Rhenish puzzle, Orientation week is vital. It is during this week that the flat edge pieces, the guideline, for their puzzle is outlined. It gives them a place to start.

During orientation, the Grade 8s met the Principal and her Deputies, register teachers, Learner Council and the Mentors. They were allocated to their register classes and started straight away with all the administration. Their hard copy textbooks were issued, their chrome books were connected to the network, they were guided to upload the relevant apps, they received login details and joined the Google Classroom for their different subjects. Technology is an integral part of what they have to master as they settled in at Rhenish.

The highlight of the week was definitely the camp, held at Bergkroon in Wellington. It gave the learners the opportunity to make friends and make new memories. After the busyness of the first week when the Grade 8s are often overwhelmed with the newness of everything and everyone, camp is an opportunity to see that there are other pieces of the puzzle, also all mixed up, but waiting to connect to them. It is here that friendship groups start to fit together and the Grade 8s start to feel like they belong. That they too will become a piece of the Rhenish puzzle.

You do not necessarily know exactly where you fit in straight away and it is quite reasonable to try out different pieces until you find a good fit. A strong guide in figuring this out is the Rhenish Values and these were introduced at camp by our two psychologists - Ms Conchar and Mrs Nel.

"I loved bonding with my peers and wished camp was longer. I learnt so many important lessons at camp - patience, if you work as a team you will get further; and to respect one another"

Chanel Theron

The activities at camp give the Grade 8s different experiences to help them find their fit in the puzzle. Dancing, swimming, team building activities and a formidable obstacle course allow the learners the opportunity to take on different roles - leaders, followers, adventurers or more hesitant participants. Every learner is encouraged to see that it is all right to be different, to be herself.

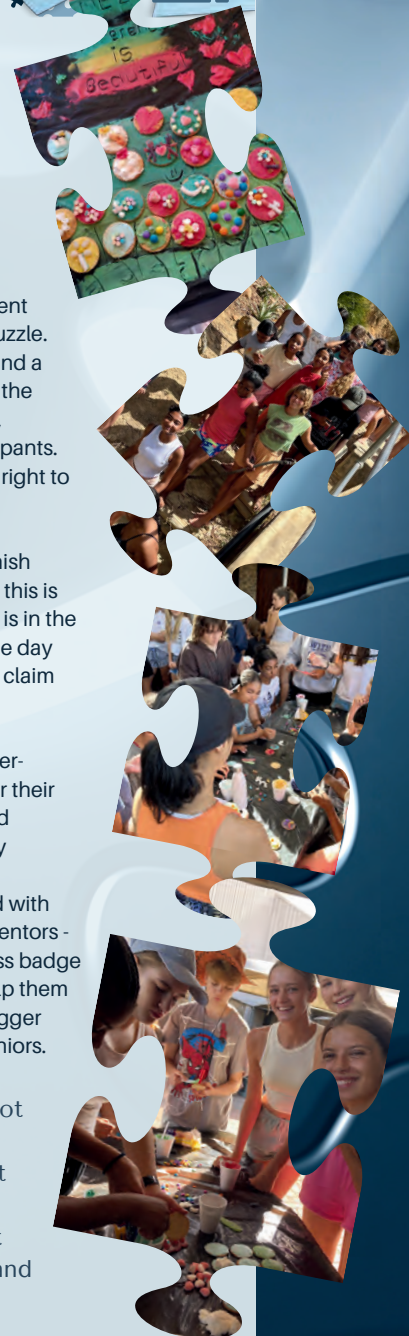
A unique experience, but one vital to the Rhenish 'sisterhood' and 'gees' is 4M. For the Grade 8s this is their true induction into Rhenish Girls' High. It is in the build up to this event and the experience of the day itself that truly enables a Rhenisher proudly to claim that her blood runs blue.

After a term at school with experiences like inter-house (athletics and swimming) and 4M under their belt and a term of classes, hostel and sport and cultural involvement, the Grade 8s are formally acknowledged as Rhenishers with the Commencement Assembly. This is celebrated with each Grade 8 ringing the Rhenish Bell. The Mentors - their guides or big sisters - hand over their class badge to them and it is these Rhenishers who will help them figure out exactly how they each fit into the bigger picture as they journey towards becoming Seniors.

"As with all puzzles, do not rush, do not try to force yourself to fit where you feel uncomfortable. You are a perfect fit and you may try out a number of places over your five years here. Just remember, every piece is significant and necessary in order to complete the picture."



Mrs Sherna Smith



MRS SHERNA SMITH

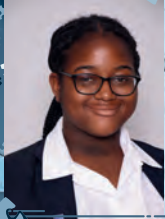
8A

“Each one of us fulfills a piece of a larger puzzle.”

Eric McCormack



Mrs Kristy Joubert



Vanessa Abumbi



Bailey Black



Lida Booyesen



Mikel Brooks



Tinashe
Chibarinya



Shiah Daniels



Isabella Delplanque



Alice Durrant



Sibathembile
Gwintsa



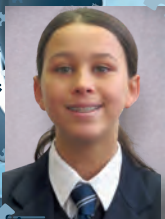
Lihanri Heystek



Kendra Herbst



Brooke Hewetson



Chloe Hugo



Jemma Johnson



Olivia Jones



Christie Kotze



Lia Latti



Anna-Beth Malgas



Nontobeko
Mashiya



Anni Möller



Nicola Müller



Layla Niehaus



Alveca Pietersen



Nicola Reinecke



Jordan Schaffers



Chiara Terhoven



Chanel Theron



Karli van Blerk



Tessa van Olst



Andrea Williams



“Each person is an enigma. You’re a puzzle not only to yourself but also to everyone else, and the great mystery of our time is how we penetrate this puzzle.”

Theodore Zeldin



Ms. Kristen Robinson



Kyla Barratt



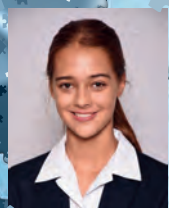
Isabella Beaumont



Noah Bergsma



Schuyler Block



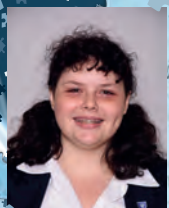
Hannah Booysen



Emma Brooks



Isabella du Plooy



Dominique Geldenhys



Jemma Hendricks



Madison Henry



Fabia Hollander



Karoline Holm



Kasey Jacobs



Maya Jappie



Zea Jordaan



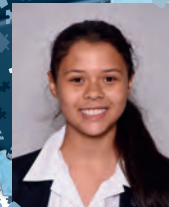
Thobeka Mashiya



Lathitha Matiwana



Rebecca Parish



Jodi Petersen



Safiyah Railoun



Sandatia
Ralaivaosona



Isla Roos



Annabelle Savage



Linique Siebritz



Amy Smith



Ashely Taylor



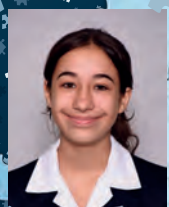
Nicola
van der Merwe



Ava-Loren
van Galen



Olivia van Staden



Gabriella Williams

80

"It's always the small pieces that make the big picture. Every piece, no matter how small, is important."

John C Maxwell



Ms Sarah Shaw



Olivia Agar



Jada Booysen



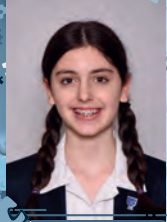
Madison Buchanan



Keira Campbell



Isabella Capri



Kayla Champanis



Lia De Araujo
Magalhaes



Anja de Beer



Tatum Dhelminie



Nina du Toit



Layla Fernandes



Rebecca Flier



Amy Hartung



Frankie Henn



Charlotte Hut



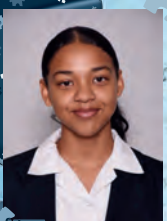
Yumna Joseph



Azania Julius



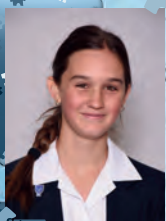
Skyela Kruger



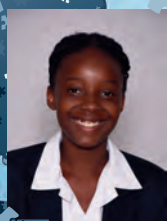
Fatimah
Langeveldt



Mhlahli
Mbambalala



Mikhaila Mendes



Rose Quinlivan



Dayita
Ramjugernath



Aryanna Rooke



Naylan Saaiman



Hannah
Thompson



Rachael Thomson



Lelam Tsholoba



Rendahl Williams



Nadine Zininga

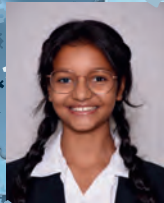
81

“Every day is sort of a jigsaw puzzle.
You have to make sure that you’re
putting the most important things
first.”

Julia Hartz



Mrs Shé Kleingeld



Peyton Arendse



Cyler Clark



Thanaa Cornelson



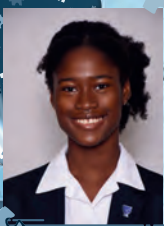
Lara-Joe de Wet



Isabella Devereux



Olivia Eggers



Lois Essien



Emily Haddad



Charissa Hendrikse



Sophie Herman



Joah Heymans



Iris Hjelden



Reese Holmes



Kirsten Johnson



Rachel Johnston



Amber Klink



Lana Labuschagne



Yanling Liu



Iminathi Maqubela



Gabriella Martin



Akhona Mathonsi



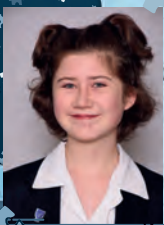
Mandlakazi
Mothapo



Caitlin Otto



Gabriella Pekur



Teagan Pretorius



Alicia Taylor



Nina Terblanche



Jenna Theron

8E

“Who in the world am I? Ah, that’s
the great puzzle.”

Lewis Carroll



Ms Amy Davids



Chloe Adams



Juliette Amner



Riley Barrett



Mia Beckett



Keyuri Chetty



Alexia Couvaras



Skylor de Koker



Emma Donald



Ava Erasmus



Kristen Evert



Gemma Griffiths



Jesse Jepson



Aqhama Kwayimani



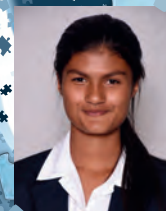
Tyra Langeveldt



Bianca Maxwell



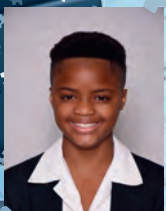
Megan Mckinney



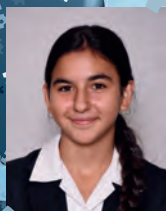
Eva Miller



Sibusisiwe Mlambo



Ngobile Mzanywa



Olivia Pestana



Kate Philp



Mina Prinsloo



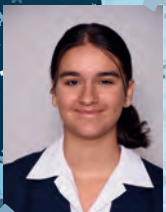
Zeekuh Smith



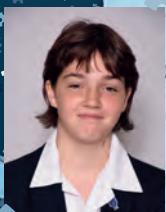
Michaelah
Theunissen



Emily-Grace
Truter



Isabella Turner



Frieda
van Wageningen



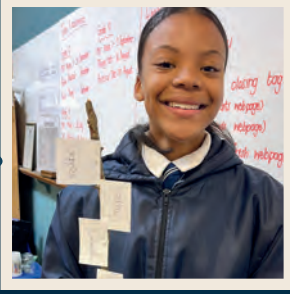
Stephanie
van Woudenberg



Paton Vermeulen



Layla Williams



Academic



HEAD OF PILLAR

Francesca Pate

FRANSCESCA PATE

Learning is fun

While this may seem somewhat of an anomaly, the notion that "Learning IS Fun" is one that the group of learners involved in the Academic Pillar of the school truly believe. We have tried through the course of the year and through the various activities we have arranged to inculcate this joy in our fellow learners.

First up, an inter house quiz that tested our knowledge and feuled the Rhenish *gees*. Congratulations to Terlinden who emerged victorious during heated speed rounds in front of a very enthusiastic and supportive audience.

A Subject Fair was organised at the start of the third term to help the Grade 9s who are often overwhelmed when it comes to subject choice for the FET level. Kiosks were set up for each of the subjects manned by Matric learners who showcased their workbooks and were at the ready to answer all the questions the Grade 9s may have had.

As test and exam preparation heated up the Academic Pillar introduced initiatives to support the girls in their academic efforts - a past paper bank was created and shared with all the matrics, additional peer tutors and pairings were acquired and group chats were created where tips and notes were shared as we worked to support each other during exam periods.

Learning does not always have to be a slog, an upward grind. Sometimes, we need to sit back and look at the bigger picture. We should not just focus on that one disappointing result. We need to give ourselves credit for the hard work over the course of the whole year. We need to shine light on the small victories - they add up to a big victory in the end.



"We strive to create opportunities for each learner to shine in her own way."

At Rhenish Girls' High School, a core value is academic excellence. But, this is not a 'one size fits all' value. It does not mean that straight As are expected of every learner. Rather, we strive to ensure that each learner fulfills her unique potential.

Rhenish teachers provide us with extra resources, invaluable tips and the girls' hard work is reinforced and acknowledged with BOFF badges and at Prize Giving. But, Rhenish also recognises those who have made small, incremental improvements or participated in events like olympiads. A positive and determined attitude needs to be applied when working at school and that is something that is promoted and set as the standard at Rhenish Girls' High School.

MATRIC 2022

The Class of 2022's results were a reflection of this commitment and hard work:

- 13 Candidates achieved an average of over 90%
- 64 Candidates achieved an A average - i.e. 45,7% of the class
- 48 Candidates achieved a B average
- 531 Subject Distingctions - i.e. an average of 3,7 As per candidate
- Class average - 76,3%

Our Dux Scholar - Rachel Meiring - excelled with an average of 95,71% and 7As. Hard on her heels was Erin Commaille, also a recipient of the Premier's Award for Excellence, with 95,14%.

Academic excellence, a core value at Rhenish Girls' High School, means that we strive to ensure that *every* learner reaches her potential.



The Class of 2022 was once again proof that Rhenish Girls' High School has depth and quality when it comes to our core business - Academic Excellence.

Rhenish Girls' High School placed ninth in the Province for the National Senior Certificate Examinations and two of our learners - Rachel Meiring and Erin Commaille, received awards for excellence from the Premier at the function at Leeuwenhof in honour of the top schools and top achievers in the province.

"Success like this does not result from work put in during Matric alone," said Principal, Ms Helmién Slabber. "It begins in Grade 8, it requires input and support at home and in the classroom and it results from committed, diligent hard work. The successful candidate desires excellence and is prepared to make the sacrifices that are often necessary to achieve this."

DR RIKA KROON

DEPUTY PRINCIPAL - ACADEMIC

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education."

Martin Luther King Jr.

Reflecting on Martin Luther King's words, I could not help but wonder if Rhenish is achieving this goal. Schools should focus on teaching "hard skills" like math and science, but are we providing sufficient opportunities for our learners to observe, communicate, experience, reason, analyse, evaluate, and problem-solve? Moreover, are we actively nurturing attributes such as compassion, integrity, and respect, which are the building blocks of character?

Looking at generations of past as well as our present Rhenishers, it is clear that our school succeeds in developing character. The core values that the school upholds and promotes are excellence, compassion, accountability, integrity, diversity, and respect. These values are deeply ingrained in the school's culture and have a significant impact on the development and shaping of the learners' character.

The school strives to integrate these values into various sports and cultural activities, clubs, and outreach programmes, to provide students with ample opportunities to practise and embody these values. Consider how participating in sport and cultural activities develops confidence, teamwork and perseverance.

Programmes such as joining RHECO to clean our local river, reading to children at the Usiko Aftercare in Jamestown, or contributing towards a 'care bag' for cancer patients, foster civil awareness, compassion and service above self. Through these initiatives, students are not only equipped with essential character-building skills but are also encouraged to become active contributors to a more positive and inclusive school community.

Acquiring the skill of critical thinking is essential for achieving success in one's professional life. Our goal is to provide ample opportunities for learners to engage in activities that develop critical thinking. Learners participate in public speaking and debating, subject-specific Olympiads, the annual Science Expo and more. In class, learners solve mathematical problems, conduct science experiments, write historical argumentative essays, do basic coding and dissect animal organs.



Effective education teaches critical thinking and builds character



However, our CAPS curriculum is content-heavy, which limits opportunities for optimal development of critical thinking skills. As an e-learning institution, we leverage technology to overcome this challenge. We are currently delving into the realm of AI and ChatGPT in order to further elevate the teaching and learning experiences of our pupils. Specifically, we are exploring the use of ChatGPT, to provide our learners with an opportunity truly to immerse themselves in the subject matter and craft their own original, well-informed arguments that demonstrate a high level of critical thinking.

If we agree with Martin Luther King that effective education cultivates both intelligence and character, then Rhenish Girls' High School exemplifies true education.



LEARNER SUPPORT UNIT

LSU



The importance of a protective and supportive environment at school, home and in the wider community is of paramount importance to the Learner Support Unit (LSU) at Rhenish Girls' High School. Adolescents face physical, social and emotional changes during this phase of development. These changes are intensified by exposure to a range of things such as violence, bullying, social media, the aftermath of COVID-19 and this is but to mention a few. There is a lot of focus on the mental wellbeing of adolescents globally because of the complexity of this developmental stage and the current socio-economic and political context worldwide.

Mental well-being can be promoted during this crucial developmental phase. We aim to support our learners to develop emotional and social habits intentionally. These habits include emotional regulation skills, problem-solving and coping strategies, intra- and interpersonal skills and a healthy, balanced life-style.

The Learner Support Unit (LSU) plays an integral role at Rhenish Girls' High School through offering academic and emotional support to the learners.

The team consists of Mrs Christelle Pretorius (academic support), Ms Lauren Conchar (counselling psychologist) and Mrs Almarie Nel (educational psychologist). These professionals are overseen by Dr Rika Kroon (Acting Principal).

Over the past fifteen years, the LSU has expanded both its academic and emotional support reach and offers the following:

Academic Support

- Individual support for learners who need to develop soft skills including time management, effective study methods and exam answering strategies.
- Accommodation applications for learners who experience learning barriers and facilitating these accommodations during formal assessments.
- A homework centre where learners have access to a quiet place to work in the afternoons as well as access to computers and a printer.
- A unique curriculum called "sCool Skills" for Grade 8 and 9 learners who can benefit from further academic support.
- A peer tutoring programme where senior learners are paired up with junior learners for subject specific support. Peer tutoring has grown beyond the LSU and is currently being run very successfully by Miss Rebecca Janse van Rensburg and her peer tutoring committee.
- The LSU also offered an exam preparation session to the whole Grade 8 group at the start of Term 2. Senior learners assisted the LSU in facilitating a session around effective time management and planning as well as some tips for studying.
- The LSU also forms part of the School-based Support Team (SBST) where they work closely with school management to support the needs of the learners.

Emotional Support

- Group sessions with class and grade groups where indicated, first team sporting codes and all leadership bodies to promote healthy coping strategies.
- Breathing and grounding exercises before every examination with Grade 12 learners.
- The introduction of a googleform booking request system with a unique QR code visible on posters around the school. Weekly emails with a message of emotional support and encouragement with this googleform link attached.
- Individual psychotherapy sessions with our two full-time psychologists during school hours are available for all learners. Referrals to private psychologists and psychiatrists where indicated. Secondary support for learners who are in external therapeutic/psychiatric processes.
- Our two psychologists meet with each gradehead every second week to discuss the management of vulnerable learners and the SBST meet once a term.
- The LSU believes strongly in supporting the academic and emotional needs of our learners and is only able to do this because of the holistic wellbeing ethos that our school encourages.



FAREWELL

MRS CHRISTELLE

PRETORIUS



The LSU was formed in 2008 and Mrs Christelle Pretorius has been a key member of its development since its inception. Over the past 15 years Mrs Pretorius has played a role in hundreds of learners' lives and has played an instrumental role in advocating for learners with specific needs.

Mrs Pretorius will be retiring from the unit at the end of this 2023 and we wish her well on her journey. Our hope is to continue her legacy and feel that the words shared by Mrs Wendy Day (the head of the LSU at the time) encapsulates what Mrs Pretorius believes,

"When all is said and done, it is up to each one of us to realise our own potential and to live accordingly, but sometimes, we need a little guidance and someone to believe in us!"



MS REBECCA JANSEN VAN RENSBURG

Works with Mrs Pretorius in Peer Tutoring

"It has been so wonderful getting to work with Christelle. She has been so gracious in taking the time to give advice, check in on how I am doing, and handing over in a way that is encouraging and inspiring. Christelle is aware of her (very few) weaknesses and how she can lean on others to fill the gap - she is so passionate about her work, but so willing to hear what fresh and new ideas or perspectives others have to offer."

MRS SHÉ KLEINGELD

Has taken over GLU from Mrs Pretorius

"Positivity, dedication, patience and light. These are the words that come to mind when I think of Christelle. Not only was she an aspirational mentor over the past year, but her willingness to help other and get involved, selflessly, project after project was something that left me speechless.

Working with Christelle has taught me immeasurable lessons. Her patience and diligence with her work is something I will forever remember and her kind heartedness and light; something I will forever treasure."

MRS ALMARIE NEL

Works with Mrs Pretorius in the LSU (since 2021)

"Working with Mrs Pretorius as part of the LSU has been such a privilege. Not many people can create a safe space for learners such as Mrs Pretorius can. Her integrity, patience, commitment and passion for her work are but a few characteristics that stand out to be applauded. Thanks so much for the footsteps you are leaving behind - you will be sorely missed."

MS LAUREN CONCHAR

Works with Mrs Pretorius in the LSU (since 2017)

"I will always remember Mrs Pretorius as someone who exudes compassion and patience and is always willing to go the extra mile.

Her gentle and warm approach to the learners is an example to many. She is so passionate and humble about what she does and is continually looking for ways to grow and improve. I have learnt so much from Mrs Pretorius and am so grateful to have had the opportunity to work alongside her.

MUSIC DEPARTMENT

MRS SONJA VAN AMSTEL

Often I come across a young person's CV where it is noted that the individual had been a keen instrumentalist or singer. I don't believe it's just because I'm a musician myself, but immediately the description of the person's abilities becomes far more rounded and user friendly.

If we were to remove music from our lives - oh what a bleak world we would inhabit.



"Music education stimulates, challenges and enriches our young people during their formative school years. Its value lasts a lifetime."
Tammy Baldwin



Each year gives us fresh faces and new beginnings and 2023 was no exception. This year gave us a wonderful group of talented and enthusiastic Grade 8s and they bring fresh promise for the Music Department and its continued longevity. It is so uplifting to know that Music is still valued as a subject worth pursuing, especially in light of the world's focus on instant, and often, commercial gratification.

Our Grade 12s are ready to face the world outside the Music Department and I am confident that each of them has the emotional intelligence necessary for life's

journey. Their dedication to their art and the way in which they have worked at harnessing their talent and perfecting their performance inspires this confidence.

The annual Senior Music Concert is an almost indispensable item on the Rhenish calendar. It is important to note that this event requires the participation of every Grade 10 to 12 music learner. This evening showcases a variety of talents - even the emcee of the evening, Simone Singe in Grade 10, displayed such a confident and enthusiastic sparkle that everyone left on a high!

Participation in the annual Eisteddfod is encouraged because of the exposure it provides for the performing arts. It is with pride that Rhenish participated and brought home substantial awards.

Music education requires tremendous input - and it most certainly takes of your heart. In reflecting on the journey of our students this year, I acknowledge once again that this privileged task can only be fulfilled with the talent and support of an inspired team. Ms de Villiers, Mr Piron and all the outside lecturers, THANK YOU very much for making what we do possible.

WHY MUSIC?

Shannon
Johnson



When it came to choosing our subjects for Grade 10 -

12, I knew that Music would be one of my first choices. Music, in every way, shape and form brings me complete happiness, it is the one place I truly get to express myself the way that I know best. Music is the gateway to your imagination; it transports you to another world.

The Music Department is a place filled with love. If I am completely honest, the Music Department is my favourite place to be when I am at school. Here, everyone is always welcomed with open arms, whether you are part of the Music Department or not. Whether you need a break, someone to talk to, a shoulder to cry on or simply a cup of tea, you know that the staff and your fellow musicians will always have time for you.

Through music I have met wonderful girls who have been my closest friends throughout my five years of high school. They are the most amazing people.

Taking music as a subject forces you to step out of your comfort zone; to challenge yourself in order to reach your fullest potential. It takes a lot to stand in front of a large room of people and perform when you know that all the attention is on you and you alone.

Music builds your self-confidence and self-esteem and strengthens you as a person. Through the love, guidance and support of the Music teachers, we gain the courage to step out of our comfort zone despite being scared to do so.

My favourite memories are simply being in class - there is never a moment when we are not laughing or making jokes about something. Spending time with the music class is my favourite place to be at school.

It is not all laughter and lightness, however, and the academic work - which is more like taking four different subjects in one with so many different layers to this single subject - is demanding. Keeping up with all aspects of the subject can seem overwhelming at times, but the one-on-one help we get in the Music Department helps a lot with this. Overcoming stage fright has also been a really big challenge for me. But, if anything, overcoming that has made me stronger and more confident on stage.

A highlight of my matric year is just being able to be in a position where I can inspire younger grades to want to take music and to show them what is possible if you truly follow your passion.





"Physics is crucial to understanding the world around us, the world inside us, and the world beyond us. It is the most basic and fundamental science."



PHYSICAL SCIENCES

Physicists are problem solvers. They are analytical, versatile and adaptable. They consider any problem and bring a broad perspective to solving it.

It is because of this that Rhenishers benefit so from study in this field. We work hard at developing their competency in the classroom but we also provide opportunities for our Physical Sciences learners to test their abilities on a regional and national platform through competitions and olympiads. We try to encourage a love for problem solving - and, thus, the Sciences - through fun activities throughout the year.

OLYMPIADS

Participation in a Science Olympiad is vital for promoting excellence in science. The Olympiad provides learners with an exciting opportunity to compete with learners all across South Africa in the field of science. It also promotes learners' interest in science and encourages them to consider careers in science and related fields.

South African Science Olympiad (SASO)

15 of our Grade 10 -12 learners had the opportunity to enter for the South African Science Olympiad (SASO) in the Physical Sciences category. The paper consists of questions on content in the CAPS curriculum, but it also includes some science general knowledge questions.

Multimole Championship

For the first time, Rhenishers entered a new science challenge, the Multimole Inter schools Science

MS LANA SCHREUDER

Championship. Hosted by the *Cum Laude* Science Academy, this is an online assessment which learners entered either as individuals or as a group of four. The organisers say, "Multimole would like to support the interest in Physical Sciences by allowing learners to keep the subject alive outside the classroom while simultaneously supporting learners in preparing for their continuous assessments during the year. We are excited to promote young scientists, and in doing so, we are making Physical Sciences thrive!"

Hannah Stephanou-Lazarus, Kiara Beamish, Courtney Bowker, Sydney Springhall, Saskia Bosman, Lyné Anthony, Amy Elms and Halle-Jade Johnson - all Grade 11s - participated in the two rounds of the championship.

South African Physics Olympiad (SAPhO)

Rhenish was once again invited to participate in the SAPhO 2023. This is a prestigious Olympiad, as it is targeted at specific learners who are invited to participate; it is not open to all learners. Three Grade 12 learners, Lilly Hobbs, Marise Kriel and Melissa Müller participated in the Olympiad in August 2023.



Back: Amy Elms, Sydney Springhall, Courtney Bowker, Kiara Beamish, Hannah Stephanio-Lazarus
Front: Halle-Jade Anthony, Saskia Bosman, Lynè Anthony



Melissa Müller, Marise Kriel and Lilly Hobbs



Isabella de Vries (Grade 9), Sarah Hodsdon (Grade 9), Danielle Krige (Grade 9) and Chrissa Worship (Grade 10)

ESKOM SCIENCE EXPO

We entered four learners for the Regional Science Expo held at Paul Roos Gymnasium this year. These learners dedicated half a year of their time to do rigorous research about their particular topic and to learn about the scientific method.

Chrissa Worship won a gold medal, Sarah Hodsdon won a silver medal and Isabella de Vries and Danielle Krige won a bronze medal for their hard work and dedication.

Congratulations to Chrissa Worship who was chosen to represent the Stellenbosch region at the International Science Fair.

MRS LIANDRI KOS

S.T.E.M CLUB

This year, the Science club and Maths club were combined to form a more all encompassing S.T.E.M club, which represents the branches of Science, Technology, Engineering and Mathematics respectively.

To 'launch' our rebranding of the club, we hosted a quiz night at school, where the committee members set up about forty questions which the learners could answer in teams. There were prizes to be won, and the general atmosphere was one of excitement and fun.

In the third term, the S.T.E.M club was as instrumental in celebrating and presenting "Maths and Science Week", where the learners and staff alike participated in daily events like solving riddles, finding clues and even doing an "Amazing Race" style scavenger hunt.

Our goal with the S.T.E.M club was to try and show learners that Maths and Science are not as scary and daunting as they may seem, and that their practical application can actually be quite enjoyable!

MR FRANCOIS HUGO



MATHEMATICS

MRS JEANETTE LIEBENBERG

"It is clear that the chief end of mathematical study must be to make the students think."
John Wesley Young

I am very proud to lead the team in the Maths Department. I certainly could not wish for more dedicated and hardworking colleagues.

It remains a challenge to complete the curriculum in the senior grades, yet we continue to achieve excellent results. This is undoubtedly a reflection on the quality of our learners and their hard work, but it is in no small way also a result of the extra time devoted to teaching by the Maths teachers. Additional lessons, early morning lessons and early interventions, together with thorough planning, reflect the dedication to the success of our learners evidenced by this group of teachers.

Every year we battle to finish the curriculum but we still get good results due to extra time spent on teaching and thorough planning beforehand. A final thank you to Miss Slabber who really supported us in every way.



ADMATHS

The Advanced Mathematics Programme or Admaths as we call it, has been operating at Rhenish Girls' High since 2013, which means we are celebrating our tenth year.

This is a stimulating programme which enriches our learners and enhances their Mathematical ability. The learners are dedicated and learn to work independently when signing up for Admaths.

Currently we have 21 learners doing Admaths and hopefully we will see this number grow in the future.

UCT MATHS COMPETITION

The UCT Mathematics Competition is an amazing opportunity to share in the joy and challenge of Mathematics. This year marked the return post pandemic of the Competition to the beautiful venue of the University of Cape Town. Traditionally hosted in April, campus unrest resulted in it only being at the end of July.

A total of 50 Rhenishers from Grades 8 to 12 participated in the competition. The students were excited at the opportunity to participate, but also to visit the University of Cape Town. It is also an opportunity to meet other students from different schools and to share in the enthusiasm for Mathematics. This buzz of mathematical interest is always heartening to witness in the enrap discussion of the questions on the bus as we travelled back to Stellenbosch.

Leah Gordan in Grade 9 was invited to the prize giving ceremony which took place at the end of September.

MRS BRONWYN ADONIS-MAARMAN



Early morning Maths



Celebrating Pi-Day

MATHS OLYMPIAD

A keen interest was shown in this year's Maths Olympiad: 48 Seniors and 52 Juniors entered. As preparation, the school invited past pupil, Petra de Beer, to teach the enrichment needed to succeed in the Olympiad. Last year, Petra achieved 100% in the first round of the Olympiad!

For the first time, we opted to write the online version of the 1st Round - the beauty of this is that the learner receives her result immediately.

Seven Seniors and 26 Juniors successfully achieved

50% and over, and were invited to participate in the 2nd Round, on the 11th May.

It is extremely difficult to qualify for Round 3, and unfortunately no one from Rhenish made it through to this Round.

Next year, we would like to encourage a larger participation of entrants!

MRS SUE HODGES



OLIVIA VISSER

to something you find particularly fascinating and want to pursue one day.

The Cambridge programme is for those who would like to enrich, challenge and expand their knowledge base. It tests you in so many ways, but is truly a rewarding programme that I am grateful to have experienced.

A-LEVELS

At Rhenish, we are very privileged to have a handful of A-level subjects available to take as extra subjects, as enrichment for girls who are looking for a challenge or who just want to dive into more depth in certain topics.

As someone who took both Mathematics and Physics as A-Level extra subjects from Grade 10 -12, I can definitely say that while it is not for the faint hearted, it is also incredibly rewarding.

A lot of the content in the Cambridge and CAPS curriculum overlap and it has given me a considerable edge when it comes to school Maths and Physics, especially in matric. Much of the work we are doing in matric is covered in Grade 10 in A-levels. I have also found it helps with understanding to dive into more depth when covering a topic for the first time. The constant pressure for time and vast number of topics we

have to cover in the CAPS curriculum, does not always allow for this.

The Cambridge curriculum also introduces a different way of thinking, approaching and answering questions. This, along with some of the later content, will be extremely beneficial to anyone who is interested in studying a degree in Science, Maths or Engineering. If you are considering taking an A-level extra subject, you need to be aware that it takes up a lot of time and is a lot of work, but it teaches you valuable time management skills and thoroughly prepares you for university.

You get to cover fascinating topics in Physics, such as Medical Imaging, Astronomy and Cosmology, Nuclear Physics and Thermodynamics to name a few. It will broaden your general knowledge and might expose you

PEER TUTORING

Peer tutoring is a club at Rhenish that helps and supports learners who are in need of academic guidance. It plays a crucial role by offering free help to all learners who ask.

The committee, led by Lechae Savoury, diligently paired tutees with tutors, ensuring that every need for tutoring was met. We are so proud of the school's academic reputation and know that part of building that is allowing our junior learners to benefit from the wisdom and knowledge of our senior learners.

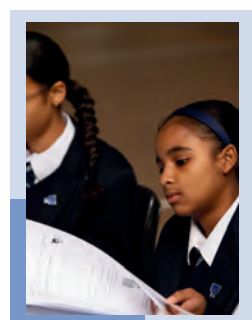
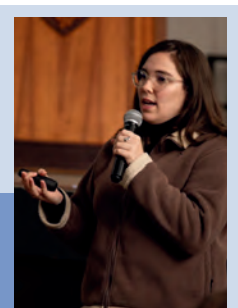
Being able to teach content helps you to understand your own work even more, and the gratitude of a thankful tutee can be very rewarding. Peer tutors may keep track of their tutoring sessions in an effort to work towards the President's Award and to build their *curriculum vitae*.

Many parents request assistance for their children from our peer tutors and they are always appreciative of our senior learners' hard work and positive attitude in helping.

We are grateful to our teachers who share their resources and information and allow us access to their classrooms for productive tutoring sessions in a quiet place.

We are so privileged to have a society like peer tutoring available at Rhenish, and it is largely thanks to the hard work and efforts of Mrs Christelle Pretorius. Mrs Pretorius retires at the end of 2023 and we wish her well. We hope to make her proud as we take peer tutoring to new and exciting places.

MS REBECCA JANSEN VAN RENSBURG



LANGUAGE ENRICHMENT



AFRIKAANS

AFRIKAANS WEEK

Enriching the appreciation of Afrikaans and encouraging our learners to engage with Afrikaans in a meaningful and fun way was the goal of our first Afrikaans Week.

A host of fun, yet instructional, activities were hosted throughout the week of 24 -28 July, timed to coincide with our annual Winter's Week with our neighbouring school, Bloemhof. Our seniors had the opportunity to participate in 'getting to know you' sessions with their peers from Bloemhof and Paul Roos during their lessons - all in Afrikaans, of course - and they enjoyed a traditional 'sokkie' during break time.

The juniors spent their Afrikaans lessons making posters depicting Afrikaans sayings that then decorated the hallways of the school. They also created unique t-shirts showcasing Afrikaans words or sayings.

Whether dancing or chatting to our neighbours, creating traditional Afrikaans eats that were sold in a bake sale at the end of the week or dressing up to depict an Afrikaans idiom for a special civvies day, one thing was clear by the end of the week - Rhenishers love to get behind an idea and they *can* speak Afrikaans, *beautifully!*

ATKV SENIOR AND JUNIOR OLYMPIAD 2023

Created in 1930 by twelve individuals who had a passion and love for the Afrikaans language, the Olympiad's main focus is to test the general knowledge of each participant and to allow them the opportunity to challenge their own language ability. The participants choose to write either Home Language or First Additional Language.

Twelve Rhenishers took part in this prestigious online Senior Olympiad (Grade 10-12). In spite of some technical difficulty our Rhenishers did us proud and Thawaab Sadien, Grade 11, obtained the highest mark in the school (76,92% for FAL); Shené du Plessis, Grade 10, (75,38 %); and Dannika Holtmann, Grade 10 (74,62%) were the top achievers in the school.

A number of our juniors also participated in the Junior Olympiad. The results of this will only be available after this publication goes to print.

We are extremely proud of our girls for broadening their knowledge and challenging themselves with this Olympiad.



The Afrikaans Grade 10 Home Language learners had the opportunity to travel to the Tsitsikamma near Knysna to visit the world of Saul Barnard, the main character in their setwork, "Kringe-in-'n-Bos".

Learners completed a 9 km "Kringe-in-'n-Bos" hike that starts at a memorial to the author, Dalene Matthee in the woods. Immersing themselves in the world of the characters enhanced their understanding of the characters and of the plot of the novel.

A tour is never 'all work and no play' and the learners enjoyed a visit to the Knysna elephant park - the close encounter with these majestic animals contributed to a greater understanding of Oupoot, the very special elephant in the novel.

On the last day the learners visited The Big Tree in the Woodmill forest. It was such a special occasion because we read the very last chapter in *Kringe in 'n Bos* in the shade of this giant 800-year-old tree. What an unforgettable way to end the reading of this special novel.



MRS MAGDA VERMEULEN

"DANKIE" SENIOR AND JUNIOR FIRST ADDITIONAL LANGUAGE OLYMPIAD

"Die Afrikaanse Nasionale Kompetisie vir Tweede Taal" (DANKIE) has been running for the past two years.

The Olympiad consists of various multiple-choice questions and our entrants performed excellently -

SENIORS

- Chloe Holmes (bronze) placed among the top 15% in the country.
- Simone Singe (gold) placed among the top 5% in the country as well as the best Grade 10 learner.
- Zakiya Arnolds (gold) placed among the top 5% in the country and she won the award for the best Grade 11 learner.

We are incredibly proud of our girls and the immense effort they put into representing our school.

JUNIORS

This will take place towards the end of the year and we are confident that our juniors will also represent us well.

MRS ROZANNE VAN DYK



ATKV Senior Olympiad

Dannika Holtmann, Thawaab Sadien, Lakhanya Peter, Mia Schultz, Sara Rawoot and Victoria Seyfert



DANKIE Senior Olympiad

Simone Singe, Zakiya Arnolds and Chloe Holmes



GERMAN EUROPEAN TOUR

'23



"The best education you will ever get is traveling. Nothing teaches you more than exploring the world and accumulating experiences."
— Mark Patterson

The appointment of our new German educator in January also brought with it a new opportunity for Rhenish learners. Mrs Schwartz had for some years organised an exchange tour with a school in Neustadt-Weid in Germany for the learners at her previous school. Her move to Rhenish Girls' resulted in the inclusion of some of our learners in this exchange tour.

Rhenish learners joined with learners from Paarl Girls' High as they attended Wiedtal Gymnasium in Neuwstadt-Weid and stayed with host families. The tour also included visits to Amsterdam, Dusseldorf, Hamburg and Berlin.

Travelling teaches you a great deal - about yourself, about the countries you visit, and about your travelling companions. This tour held many such learning experiences for our girls.

"I have gained a new sense of independence and a new perspective on what goes on beyond our country's borders," said Taliya Gouws. "Not only was I exposed to the everyday life of a German student, but I made many friends and memories along the way."

"While it was challenging to be around thirty-odd people all the time, I made many new friends from Paarl Girls' and also from Wiedtal Gymnasium. While staying with a host family can be quite daunting at first, I really enjoyed my stay. I learnt a lot about their culture and I became quite close to the girl who was my host," commented Claire van Wyk.

"While I have family in Germany and I have always wanted to visit and to experience everything I have heard about the country, I didn't really realise how much of a barrier language can be," mused Katlin du Toit. "But, I take German as a subject and that helped a little. The people were also very friendly and helpful - and they spoke English to help put me at ease."

Whether it was figuring out public transport or trying to deal with the fluctuating Rand/Euro exchange rate, the experience has also inculcated in the travellers an appreciation for punctuality and organisation. You need to know where you have to be, when you have to be there; you have to be responsible for yourself and for your belongings and you need to be mindful of the others in your tour group.

Opportunities like this take a great deal of planning and hard work and we are very grateful to Mrs Schwartz for organising the tour and to her and Dr Dawoo for ensuring the safety and well-being of our girls while on tour.

"... thanks to my parents for giving me this amazing opportunity to go on tour. It was a lot of money but I hope that they know it was so worth it. I had the most amazing time and the best experiences."

Claire van Wyk



XHOSA

ISIXHOSA DEPARTMENT & SIYAPHAMBILI

The Xhosa department worked in collaboration with the Siyaphambili Society in creating events during the course of the year to celebrate the Xhosa language and culture.

In the first term we hosted a workshop in preparation for the Cultural Evening that we would host for the first time since the Pandemic in 2020. The event was attended by invited schools from the Southern Suburbs in Cape Town and was emceed by Siyaphambili members Asemahle Mayekiso and Anothando Matheza. It was well supported by our fellow Rhenishers and their families as well as by our dearest Ms Slabber, Ms Davids and Mrs Smit.

The Grade 11s planned and hosted an excellent Xhosa dinner for the school in the third term. The objective is to promote the culture of IsiXhosa and what it embodies. We provided food, music and a theme for everyone to dress as - these elements are instrumental to what it means to belong to the IsiXhosa Tribe. The menu consisted of Umngqusho with stew, Upensi and isonka samanzi and ginger beer which was happily devoured by our guests. The Siyaphambili choir, hip-hop and poetry groups performed and we had a surprise performance from a community choir "Thanda Organisation" from Khayelitsha. This was the highlight of the evening for many of the guests. The energy and passion they brought to the music was something to witness.

This year has been filled with excitement and anticipation of the events we had lined up. We continue to promote the culture of South Africa and represent different tribes in forms of dancing, singing and articulation via literature.

The Xhosa Department under Mrs Jikela and Mrs Boo's guidance continues to grow each year and we look forward to what our girls will bring to the society and the school through embracing their African cultures.

LUTHO NDLELA
HEAD: SIYAPHAMBILI

ASEMAHLE MAYEKISO
DEPUTY HEAD: SIYAPHAMBILI



OLYMPIADS

ENGLISH

The theme of English Olympiad 2023 was "Care and Compassion". Learners were asked to look at mankind, its suffering and where we have come from, with a new kind of self-awareness. The learners read a variety of texts collected in an anthology titled "A Better World", and examined our position as that of human beings endowed with emotions and compassion, and not the human machines into which some societies have turned us.

Learners considered questions such as: Is everything indeed possible or is mankind doomed to unite only when there is a common enemy like the Coronavirus? Is it in mankind's nature to live in harmony with others and nature or are we destined to destroy this spinning ball hanging precariously in space? Are we able to "beat our swords into ploughshares" and "heal the world"? The Olympiad reminded the candidates that they are the future leaders of our country; this is their bounty and their burden.

The English Olympiad is a uniquely enriching experience for all who take part. In our workshops we go beyond what we do in our English lessons and discuss broader issues and engage in deeper textual analysis. It is an opportunity for learners to broaden their knowledge, minds and experiences through discussions with others and interacting with diverse texts.

Congratulations go to Lila Lombard (Grade 12) and Sophia Fitzhenry (Grade 10) for achieving a gold certificate, and Adriana Wepener (Grade 12) and Angenitha Roos (Grade 12) on being awarded silver.

GOLD



Lila Lombard

GOLD



Sophia Fitzhenry

SILVER



Agnetha Roos

SILVER



Adriana Wepener



Mila Mitrovic and Malaika Mortimer

GEOGRAPHY

The South African National Geography Olympiad (SANGO) is an annual, national, online geography olympiad for seniors (Grade 10 -12). The olympiad tests knowledge taught within the geography syllabus, as well as questions based on a wider general knowledge. It provides an opportunity to test one's knowledge and skills as well as a chance to learn more about earth and the impact people have on it. It provides a fun way to engage with the subject in a global sense.

Twenty-four Rhenishers took part in the 2023 olympiad, which was focused on Climatology. Writing under the supervision of Mrs Forsyth on 16 May, learners answered questions centred on weather and climate, including topics such as tropical cyclones.

Two matriculants did RGHS proud by achieving the following top results:

Mila Mitrovic : Bronze Certificate : Top 15% in the country; and
Malaika Mortimer: Silver Certificate: Top 10% in the country.

MRS ALICE FORSYTH

VISUAL ARTS

The two subjects that Grade 10 to 12 learners can do at the PJ Olivier Art Centre as part of the FET phase of their school career are Design and Visual Arts. The specialization fields within each of the subjects that learners can choose from are: Design: Ceramics, Illustration, Jewellery Design and Textile Design, while as part of Visual Arts: Drawing, Painting, Photography, Printmaking, Sculpture and Ceramics.

Learners in Grades 8 and 9 do the Visual Arts component of Creative Arts as part of the Senior phase at the Art Centre. They are exposed to a variety of art techniques and they are taught to look at and to analyse the different types of art forms that one encounters in this technological 21st century. They attend one full day per term at the PJ Oliver Art Centre to complete the requirements for this component.

Rhenishers have a proud history of excellence in the work they do at the P J Olivier Centre for Art.





Academic



Cultural



HEAD OF PILLAR

Anja Nel

ANJA NEL

“Culture Opens the sense of Beauty”
Ralph Waldo Emerson

A Pillar Head at Rhenish Girls’ High School is a position of honour. It is not a position that is assigned to you; you have to apply for the position as Pillar Head AND you are then interviewed by a panel to see whether you are the best suited candidate and whether you have the Learner Council’s support. Head of Culture was a position for which I dearly wanted to be considered. It is a position to which I hope I have brought honour; it is certainly one that has enriched me over the past year.

One of the reasons I applied for this position is that I strongly feel that in the face of the rich diversity present at Rhenish Girls’ High School, the Cultural Pillar has the power to unite us. Irrespective of our backgrounds or our beliefs, immersing oneself in any (*or all*) of the cultural or creative activities on offer at our school enables us to forget about our “to do lists” and to experience the vibrant passion everyone has to offer. Whether it is listening to the choir or the intoxicatingly uplifting sound of Marimbas, the fun *never* stops.

Our main objective as the steering body for Culture this year was to maximise each Rhenisher’s opportunities, to promote the Cultural groups/ clubs that may not previously have had the opportunity to feature and to reignite the passion and enjoyment that we had experienced prior to COVID-19.

highlights

- The reintroduction of Culture Feature Fridays. Here the various Cultural groups had the opportunity to showcase what they had been working on. The school was thus entertained by informal performances by, among others, the Marimbas, the orchestra, drama and Siyaphambili. Radio.
- A Cultural Evening was introduced into the annual Rhenish-Collegiate Derby.
- A Cultural Evening which included group performances with other schools. This was a great way to learn about cultures from all over South Africa.
- The marimba band members toured to Bloemfontein to take part in the All Girls’ Tournament.
- The Rhenish Orchestra toured for the first time, visiting Gqeberha where they collaborated with Grey Boys’ High School in an incredible concert.
- The revival of the annual Inter House plays was a wonderful opportunity to showcase the talent in our Drama Department.



With our Cultural Pillar firing on all cylinders, 2023 has been jam-packed with activities, events and performances. We have endeavoured to maximise the Rhenishers’ experiences and display everything our Cultural groups have to offer.

We owe a huge debt of thanks to our mentors and guides, our educators. They are enthusiastic and supportive. When we may feel that it is just one performance too far, they will lift our spirits and their faith in us inspires us too to go the extra mile. Often, to avoid clashes with sporting practices and other commitments, our liaison teachers will be at school at 7:00am for early morning practice or after 5:00pm for a late debate or activity. We appreciate all the sacrifices you make to ensure that we have the full Rhenish experience.

Serving as the Head of Culture for 2022/2023 has been a big honour and I look forward to seeing what the future has to hold for the Culture Pillar at Rhenish.

Asemahle Khumalo

LC member of Cultural Pillar



With “Feature Friday” we created a buzz around the culture portfolio, engaging learners with a vibrant experience. Culture Evenings stand out in my mind as the sharing of cultures with a broader community brings a sense of belonging whilst educating us on our country’s diversity.

Harriet Smit

LC member of Cultural Pillar



We have worked hard at promoting knowledge and understanding of cultures present at Rhenish. I particularly enjoyed “Feature Fridays” - it was a spirited way to end off the week with a celebration of Rhenish culture that was always well supported by the Rhenish family.



MR LEON PIRON HEAD OF CULTURE

Culture and creativity are the heartbeat of Rhenish Girls' High School and we do everything we can to help it thrive. The pursuit of cultural activities or the Creative Arts has an inherent value – it is life-enhancing, entertaining and it defines our personal and national identities. At Rhenish Girls' High School, the Cultural activities also define our school identity.

If we were to imagine society without the civilising influence of the Arts, we would strip out what is most pleasurable in life – the bands and choirs; the empathetic plays and dance; the books, festivals, literature and painting. We would be left with a society – and in our case – a school without an integral part of our identity. Without the Arts, we run the risk of falling into Oscar Wilde's definition of a cynic – "knowing the price of everything and the value of nothing".

We are fortunate at Rhenish Girls' High School in having learners who are passionate about cultural pursuits. To excel in any of the Art forms takes hard work and dedication; many hours of practice go into honing their skills and fine-tuning their craft. They are willing to put in the hours and to make the sacrifices and they deserve all the recognition for their endeavours in 2023. We thank them for their contribution to the cultural tapestry of our school and for sharing their talent with us.

The tone for cultural appreciation is set in the home. We are grateful to our parents who encourage their children to explore and express their opinions around the dinner table (our debaters); the avid readers who have encouraged in their children a love for reading, writing, engaging with literature and the performing arts; the parents who have seen in their child a talent or an interest – be it playing an instrument, singing, performing, drawing or painting – and have made the financial and personal sacrifices to ensure that that child has had the opportunity to explore and develop that talent.



"With so many crises around the world – from climate change to conflict – people need moments to connect, come together, understand each other, and imagine better futures. Music, art, literature, cinema, dance and many more forms of cultural expression and creativity have the power to heal us, empower us, and drive the momentum we need to overcome the challenges we face."

UNESCO

In times when finances are tight and we hear constantly about budget cuts and austerity measures, one of the first or 'soft' targets for these is the Arts. We are fortunate in having a School Governing Body that is concerned with the holistic development of all of our learners and has invested heavily over the past few years in ensuring that, on the Cultural front, our learners also have access to opportunities, equipment, facilities and coaching that will nurture and develop their talents.

Cultural and Creative Arts are important at school because they can enhance academic achievement, boost confidence and self-esteem, teach discipline and problem-solving skills, and foster cultural and emotional awareness. Creative Arts also fuel innovation and imagination, which are essential for the 21st century.

Over the next few pages, you will have the opportunity to reflect on the activities and achievements on the Cultural front. To every Rhenisher who has made a contribution, whether it be big or small, thank you. 2023 has been a busy year and we look forward to the creative minds of our learners flourishing even further in 2024

*GREAT ART AND CULTURE REALLY CAN BE,
AS IT SHOULD BE, FOR EVERYONE.*



Singing in a choir offers numerous benefits, both personal and social, making it a valuable and enriching activity for those who participate.

There is the obvious benefit of allowing individuals to improve their vocal and musical skills – pitch accuracy, vocal range, breath control – and we started work on this with our ‘choir camp’, a full day of uninterrupted rehearsal, that was held on the first Saturday of March. While auditions for the new members, particularly among the Grade 8s, had taken place earlier, it was on the camp that work on our repertoire for 2023 began in earnest.

Singing is a powerful form of emotional expression. It allows choir members to convey their emotions, feelings and thoughts through music, which can be cathartic and therapeutic. The Rhenish Girls’ High choir reflects the diversity of the Rhenish community and in the choir, through exposure to different styles of music, choristers gain a deeper appreciation for cultural and artistic diversity. This enriching aspect of being in the choir was evidenced in

the third term in the combined concert with the mixed choir from the Hellenic Academy in Zimbabwe. In a mass choir item we relived one of our favourite songs, *Sisi ni moya*.

The sense of community and belonging which comes from singing in the Rhenish choir is clear in the strong, supportive relationships among the members of the choir. Tuesday practice sessions are sacred; they take precedence over all other commitments. While we work really hard it is also in the social interaction at practices that the bonds between us are forged.

Singing in front of an audience can boost self-confidence and the Rhenish Choir has had numerous opportunities to perform in 2023. The positive feedback we received from our performances at Ms Slabber’s birthday and at both of Rhenish’s Open Days were empowering. The senior members of the choir blessed Ms Slabber by singing the *Irish Blessing* while the full choir prepared a special prayer for her, the *Prayer of St Francis*, and they sang a specially commissioned farewell song.

Further performances during the course of the

year – beKoor at Paul Roos, participation in the Helderberg Eisteddfod where we obtained a Gold+ Award, a combined concert with Rhenish Primary and, finally, our last performance of the year, at the annual Prize Giving – have provided the choristers a real sense of achievement. They prepared for each performance and their behaviour, discipline and their beautiful singing ensured that the choir achieved the goals for 2023 that we had set.

Being in a choir requires discipline and teamwork. Members must attend rehearsals regularly, follow the conductor’s instructions, and work together to achieve harmony and balance in the music. I am so grateful to every learner who attended rehearsals and performances.

Singing in the Rhenish Choir offers not only musical and vocal benefits but also emotional, social, and personal growth advantages. It has been a deeply rewarding and enriching experience for every member of the choir AND for me as their conductor. Without the singers, there would be no choir and I eagerly anticipate further adventures together in 2024.



Rosie House - Head of Orchestra

Rhenish Girls' High School Orchestra played at a myriad of events this year. We played at some very significant occasions during the course of the year - Open Day, the school's birthday assembly, Ms Slabber's Farewell and the Annual Prize Giving being but a few of these.

On each of these occasions, our playing has been very well received, even having the effect of reducing Ms Slabber to tears at her farewell.

Our favourite piece to play was *Pirates of the Caribbean* and it was always a crowd pleaser too.

A firm highlight of the year was definitely the first Orchestra Tour. This took place in the third term and we travelled to Gqeberha, where we had the privilege of playing at Grey Boys' High School with their incredible orchestra.

We also competed in the Stellenbosch Eisteddfod, achieving a Gold+.

Our success this year is in no small way attributable to the talent, enthusiasm and drive of our conductor and mentor, Ms de Villiers. She is always in our corner, fighting for opportunities for us to perform and ensuring that we get the recognition we have earned.

Chelsy Pillay - Deputy Head of Orchestra

For the orchestra, 2023 has been filled with laughter, smiles and music. Moments punctuated with the wrong notes and awkward smiles. The patience learned waiting for your turn to come in and then the smile after music has been made.

Auditioning takes place at the start of the year and is headed by our conductor, Ms de Villiers. A short piece is played to demonstrate one's ability and, once selected, practices take place on Thursday afternoons. Here music and friendships seem to blossom.

Orchestra is a space where music is created, enjoyed and shared. It is also where friendships are formed, inside jokes are made and our talent is celebrated.

MARIMBA

MR LEON PIRON

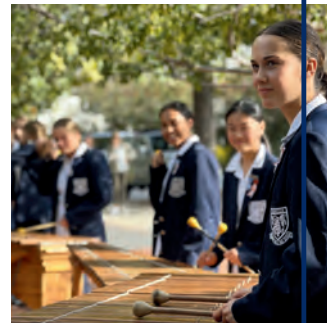
There is a joy that comes from making music together that is very different from most other group activities. It stimulates all four quadrants of the mind and all of this while having fun. It is this stimulation AND joy that are celebrated in the playing of the marimba.

There is a great interest in playing in one of our Marimba bands at Rhenish Girls' High School and auditions at the start of the year are highly competitive. Such is the interest that we now have over 35 learners who play in five bands. The different bands rehearse every morning at 07:00 - a bit of a struggle for some - but Marimba practice has a way of starting the day off on the right note and the challenge of getting up extra early is quickly forgotten as the players pick up their mallets and start knocking out an uplifting melody.

A first for Rhenish Marimbas this year was the participation in the All Girls' Festival. Not only were some of our players able to play in bands alongside girls from schools all over the country, but they also attended workshops on musicianship, dance/body movement and the theory behind it all. To top this off, they participated in a mass band performance with South African great, Jennifer Jones.

Thanks must go to our matrics and our marimba leaders for keeping the momentum going. This well-rehearsed group were able to come together and play at the drop of a hat. Thank you also to our office bearers for their input and ideas. A special mention to the head of marimba, Ga-Young Moon, who came in many mornings to help train the junior bands and impart her knowledge and skills.

We look forward to more performances in 2024.



DRUMLINE

MR LEON PIRON

While plans to perform at select sporting events were scuppered by inclement weather and time clashes, the drumline trained every Wednesday and with only one matric leaving at the end of 2023, the band is already prepared for a stellar 2024.

All of the members of this group were brand new to drumming when they started and had to learn not only to play different beats, but to do so in perfect synchronisation with each other.

Playing in a drumline requires and builds musical proficiency, teamwork and collaboration, discipline, fitness, cultural awareness and confidence. Apart from all of the above, it also acts as a great form of stress relief ... who would not want to hit a drum as hard as they can?

Drumline is the epitome of teamwork and collaboration. The musicians must work together seamlessly to produce the desired sound. This experience teaches valuable life skills such as communication, co-operation, and compromise. The individual talents contribute to the collective success, emphasising the importance of unity.

For the drumline to open sport matches is a great example of the collaboration that sport and culture can enjoy and how these two pillars can work hand in hand. Plans are in place for next year where we look forward to the drumline once again bringing the Rhenish spirit.

CHESS CLUB

MS GEMMA HALL

The world of chess is a fascinating and thrilling adventure woven together by 64 squares. It is a consuming sport that works the mind like no other while demanding creativity.

This year, the Rhenish Chess Club has been revitalised with many new faces and has showcased its talent in two tournaments hosted at Rhenish. The first resulted in a 3 - 1 victory against Collegiate Girls' High School who were on their Cape tour. Then, during a very satisfying Winter's Week, Rhenish achieved a 6 - 0 win against Hoër Meisieskool Bloemhof.

The top board was played by Mariam Janelidze, followed by Amy-Leigh Gibson, Faith Martin, Naylan Saaiman, Tumi Dafeti, and Lila Lombard.

It is clear that Rhenish has some incredibly strong players, who are ready to sharpen their skills further under the guidance of their new coach, Gavin Joon. As a highly rated and professional chess player himself, Coach Gavin is experienced in improving player's skills of all levels whether beginner or advanced.

Although we have sadly said goodbye to our Matrics, the Chess Club is excited to learn from more losses and enjoy even more delicious victories.



THE GRAPEVINE

CAITLIN BENNIE

The Grapevine is Rhenish's termly newspaper - "for the girls, by the girls" - and is our outlet for things that we love and care about, in a fresh, relevant way. Our team consists of twenty-three girls all passionate about writing as well as graphic design. Grapevine's main mission this year was to put out termly editions once again and we are on track to do so!

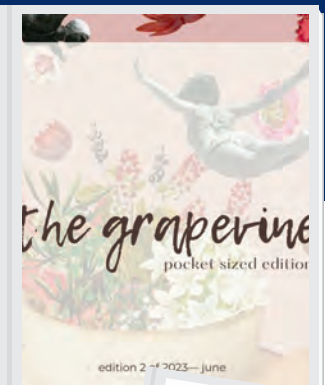
We write about the things that we think Rhenishers care about - whether this is world events, recipes, poetry or pop culture. We are fortunate in having an incredible graphic design team - established in 2022 - that keeps us interesting and appealing.

An innovation in 2023 has been the new issue system - the bumper editions (Terms 1 and 3) are written and designed by the whole team and are both voluminous and weighty. Our 'pocket sized editions' (Terms 2 and 4) are produced by half of the team and are lighter, quicker to put together and to read - coming as they do in exam terms.

This year was my first as Editor and, in spite of my fear that I would fall flat on my face (figuratively speaking, of course) I found myself diving in headfirst - passion will do that to you. I am so grateful to have been entrusted with this responsibility by all of our writers. I would like to thank Mrs Hershaw and Mr Swart for their invaluable support and guidance as liaisons for the Grapevine.

I also have to acknowledge Nina Kielblock and Sara Rawoot for their assistance, validation, advice and support. To the team - we work hard, but we make a great team and the passion and dedication each member brings to the team fills me with excitement for the future.

2024 represents opportunity for Grapevine as we strive to increase our consistency and our readership.





PUBLIC SPEAKING

MUN DEBATING



"The global reach of the United Nations makes it not only the most representative intergovernmental body on earth, but also the world's best hope for peace and security, sustainable development and the promotion and protection of human rights and social progress. Its membership, drawn from all corners of the globe, gives it the legitimacy that enables it to speak authoritatively as the voice and conscience of the international community, and to take on complex and daunting global challenges...in the service of humanity." – Vision Statement by H.E. Mr. Tijjani Muhammad-Bande, Permanent Representative of Nigeria to the United Nations and President-elect of the 74th Session of the United Nations General Assembly.

In the same way, the Model United Nations (MUN) Debating Society brings together learners from different backgrounds to discuss global issues that affect us all.

In MUN, we get to represent different countries and form alliances, pass laws and make decisions on behalf of said countries. Natural disasters, alien attacks, war and climate change; nothing is off the table. We must be prepared for anything. Everything from relevant political issues and news to globally significant problems gets unpacked within the comfort of a classroom.

Our Wednesday afternoon sessions are a time of preparation for competitions. We learn to research the history, resources and alliances of a country in order accurately to represent it, and then incorporate this research into a cohesive speech.

But it's far from dull! The co-chairs, Ruth and Ream, put together an engaging lesson and exciting activities for the group to enjoy, creating a space of interesting conversations and delightful jokes.

During the year we attended an online conference about South Africa's water crisis alongside many educated professionals and a riveting in-person conference in Cape Town where we competed against many schools from across the country. This event, a mini-MUN at Wynberg Girls' High, saw a record three teams from Rhenish participating, with all learners experiencing a MUN debate for the first time.

"For many of us, it was a first and we were extremely nervous prior to our arrival. We had absolutely no idea what to expect and no amount of preparation felt like enough. However, by the end of the day we had improved not only our public speaking skills but also our ability to think critically and inquisitively. We left the meeting with greater knowledge of other countries, new insights into global issues and new realisations about how we, the youth, can make a difference." Ream Uheida in Grade 11 was awarded third best speaker overall.

MUN Debating is a place for constant learning and collaboration, and learners who participate improve their public speaking skills, social skills and general knowledge.

We are planning to attend many more events so as to integrate ourselves into the world of politics more fully and gain valuable experience in the future.

MS TARRYN HARBOUR (LIAISON TEACHER)
RUTH GROENEWALD (CO-CHAIRPERSON)
REAM UHEIDA (CO-CHAIRPERSON)



DEBATING

RHENISH SENIOR DEBATE TEAM NINA KIELBLOCK, SARA RAWOOT, SIENA WILLIAMS

Debating is an intellectual battlefield where we learn to craft arguments as impenetrable as a knight's armour. Our round tables are hallways, where we map out persuasive arguments and prepare strategies for classroom arenas.

With new senior and junior teams, the year was full of learning, improvement and growth for Rhenish Debating. We are grateful for the experience of the Collegiate debate and the trial by fire that was All Girls' Festival in May.

The junior and senior teams participate in the Boland Debating League throughout the year. This league includes many of the schools in the Boland district. Through Boland, we put our verbal jousting skills to the test in a friendly yet competitive debating environment. Motions range from politics to philosophy and sometimes obscure hypothetical topics.

These prepared us well for the culmination of our debating year - the Western Cape Schools Debating Championship ("Provs") in August.

What an unforgettable experience! Once the nerves, and very early mornings, were conquered, the competition was truly rewarding. Not only were we afforded the chance to compete against teams of varying experience, but we also had the opportunity to learn and grow throughout the process, with motions that ran the gamut from morality to regional economic blocs. The senior and junior teams placed 11th and 13th, respectively. We are very proud of these excellent standings.

"Provs" is also used for selection to the Western Cape team. After a gruelling weekend of trials, Sara Rawoot, one of our senior team members, was selected as a reserve member of the Western Cape Debating Squad to attend Nationals later in the year.

We would like to thank our new coach, Joshua May, for his guidance throughout the year. Thank you also to Mr Hugo and Ms Shaw for their support. Our young teams had their mettle tested this year, and they came out shining! We look forward to the 2024 campaign.

*"It is better to debate a question without settling it than to settle a question without debating it."
— Joseph Joubert*



GOD LOVES YOU - GLU

a daily reminder of how God loves the individual



Change has been afoot in GLU in 2023 as our beloved Mrs Pretorius handed over the reigns, but not the love or care that she has instilled in this group, to Mrs Kleingeld. Mrs Pretorius's faith and vision have steered GLU for many years and her loving hands and comforting, strengthening prayers will be missed.

GLU has had a very active year in 2023 and the foundation for our year was established at our annual GLU camp that was held in March. It was here that our journey together began, we learned a great deal and we all grew together in our Lord and Saviour. The camp took place on a farm just outside Stellenbosch and we stayed in beautiful cabins right in the middle of the woods where we had the opportunity to connect with nature. We went for walks outside, painted, sang and worshipped. In the spirit of true Rhenishers, we also ate to our hearts content. Even the rainy weather did not dampen our joy as we shared ice cream and fellowship. We were able to bond well with all the girls across the grades as the division into dorms allowed us to connect with others from all age groups. Things got a bit competitive when we started playing 30 seconds and UNO, but we ended up laughing at everyone's impressions and communication skills.

The GLU camp set the tone for the year and allowed us to make new connections in small groups that stayed throughout the year, enabling GLU to grow stronger as a society.

GLU teamed with the "Bless a Baby" Project to drive social responsibility projects throughout the year and a great deal of our commitment to making a difference in our community was directed to activities around this.

During the course of the year we were given a space and the ability to learn and grow in our faith. GLU is important to each Rhenisher who attends, it serves as our safe space, our comfort and our haven. The future is promising for GLU as we plan for further work with the "Bless a Baby" outreach and we hope to facilitate a joint camp with Paul Roos and Bloemhof.

With the Lord's guidance we will strive to continue in our quest to serve His will next year among our Rhenish sisters.

MRS SHÉ KLEINGELD



DRAMA SOCIETY

The Drama society welcomed many new eager students - and two new staff members - into our family this year. Ms Bisset and Mr Kriel have added a fresh approach and new direction to the Drama Department and to our society.

At the start of the year we aimed to show all of our new members the various aspects of drama by having them watch live shows and perform in shows themselves. The Drama society also focused on the technical aspects of Drama during our short film workshop. We focused on an award winning short film called *The Gunfighter* and members from Grade 8 - 12 performed this during the school's Feature Friday. We also attempted to film our own comedy short film about the struggles of load shedding, written by Joey May. We also shed light on Drama in the theatre by watching *Midsummer Night's Dream* in February at Maynardville and *The Beauty Queen of Leane* in August.

The Drama society would like to thank all of the teachers and students who made it possible to continue to have a platform for learners to take a break from the stress of school and to relax and act. We aim to do even more next year and in the years to come.

JOEY MAY
HEAD OF DRAMA SOCIETY



THE NAVY

Rhenish Rock Band

One of the things that really excited me about coming to Rhenish Girls' High School was the wide variety of cultural activities on offer. The only disappointment was that there was no rock band. Necessity being the mother of invention, we decided, after numerous conversations with Mr Kriel, to create our own rock band. We hoped to expand on the already diverse culture portfolio, while also allowing guitarists, (electric, bass, classical, and acoustic) to showcase their skills. This was something they had not previously had the opportunity to do.

From a thought seed at the end of 2022, the idea of the band was pitched to peers and teachers at the start of 2023 and, having worked on the logistics of it, it was time to turn to exactly who would constitute the band.

The final band consisted of Qhama Tyhod, (band leader and lead guitarist), Amber-Rose Berry (second guitarist), Isabel Stofberg (bass guitarist), Sara Rawoot (keyboardist), Alisha Sampson (lead vocalist), and Mila Geldenhuis (backup vocals).

While performance opportunities have been limited as we figured out who we were and what our goals were, we are confident that, in 2024, with all the cultural and sporting events that occur throughout the school year, we will be able to carve out a place for ourselves both in school and in the greater Stellenbosch community.

We hope to inspire current and future Rhenishers to pick up band instruments and join the movement as The Navy, the Rhenish Rock Band, becomes an integral part of the school's culture portfolio.



QHAMA TYHODA



Cultural Pillar

ANYA NEL (HEAD)
SIENA PROWSE
HARRIET SMITH

QHAWE SIGWELA
ASEMAHLE KHUMALO



Sport



HEAD OF PILLAR

Baylee Engelke

BAYLEE ENGELKE

*“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does.”
- Nelson Mandela (2000)*



Rhenish Sport has flourished this year. Each season has been jam-packed with tours, tournaments, inter schools events, derbies and weekly fixtures where our teams and athletes have tested themselves against some of the best opponents in the Western Cape and, indeed, in the country.

Whether it was the thrill of 4M, the excitement of Winter’s Week against Bloemhof, or our big derbies against Collegiate and Rustenburg Girls’, our sportswomen have shown resilience that is the hallmark of a true team. At times, we may have faced opponents who were bigger, faster, and more skilled, but we never backed down. Rhenishers have stood tall and together we have fought with all our hearts. We have shown that it is not only about the scoreboard, but about the character we display on and off the field.

As I reflect on the year that has passed, I know that it has been a rollercoaster of emotions as teams have experienced victories and defeats, highs and lows, but I know too that through it all, we have grown stronger. As individual sportswomen and as teams. This is true for every team be it a C-team or an A-team.

As the Head of the Sports Pillar, I am immensely proud of each one of you. You have shown dedication, commitment and discipline. You have sweated through gruelling practices, pushed your limits and supported one another when it mattered most. And, in so doing, you have become more than just teammates; you have become a family.

Sport at Rhenish has allowed Rhenishers to forge friendships and to create memories that will last a lifetime as we represented our school with pride in the sports we love most. Every player has given of her best - on and off the field. Sport was an opportunity for Rhenishers to find their passion and a place where we were able to learn things such as dedication, passion and hard work.



“... it's not about how many times you get knocked down; it's about how many times you get back up. It's about learning from each defeat, using it as fuel to propel yourself forward.”

In life, as in sports, we will encounter challenges and setbacks. But remember, it's not about how many times you get knocked down; it's about how many times you get back up. It's about learning from each defeat, using it as fuel to propel yourself forward.

Every sporting code has had opportunities to show case the Rhenish talent at home and away, and each time we have done ourselves proud. The spirit of sisterhood has been tangible amongst supporters and this contributed to every success. After a full year of hard work, commitment and memories galore, we as Rhenishers can walk away knowing we have given our very best in Blue & White and kept the Rhenish flag flying high!

To every sportswoman who achieved Provincial or National success, your achievement is recorded in Rhenish’s history books and we are in awe of your dedication and commitment. As we close this chapter and look to the future, remember the lessons we’ve learned on the sports field. Carry them with you in all aspects of your life. Let the discipline, teamwork, and determination we’ve exhibited there propel you to greatness in whatever path you choose. Our legacy is not just the wins and losses, but the way we conducted ourselves as athletes and as teams.

Thank you to every Rhenisher who committed herself to playing a sport in 2023. The Rhenish sporting legacy is in your hands - keep pushing your limits, keep dreaming big, and keep believing in the power of teamwork.

MRS SAMANTHA HENERY

HEAD OF SPORT

Fostering Excellence Through School Sports



In the realm of education, the importance of sports cannot be overstated. It's not just about winning or losing; it's about instilling values, promoting physical well-being, and nurturing the potential of every student. As the Head of Sport at Rhenish Girls' High School, I believe that sport is not ONLY about medals, trophies and tournament wins, it plays a vital role in shaping well-rounded individuals and fostering a sense of community.



Physical Health and Well-being

At the heart of sport at Rhenish Girls' lies the promotion of physical health and well-being. Engaging in sports activities provides learners with an opportunity to stay active and develop their physical fitness. This also has a profound impact on their mental well-being, reducing stress, anxiety, and depression. Our coaches and sports liaisons are knowledgeable and passionate about their sport, and our extensive sporting programme ensures that Rhenishers have year long, regular opportunities to engage in a huge variety of sporting activities.

Character Development

School sports are fertile ground for character development. Through both victories and defeats, our players learn invaluable life lessons. Dealing with a win is much easier than dealing with a loss, but it is important that our players learn how to accept the loss and move on. It is often on the sports field that qualities like perseverance, teamwork, leadership, and sportsmanship - essential in any endeavor - are developed.

Teamwork and Collaboration

While in a team each individual plays a distinct role, team sports requires all team members to work together towards a common goal — whether that's winning a tournament or winning the next match. Through regular practices - usually at least twice a week - and matches our players learn to encourage each other and to work together in unison to achieve the common goal.

Goal Setting

Whether this goal is scoring a goal, breaking a personal record or winning a championship, Rhenish sportswomen learn the art of setting realistic goals and working diligently to achieve them.

Healthy Competition

Competition, when approached with the right attitude, is a healthy and constructive force. Sport at Rhenish Girls' High provides a controlled environment where Rhenishers learn how to compete gracefully, respecting opponents and officials. Learning to win with humility and lose with dignity are crucial life skills.

Inclusivity and Diversity

One of the beauties of Rhenish sport is that it embraces inclusivity and diversity. Regardless of a player's background or abilities, there is a sport for everyone at Rhenish Girls'. We promote an inclusive culture where all students feel valued and empowered to participate in an environment of mutual respect and understanding.

Community Building

Sport is not just about individual growth. It builds a sense of community within our school. When our learners, parents and teachers come together to support our teams, it strengthens the bonds within the Rhenish Girls' community. The shared experiences and memories created through sports events help forge lasting connections.

In all this, sport at Rhenish Girls' High School has excelled in 2023. In addition, many of our learners have represented in provincial teams, national teams and have competed at high levels. We have also had some excellent results across multiple disciplines:

- Hockey had an extra special season with the 1st team earning an invitation to the St Mary's Festival; they finished 2nd at the National All Girls' Festival and placed 4th in the country. The depth in our Hockey talent is also evident in the fact that our A sides in all three age groups were invited to the Top 12 Tournaments and finished in the top 10 in the country.
- Our 1st Netball team won the Winelands Fast 5 Challenge and three of our A teams won their divisions at the Clanwilliam Tournament.
- Our 1st Tennis team also excelled with a 2nd place at the All Girls' Festival.

As the Head of Sport, I am proud to be a part of an institution that recognizes the profound impact of sports on the holistic development of our learners. At Rhenish Girls' High School, sport shapes the leaders, team players, and well-rounded individuals of tomorrow. Through sport, we empower our learners to be physically fit, mentally resilient, and morally upright citizens who will contribute positively to society.



TENNIS

A VISIONARY PROGRAMME

Rhenish Girls' High has been building the tennis programme for the past decade. Numerous players have played a big role in getting the team to where it is today. It has taken hard work, dedication and faith - in the players and in the process - to build the programme to its position in the top two in South Africa.

I have run the programme for many years and our success would not be possible without the support of Ms Slabber, Dr Kroon, Ms Sarga and my associate head coach, Dirk Stegmann.

THE TEAM

Hailey Troup (captain), Grace Petty (co-captain), Lisa Marie Du Toit, Alicia Taylor, Ashley Taylor, Katrien Booyesen, Lisa Louw, Jenna Theron, Jenna Pettipher and Shiloh Daniels

Hailey will be joining Samford University in the Fall of 2024 in the USA on a full tennis scholarship. It takes hours of dedication to get to the point where one receives an offer like this and Hailey, with 100 caps at no. 1 for Rhenish Girls' 1st team, has worked with dogged determination to achieve this level of success.

Grace Petty, our solid no. 2 over the past four years and such a great doubles player, also finished her career at Rhenish Girls' with 100 1st team caps.

Memorable Moments

- Tournament win at Eunice Festival
- Bronze medal at Gerrie Berner Tournament
- Silver medal at All Girls' Festival
- Silver medal at the Amanda Coetzer Tennis Tournament
- We lost our biggest final this year by a mere 3 points and we got that medal for second for the first time in history.





Lisa Marie Du Toit is top contender in her age group. She will now step into the leadership position in the team – she is ready and the time is right. Lisa was unbeaten in the Amanda Coetzer Tournament and at All Girls’ she received the certificate for the best no. 3 player. In only her second year at Rhenish Girls’ Lisa already has 50 caps for the 1st Team.

Ali Taylor, the best U14 girl in South Africa, arrived at Rhenish Girls’ in 2023 and made an immediate impact. With numerous individual titles to her name in 2023, Ali was also named best no. 4 player at the Amanda Coetzer Tournament.

Katrien Booysen, Hailey’s no. 1 doubles partner, has the game to pull through very difficult and tight matches. She is an impactful player who also has 50 1st team caps.

Ashley Taylor, new to Rhenish Girls’ and the 1st team, is top 5 in her age group (U14) and she has won numerous singles and doubles titles this year.

Lisa Louw, with over 50 caps, has been a big part of the 1st team for quite some time. Lisa is consistent, reliable and she never disappoints.

Also a newcomer, Jenna Theron, represented South Africa at U14 level this year. She is also top 10 in her age group and, a very versatile player, she brings something completely new to the team.

We have five teams in the Boland League and all league teams finished top 3 in their respective pools. Our players have shown dedication and passion at all practices, and I want to thank every Rhenish tennis player. You are important to us.

The tennis festivals and team competitions is what brings out the best in these tennis girls. Tennis is such an individual sport and for the girls to come together and do great things like they have this year is truly remarkable. I want to thank my captain Hailey Troup and co- captain Grace Petty for everything they did this year and helping me so that I can coach the team and focus on the tennis court. Finally, thank you to all the parents for making it possible financially for the girls to travel.

LEAGUE

**SUNEL MALAN
COACH**





AQUATICS

MRS SUZAAN CARSTENS

SWIMMING

The water roared with excitement as the Rhenish swimming team surged through the 2023 season, breaking barriers and setting new records. This year was a testament to the team's growth, unity, and dedication, as they not only refined their individual talents but also emerged as a force to be reckoned with in the world of school swimming.

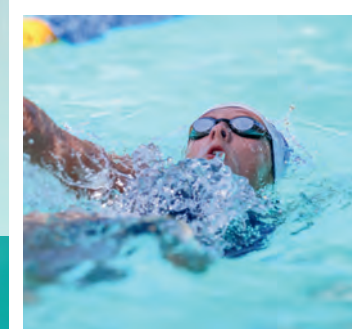
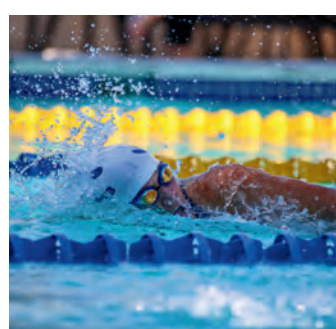
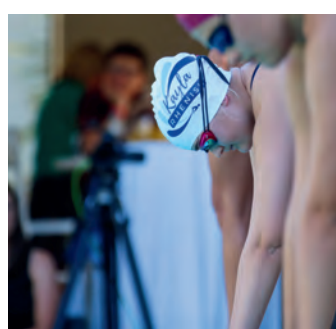
The beginning of the 1st term marked an exciting new chapter for the Rhenish swimming team as they embarked on a journey that went beyond the lanes of the pool. For the very first time, the team set out on an exhilarating Team Swimming Tour, a venture designed not only to refine their racing skills and enhance their training but also to foster a sense of unity and camaraderie that would set the tone for their season.

While the primary goal was to provide the swimmers with an opportunity to engage in focused training sessions, the tour also held a deeper purpose. It was a chance for each team member to truly get to know one another. By understanding the personalities, dreams, and motivations of their teammates, the swimmers would be more inclined to show up, to push their limits, and to make sacrifices for the collective success of the team. This journey was about transforming individuals into a united force, where each role was embraced selflessly for the betterment of the whole.

Team Swimming Tour unfolded in the picturesque surroundings of See-en-Sand in Hermanus. Over the course of two wonderful days, the team not only honed their swimming skills but also engaged in a range of bonding activities that would forever shape their relationships. The tour featured team barbecues, imparting basic sea lifesaving techniques that instilled a sense of responsibility for one another's safety, daring swims against the backdrop of the sea's currents, and the unforgettable cliff jumping adventure that evoked equal parts fear and thrill.

A noteworthy aspect of the Rhenish swimming team's season was the infusion of fresh talent from the incoming Grade 8 students. These young swimmers brought their passion for the sport, invigorating the team's dynamic and injecting a new sense of determination. This intermingling of experience from older grade swimmers and new energy laid the foundation for a season that would truly push the boundaries of success.

However, the team's objectives extended beyond simply winning swim meets; they aimed to nurture a collective spirit that transcended the pressure of 'winning is everything'. Recognizing that swimming often carries an individualistic reputation, the Rhenish team set out to redefine this perception. The emphasis was not just on personal bests, but on working together as a cohesive unit for the greater glory of the school. This philosophy resonated with each swimmer, fostering a sense of belonging and shared purpose that extended far beyond the water's edge.

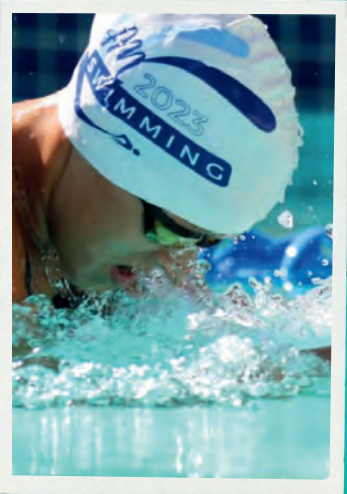
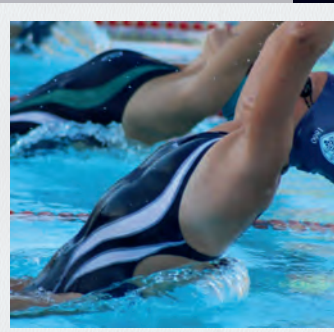


The Rhenish swimming team's ambition was reflected in their participation in two prestigious leagues: The Cape Town School League and the Boland League. While not a scoring school in the Cape Town School League, their impact was undeniable. The A team exhibited their strength in the Cape Town School League galas by securing first place finishes in most of the league interactions and fixtures, while the B team shone brightly in the Boland League galas, leaving an indelible mark on the competition.

Sacrifice Now, Reap Later

Looking to the future with a team ethos and the mantra of "sacrifice now, reap later." In our next season, the swimmers will be encouraged to embrace the idea that hard work and commitment in the present will yield rewards in the future. The pool can become a place of both challenge and opportunity, where the swimmers can invest in their skills, push their boundaries, and forge unbreakable bonds of friendship.

As the 2023 season draws to a close and we bid farewell to our Matrics, the Rhenish swimming team's journey is a lesson in the transformative power of sport, where individual talents converge to create a formidable force. The echoes of their victories will resonate throughout the school, inspiring future generations to dive in with passion, work relentlessly, and emerge victorious, both as individuals and as a team.



WATER POLO

"In the water, we find our strength; in water polo, we find our passion."

Chasing Excellence: Resilience and Success in the Dynamic Rhenish Water Polo Calendar

In the warmer months at Rhenish Aquatics, the waters are never calm, and the calendar is brimming with activity. Our dedicated water polo stars have demonstrated resilience as they navigate through a whirlwind of events, fixtures, tournaments and competitions, embodying the true spirit of a Rhenisher.

The journey of a Rhenish water polo player is one marked by determination and commitment. Our athletes face a demanding schedule that includes rigorous training sessions, exhilarating matches, and prestigious tournaments. The aquatic calendar, like a tumultuous sea, presents challenges and opportunities in equal measure. A very well equipped team of staff and coaches are at hand to help navigate the busy lives of a Rhenish athlete and help them in staying determined and dedicated in achieving their goals. In the realm of South African school sports, water polo is rapidly gaining ground alongside traditional powerhouses like rugby, hockey, netball, and cricket. The recent Rhenish Water Polo season encapsulates this burgeoning trend, showcasing the sport's rise and the school's commitment to nurturing aquatic talent.

The waves of success cascaded across all three Rhenish water polo age groups, leaving a trail of admiration and inspiration in their wake. Our water polo journey reached its heights as all three A Teams secured their spots in the prestigious Mazinta Cup League final, marking a historic achievement for Rhenish Water Polo. With this extraordinary accomplishment, the Rhenish water warriors are poised to forge ahead, building on the momentum gained this season and setting their sights on even greater conquests.

A highlight of our aquatic calendar, Rhenish once again hosted two resoundingly successful U14 and U16 water polo tournaments in the first term. These events not only showcased the burgeoning talent within our own ranks, but also provided a platform for young athletes from across the Western Province to shine. As we move forward, we envision these tournaments evolving into fixtures that welcome teams across border/province schools, attract sponsors, further elevating our school's reputation and the sport itself.





It is with great pride that we celebrate the remarkable achievements of our Rhenish players who go above and beyond, not just within the school's waters, but also in the broader aquatic arena. Boland Water Polo teams at the Inter-Provincial Tournaments (IPTs) boast a strong contingent of Rhenish representatives, a testament to the dedication and skill our athletes possess. What's more, our pride soars as we acknowledge those Rhenishers who shine even brighter, securing coveted spots in the Western Province teams. The journey to such regional and provincial recognition is a challenging one, demanding exceptional commitment and talent. Each achievement, regardless of its magnitude, is celebrated with equal fervour within the Rhenish community, as it underscores the culture of excellence and perseverance that defines us.

Behind this season's success stands the dedication of our coaches. Their commitment to nurturing each player's individual growth while fostering a cohesive team dynamic, all while completing their studies, competing for their own teams, working or balancing a personal life, has been truly inspiring. Under their passionate and experienced guidance, our players have not only honed their skills in the water but also imbibed life skills of teamwork, discipline, and perseverance. It is the tireless efforts of these mentors that have transformed the Rhenish water polo teams into a force with which to be reckoned.

Rhenish Water Polo, standing in unity with the sport of swimming, falls under the umbrella of Rhenish Aquatics. Our vision extends beyond individual excellence in each discipline; we strive to weave a stronger bond between the two. This synergy is geared towards providing students with opportunities to excel in both water polo and swimming during their high school journey. We welcome aspiring athletes to join our ranks, to immerse themselves in the pool of summer camaraderie and fun, while reaping the benefits of team sports.

Looking ahead, our objective for the coming season is one of growth, commitment and pride for the sport. We aim to bolster the physicality and strength of our players, equipping them to face any challenge in the water. With an overwhelming enthusiasm for the sport, we are determined to cultivate a culture that radiates passion and positivity, both within our teams and across the school community. As the sun sets on this exceptional season, the dawn of an even brighter era for Rhenish Water Polo beckons - an era marked by camaraderie, achievement, and an unbreakable aquatic spirit.

ATHLETICS

MRS JEAN-MARE HAMBRIDGE

The 2023 athletics season started in January with our highly anticipated Inter house event. For the first time in two years, we did not have to worry about wearing masks at all during this event. With over 300 entries, it was evident that Rhenishers were eager to compete. The day turned out to be an eventful one with heavy rain pouring down for most of the competition. This did not, however, stop our athletes from giving their best nor did it prevent our supporters from cheering as loudly as they could. Taelan Viljoen was awarded the Senior *victrix ludorum* and Katherine Sickle was our Junior *victrix ludorum*.

Our athletes attended a number of athletics meetings where they had the opportunity to show case their talents at Stellenberg, Drostdy and 4M. We entered a big team for the Stellenberg meeting and our athletes performed well:

- Nicola van der Merwe – Silver – Javelin U14
- Deané Strydom – Silver – 400m U19
- Olivia Penfold – Bronze – 1500m U19
- Taelan Viljoen – Bronze – 1500m U17

For the first year since 2019, Rhenish Girls' also participated in the competition at Drostdy Technical High School. This turned out to be a stunning event for our athletes who showed great courage and sportsmanship. Rhenish walked away, or rather "ran" away, with 7 gold medals, 13 silver and 10 bronze.

4M is always a big highlight on the calendar. This year, our goal was to improve on our results of the previous year. Even though it did not go as we have hoped, every athlete certainly gave it her best. There was a big improvement in the number of athletes competing and also in their commitment. 4M 2023 was a start and I am looking forward to what we can achieve in the years to come. We had a few outstanding performances:

- Nicola van der Merwe was the star of the day with a new Javelin U14 record. Nicola also received the trophy for the best U14 field athlete. She achieved 892 points on the APE tables.



Other athletes who stood out were:

- Amy Evan, 2nd in the 90m Hurdles
- Harriet Smit 3rd in the 1500m
- Mary Roux 3rd in Shot put
- Ruby Cilliers 3rd in the 3000m open

Rhenish also had a few athletes who competed at the Boland Central, Boland and Western Cape championships. We had seven athletes representing the Boland Central team at the Boland Championships. They are Deané Strydom, Taelan Viljoen, Olivia Penfold, Mary Roux, Harriet Smit, Lia Latti and Nicola van der Merwe.

Taelan Viljoen (3000m) and Nicola van der Merwe (javelin) both won a gold medal at the Boland Championships. Taelan and Nicola were both chosen for the Western Cape Schools team. Taelan ended 5th in the 3000m. Nicola did not compete at the Western Cape Schools Championships, as she competed at the ASA Junior Championships where she came second in the U16 category. This is an outstanding result for this young athlete.

As we look to the 2023/2024 athletics season, we know that the possibilities for our athletes are endless. They have laid a solid foundation and it is now time to set new goals, to aim even higher. I urge every athlete to remain committed to her training, to embrace every opportunity to learn and to improve. Remember, every practice, every competition and every setback is a stepping stone on the journey to success.

Champions are not made in a day, but they are made daily through their unwavering dedication. Stay focused, stay hungry, and remember: your potential is limitless. Let's rise together, embrace the challenges, and make the upcoming season the most extraordinary one yet.



CROSS COUNTRY

JOHAN FOURIE COACH

During the 2023 Cross Country season 18 athletes represented Rhenish in 15 different cross country events. It was positive to see so many athletes competing. Rhenish also had a very successful season in terms of performances.

Rhenish versus Collegiate

Rhenish XC athletes performed exceptionally in taking the top 8 positions beating the Collegiate team with 104 -6. Top performers were Taelen Viljoen (1st), Ruby Cilliers (2nd) and Shene du Plessis (3rd)

Rhenish versus Bloemhof

Our athletes stood their ground against a very powerful Bloemhof team losing 126 -84.

Top performance came from Taelen Viljoen (3rd), Harriet Smit (4th) and Olivia Penfold (6th)

Wednesday School league

Here our Rhenish athletes competed in 7 competitions. Rhenish athletes who finished in top 3 positions were Taelen Viljoen, Harriet Smit, Olivia Penfold and Danielle Cronje.

Boland Cross Country Championships

Best Rhenish senior athlete 2023:

Taelen Viljoen won the gold medal in the girls U17 race at the Boland Championships. She also won all four Boland league meetings in which she competed.

Best Rhenish junior athlete 2023:

Harriet Smit was selected into the Boland team to compete at the Western Cape Championships. She came 7th in the girls U15 race at Boland Championships. She competed in five Boland league meetings where she finished in the top 3 positions on three occasions.



HOCKEY



HEAD OF HOCKEY COACH CHRIS GERBER

The 2023 Hockey Season at Rhenish Girls' High School will go down as one of the best seasons in the history of the sport at Rhenish, surpassing the successes of 2022. For the second consecutive year we managed to have representation in each of the age groups for the Top 12 Tournaments hosted around the country in August. Congratulations to our U14A, 16A and 1st Team on this incredible achievement.

Our 1st Team has been at the heart of this unprecedented season, becoming one of the most successful hockey 1st Teams in Rhenish history, reaching an all-time high 2nd in the National Ranking, within striking distance of Oranje Meisieskool. Our U16A team reached the number 1 ranking during the season and, to round the powerhouse that was Rhenish hockey this year off, our U14A team also featured in the Top 5 during the season.

All credit here must go to every player, irrespective of the team in which she played. Our players showed up - at every practice and for every game - and they did battle for the blue. A big thank you must go to our hockey parents. Competing at this level requires a great deal of sacrifice from them too. In order for us to be truly competitive, our teams need to compete against the top teams in the country and this often translates into tours and tournaments that inevitably have a weighty financial burden for parents. Thank you for your support.





There have been some very special performances during the year from all the teams. However, one of those valuable moments was when our 1st team managed to get a 2 - 0 win over Eunice in the semi-final of the All Girls' Festival. What made that win so valuable was the way in which the team went about it. They gave it everything, they never gave up and simply played their hearts out. That is how Rhenish Girls' will look back at the 2023 hockey season. Through difficult times, every player has shown incredible character, fortitude and sportsmanship.

The growth of our lower teams has been extremely valuable in the success of Rhenish hockey. They have competed in every game this year and managed to have a clean sweep over our big rivals, Collegiate Girls' during our derby in April.

Rhenish Girls' is also very proud to have been able to host the U14 Top 12 Tournament very successfully for the second year. A real feather in the cap for Rhenish hockey, our hope is that the tournament will grow year on year attracting the finest hockey schools in South Africa.

To end the season, the U16 All-star hockey team won the All-Star Tournament at Bloemhof to be crowned All-Star Champions for 2023.

Hockey at Rhenish Girls' is on the rise. We will learn from our experiences in 2023 and grow even further. We look forward to what 2024 has in store for us.

We've raised the bar, this season and set new standards. We have showcased the true essence of sportsmanship. Let's carry this momentum forward into the next season, knowing that we are capable of even greater accomplishments.





HEAD OF NETBALL

CORNÉ LOTTERING

Among the goals set for Rhenish Netball for 2023 were:

- to improve the standard of play
- to be more competitive
- to increase the number of Provincial players we produce

It is with gratitude that I can say, "We did it!"

We were certainly more competitive, this being the most successful season ever and we produced an U17 Boland player (Nalani Nalumango) as well as an U15 Boland player (Issataya Bredell) whose teams finished 3rd and 2nd at the Inter District Championship.

From the start, with pre-season trials, to working with the squads, to the official trials, this season promised to be one to remember.

We have started to build a netball culture where players feel like family. Where they do not play only for themselves, but for the player next to them. A sense of pride was emerging where teams support each other on and off the court; a culture of committed players determined to improve netball at Rhenish as a whole.

TOURNAMENTS

U14A - QUEST 4 THE BEST

Hosting this tournament at home gave us a chance to see our youngsters in action for the first time. They did very well and knew that we had a good pool of talent with which to work.



NETBALL

"don't waste time thinking about what you could have done differently, keep your eyes on the road ahead and learn to do it differently next time." - Corné Lottering

TOUR TO EUROPE

We took 19 players on a tour to Spain/Italy. While the opposition was not strong and the UK teams did not meet their commitments to play us, we dominated the games we did manage to play and the tour was important for building camaraderie.

U15 PAARL GYMNASIUM WORLD CUP

Our U15A team participated in the U15 World Cup event hosted by Paarl Gymnasium, where we represented Fiji. Our players dressed up in the colours of Fiji and enjoyed the atmosphere of World Cup netball.

BLOEMHOF FAIRTREE FESTIVAL

The U14A and U15A teams took part in the Bloemhof Fairtree festival, where our U14A did very well winning their section.

COLLEGIATE DERBY

Hosted at home this year, we out-performed Collegiate Girls' with an overall win. All of our A teams won convincingly and our 1st team made it particularly memorable by beating Collegiate 31 - 20, the biggest score ever against them.

TOP SCHOOLS COMPETITION

Our U14A and U15A teams played in their first ever Top Schools competition. Unfortunately, our senior A teams had to withdraw because of a conflict with exams. This tournament, which was tough, gave our junior teams a taste of what netball is really all about.

ALL GIRLS' FESTIVAL

Our 1st team went to the All Girls Festival in Bloemfontein, where they excelled, only losing to AHMP during the pool stages. They then went on to win the Bowl section, finishing the tournament with the highest ranking yet for Rhenish Netball with 9th position overall.

CLANWILLIAM TOURNAMENT

The Clanwilliam Tournament was a very wet and cold weekend and, very quickly, our girls proved that, despite being the only English school in the "platteland", we could stand up and take the hard hits that came our way. Throughout, our players were focused and calm; they did not back down and played beautiful netball. The teams did exceptionally, U14A, U15A and U18A won, U17A came 3rd and the U16As finished 4th. This was our best ever results in Clanwilliam.

The tournament gave girls time to gel as a group, supporting each other through the rain and, with our 1st team leading by example, motivating all the other teams to never give up.

OUR SEASON

Each week we could see our girls improving, showing more skills and a hunger to win. Losses were matches that could have gone either way. Not only did we have the talent, but the players had bought in to a winning culture. Our lower teams produced great results every week showing us that we are developing depth in each age group. We were delighted to have teams winning against tough competition like Bloemhof, Paarl Gymnasium and Paarl Girls' High.

Our 1st team had a fantastic season winning 21 matches, drawing 1 and losing only 7. Congratulations too to three of our players who earned their 50th caps - Jenna Senekal (captain), Mlibo Msolo (vice captain) and our youngster, Carlie Olckers, who has a great future ahead in the 1st team.

SOCCER

JOSE CABRAL HEAD COACH

The 2023 Soccer season was very successful. We have seen moments of brilliance on the field, incredible teamwork, and the indomitable spirit that defines our soccer at Rhenish Girls' High. In matches we have also faced setbacks and moments of frustration, but it is in those moments that our true character shines through. It is in those moments that we learn, adapt, and come back even stronger.

We had the opportunity to start the year by participating at the Reddam Tournament once again where we competed against eleven schools. Our 1st Team won all five group matches, showing a great spirit and winning mentality. They ended the competition in third place.

Our Junior Team won all of their matches during the season and our Grade 8 team had the opportunity to play with the Cape Town schools for the first time.

During the season we played with local schools, namely Cloetesville, Luckoff and Kayamandi, as well as Cape Town schools like Rustenburg, Reddam, St Cyprians and Fairmont.

What is remembered as one of the highlights of the season was not only achieving the most wins on the field, but we had more girls joining the teams, and great participation and contribution from parents and the Rhenish staff, especially Ms Henery, Head of Sport, and Wayne Hartung, Facility Manager.

We want to keep contributing to the Rhenish girls and their families, using soccer to improve their wellness and soft skills, creating a healthy environment where each girl can give her best and can grow.

Without a doubt, Ebenezer!





The 2023 soccer season was an absolute joy. I wanted to take a moment to express my heartfelt gratitude to every Rhenish soccer player. As the captain of the 1st side, I am immensely proud of what we have accomplished together. Our journey this season has been filled with challenges and triumphs, and I could not have asked for a better group of teammates to share it with.

The soccer girls are unwavering in their dedication and commitment. They work hard during training sessions and they are relentless in effort on the field during matches. The passion and determination of our players is the reason behind the success of our season.

2023, what a season it was. It all started off with the Reddam soccer tournament in March. It was definitely a tough tournament, having to play two to three matches a day was exhausting, but we pushed through and won all of our matches and made it through to semi-finals.



The Reddam tournament is always the highlight of the year, it is a great place for us as a team to gel to know each other better. The atmosphere there was inspiring, especially as we had players from Paul Roos supporting us and many Rhenishers also came through to Cape Town to watch us.

The Rhenish Family Fun Day was another highlight - there were so many more people there than expected that there was not enough space on the soccer field for everyone. The parents match was definitely a highly anticipated one, but the most enjoyable match of the day was between the coaches and the 1st team.



I want to acknowledge the camaraderie and unity that exists among the soccer playing Rhenishers. The bond we have built both on and off the field is truly special. The support and encouragement we provide for one another are what make us not just a team but a family.

The 2023 season - training, matches and the Fun Day - was all possible because of our coaches. coach Jose, coach Andrea and coach Sabeehah. It is their planning, commitment and love for the game that ensured that we all had a season to remember.

TINITA VAN ZYL - FIRST TEAM CAPTAIN

HOCKEY *in* EUROPE & NETBALL 2023

Travelling to Europe with our netball team was an unforgettable experience. We were blessed with the opportunity to learn about new cultures and see monuments that some might only have seen on screens. We formed closer bonds with our teammates, gaining a better understanding of each other, and, in some cases, forming an unexpected friendship. We excelled in the netball games that we played, proudly representing our school. The games we played were amazing and built team spirit. It was also fantastic to have the opportunity to have a proper conversation with our opponents after the games, learning about our peers and their experiences of the sport in a different country. Travel is always an amazing experience and when you combine this with our favourite thing - playing netball - it is surely a little bit of heaven.

MIA COLE



The hockey girls played excellent hockey while on tour and I am so proud of our outcomes against the European teams. The players really bonded well with each other, travelled well together and represented Rhenish with courage and passion. Travelling in a big group is not always easy, but the bonds we forged with our teammates made the trip an unforgettable experience. Thank you to the Rhenish staff and to our parents for giving us this opportunity to explore Spain and Italy.

AMY PECKHAM



ORANGE RIVER ADVENTURE

“ There’s no time to be bored in a world as beautiful as this.”

If the Orange River trip were summed up in a quote, it would be this.

We started off strong with a long bus trip featuring Wimpy *toebroodjies*, watching the scenery change as we headed closer and closer to Namibia. The eagerness and anticipation growing among the girls with each kilometer. This trip was definitely one for the books. We were privileged enough to spend five days with the Bundi team, spending long days basking in the sun, blasting music, jumping into the river, and somehow managing to work in a fishing excursion. Not to mention the late night shenanigans, bonfires and a true Rhenish talent show.

The Bundi crew served us Michelin- star meals while making sure we were all looked after the entire time.

We will treasure each and every moment, looking back on all our inside-jokes and strengthening our ever-growing sisterhood.

JANA GOUWS



CONDITIONING

As another very busy sporting calendar comes to an end, Rhenish athletes are already starting to prepare for the 2024 season. Our athletes’ physical conditioning is becoming more and more crucial as more of our sporting codes are consistently competing with the best in the country. In order to keep improving, we have some exciting projects in the pipeline.

A ‘pop-up’ style gym will be up and running by the end of 2023 and will cater to many of our sporting teams across all codes. This gym will allow us to present sessions at a very high level, yet in a very time-efficient manner. Teams will be able to receive high-reward workouts and still be able to attend their training sessions in the same afternoon. This workout style targets the entire body in terms of strength and power as well as the cardiovascular system. We are confident that many of our Rhenishers will find value in this.

MR CHRISTIAAN DE KOCK
CONDITIONING COACH

In order to expose more teams to strength and conditioning sessions, we recruited Carel Marais who is currently a Sport Science student. His role was relatively small this year, but we hope to see this grow in 2024. In the past, we had interns from ETA College assist us, which meant all C and even some D-teams had a dedicated conditioning coach. Unfortunately, this year we did not have this opportunity as ETA could not provide any students. ETA interns play an important role in the conditioning department of Rhenish sport, so we hope to reignite this relationship in 2024.

Thank you to everyone who has been involved with this department this year and we look forward to what 2024 has in store.





Sports Pillar

BAYLEE ENGELKE (HEAD)
JENNA SENEKAL
MARISA KRIEL

MLIBO MSOLO
TALIYA GOUWS
ANOTHANDO MATHEZE



Service



HEAD OF PILLAR

Lise-Anne Ruthford

LISE-ANNE RUTHFORD

*“Without community service, we would not have a strong quality of life”
- Dorothy Heights*



It has been amazing to see how the values and spirit of true Rhenishers blossom when they participate in fundraisers, raise awareness and provide a service to those in need.

Community service is providing a service for the benefit of your community. Giving back and supporting others teaches us how significant it is to help the ones in need, the ones who are less fortunate. The importance of community service lies in the fact that it connects us to the community through improving it and making it a better place for all in which to live. Not only does it have a positive effect on society, but it will also positively contribute to your personal development.

Rhenishers believe that engaging in community service provides learners with the opportunity to become active members of their communities and have a positive impact on society. It teaches us important life skills and knowledge but, most importantly, it allows us actively to get involved and improve communities.



“The best way to find yourself is to lose yourself in the service of others.” - Mahatma Gandhi

CHRISTMAS CHEER

The service portfolio initiated a number of successful projects throughout our term of office.

Being involved in community service projects plays a vital role in our self-development. It teaches us empathy, selflessness, and compassion. We develop valuable organisational and project planning skills that are crucial in everyday life. Community service allows us to understand people’s circumstances and to get involved in to make a difference.

Rhenish is dedicated and committed to uplifting our community and we hope to continue this journey of involvement and support with respect, grace, honour and spirit.



The first project tackled by the new Learner Council and spearheaded by the Community Service Pillar is the Christmas Hamper Project.

For as long as memory serves, this has been a tradition at Rhenish. Our way of showing our love and appreciation to the Rhenish Support Staff who take such good care of our needs during the course of the school year.

The Support Staff have weathered some really difficult years alongside us and, at the end of 2022, we introduced a voucher as opposed to the traditional hamper. Each Support Staff member received a Checkers voucher valued at R1 000.00 to spoil themselves and their family over the festive season.



MS AMY DAVIDS

HEAD OF SERVICE

*"We cannot live only for ourselves. A thousand fibers connect us with our fellow men."
- Herman Melville*

In the vibrant tapestry of our school year, one thread stands out as a testament to our commitment to making a difference in the world - community service.

Each year, the Rhenish community comes together to engage in various acts of kindness, outreach, and volunteerism. These endeavours not only leave an indelible mark on those we serve but also enrich our own lives in countless ways.

Community service is more than just a box to check on our resumes; it is the embodiment of empathy, compassion, and a desire to make our community, our world, a better place. It is a reminder that our lives are intertwined with those of others, and through service, we can strengthen the bonds that connect us all.

From volunteering at local outreach organisations to participating in neighborhood clean-up initiatives, our school community has embraced the opportunity to give back to our immediate surroundings. We have seen our students grow into responsible citizens who recognize the importance of nurturing their local communities.

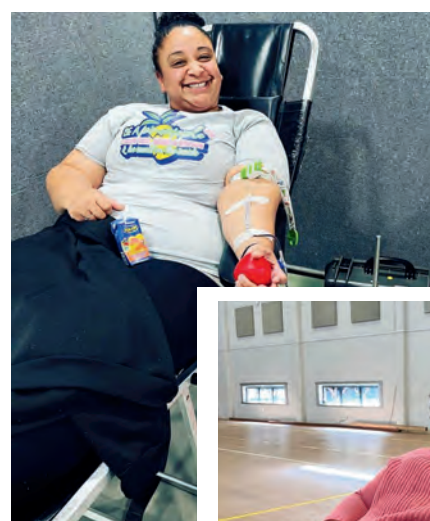
Beyond our local sphere, Rhenishers have ventured into the wider world to extend a helping hand. Whether it was through blood donation drives, or supporting causes that transcend borders, our commitment to making a global impact shines through.

Community service is not a one-way street; it is a journey of growth and self-discovery. Each Rhenisher who has taken the time to get involved has learned invaluable life skills such as teamwork, problem-solving and leadership through their service endeavours. These experiences have not only enriched their character but have also prepared them for a brighter future.

Our school's dedication to community service serves as a beacon of inspiration to others. As we share our stories and experiences, we encourage more individuals and communities to join the movement for positive change. Our collective efforts ripple outward, creating a wave of goodwill.

Looking back on this school year, we have seen countless examples of students and staff coming together to make a difference. From food drives to mentoring programmes, our school's commitment to community service has never wavered.

As this year draws to a close may we never forget the importance of community service and, more importantly, the impact that it has on others. It is part of the Rhenish identity, reflecting our shared values and aspirations. Through our service, we have not only touched the lives of those in need but have also left an indelible mark on our own hearts. As we move forward, may we continue to embrace the spirit of giving, recognizing that it is through our collective efforts that we can create a better world for all.





DRIVES ... TO MAKE A DIFFERENCE BLOOD DRIVE

The Learner Council Community Service Portfolio hosted two blood drives in collaboration with the Western Cape Blood Services (WCBS) - in March and then again in May. The LC was immensely grateful for all the support received during the Blood Drive initiatives. Previous donors as well as new donors were all extremely excited to show their support for this cause.

The Western Cape Blood Services (WCBS) team was extremely helpful and caring towards our Rhenish donors, providing information about the process and ensure the comfort of our donors during the process.

The service portfolio is grateful to every member of the Rhenish community who supports this initiative. Through your generosity we have made a difference in so many lives. Your selflessness and good hearts inspires us to continue our work to help those in need.

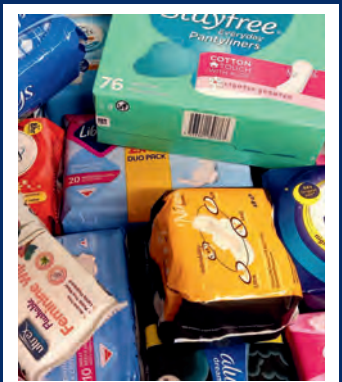
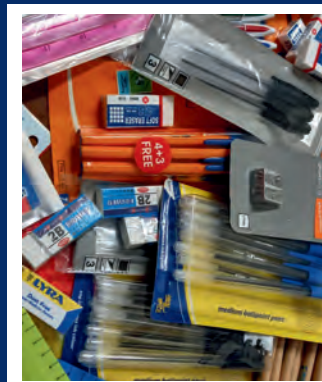
SANITARY DRIVE

In celebrating Women's Month in August, we joined hands with Bloemhof Girls' High and Paul Roos Gymnasium in a drive to collect essential sanitary products for women and girls in underprivileged communities. We donated these products to the Cora Project, a women-led non-profit foundation whose mission is to end period poverty in South Africa.

This initiative was a great success as we managed to provide numerous women and girls with sanitary products. We hope that this is just the beginning of a tradition where the three neighbouring schools can collaborate to have a positive impact on the lives of more women within our community.

STATIONERY DRIVE

The Stationery Drive was our Mandela Day Project for 2023. We collected stationery throughout the month of July for disadvantaged schools in the Stellenbosch communities. The objective was to ensure that the Grade 12 learners at these schools were better equipped for their Final NSC Examination. We were overwhelmed by the amount of support we received for this project. Over R9 000 was raised, together with the donation of various stationery items.



SKILLS DAY 2023

WILLEMEN BOTHA

On 26 August the Learner Council of 2022/2023 had the privilege of reintroducing Skills Day.

Skills Day is a day where we invite young children from underprivileged communities to spend the day with us as we teach them a new skill and ensure that they have a fun, educational and exciting day.

We decided to teach the children from Aitsa! After Care Centre how to play netball and soccer and we taught them a new dance. We started the morning off with some musical chairs and 'getting to know each other' games. We continued by teaching them how to dribble with a soccer ball and scoring goals. The next activity on the list was netball where we taught them some footwork skills, how to pass a ball and how to shoot goals.

Lunch time came around and they had time to eat some food and decorate cookies for themselves. Time passed very quickly and, before we knew it, it was home time and the little ones departed with smiles on their faces, a full stomach and some fun-filled memories.

Skills Day reminded us to be grateful that we are privileged enough to attend a school like Rhenish Girls' High with the facilities and opportunities that we have. Our eyes were opened and many of us involved in the variety of activities we offered on the day realised that our time was the biggest 'donation' we could make. Investing in a young person's life, making a connection on a personal level, that is what will make a difference to them.

Despite being hosted in the midst of the hectic Prelim Exam season, the matrics enjoyed the chance to unwind a little bit, to forget about the stress, have fun and laugh with the little ones. We had an amazing day with the children and we hope that this tradition will continue in the future as community service is extremely important for self-growth, exposure and an appreciation for what you have.



“Cookies for Cancer”

The ‘Cookies for Cancer’ is an initiative where Rhenishers purchase cookies decorated as cupcakes to help raise funds for the ‘Cupcakes for Hope’ Foundation which cares for families in need of medical assistance. With Rhenishers being such keen eaters, this is a very popular project and is very well supported every year.

Cancer Assembly for October Awareness

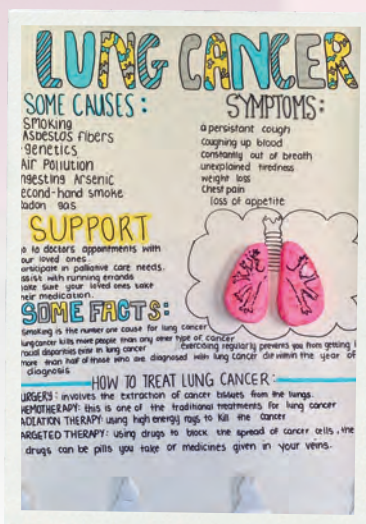
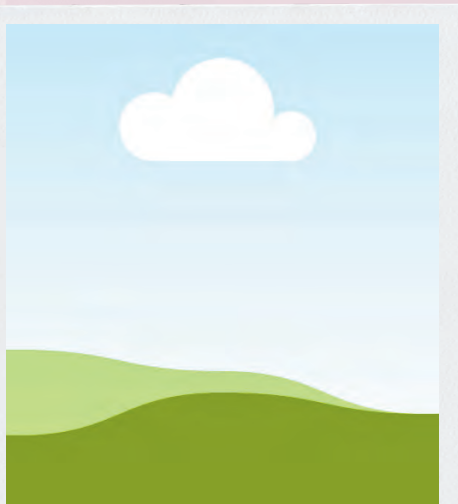
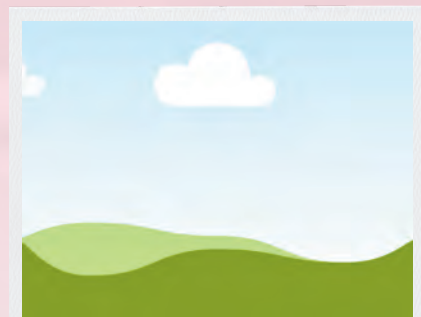
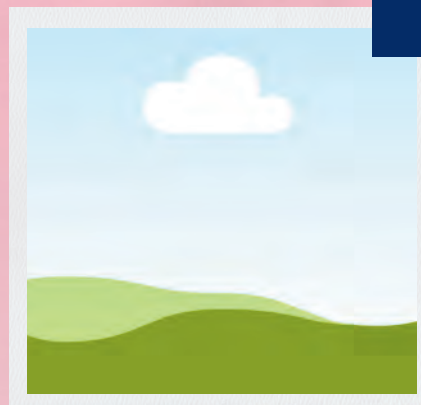
During the month of October 2023, the Cancer Society hosted its second Cancer Assembly. The assembly is organised and run entirely by the Cancer Society and while it too is geared at promoting awareness around the disease, we also aim to make the assembly a more personal experience for all Rhenishers. This year, one of our own Rhenish sisters, a Grade 11 learner, shared her cancer story and spoke passionately about how the support she received from Rhenish throughout her cancer journey helped and sustained her.

The Cancer Assembly is also the occasion that sees us hand over our care packages or Love Boxes to representatives of the Confetti Angels organisation. The Love Box Project was first introduced to Rhenish by a past learner whose mother had passed away with Breast Cancer. She had connected us to the Confetti Angels who distribute the Love Boxes. Rhenishers donate the contents for these care packages containing the basics for chemo patients with Breast Cancer at Tygerberg Hospital. The care package reminds the recipients that they are not alone and through these we strive to make their Cancer journey more comfortable.

During the month of October, to commemorate Cancer month, the Cancer Society wrapped a few of the trees on the school grounds with pink cloth to show our support for the cancer cause.

The Cancer Society is immensely grateful to every Rhenisher who has participated in one of our initiatives this year and for their generous contributions towards our projects. A very special thank you to our remarkable liaison teachers, Mrs Vermeulen and Mrs Smit for their continuous support and guidance.

The Cancer Society is proud of all that we have achieved this year. We dedicate ourselves to continuing the work in this area and to utilising our resources to raise more funds for cancer awareness and initiatives in the years to come.



BLESS-A-BABY

MRS SHÉ KLEINGELD

At the start of 2023 GLU had an incredible opportunity to partner with the *Bless a Baby* Project. This is a volunteer-run, donation-based NPO, that supplies packed baby bags to twelve maternity units across the Western Cape.

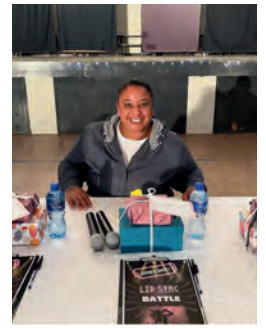
The bags are filled with baby essentials as well as some essentials for the mummies and they are provided to new mothers from historically disadvantaged communities, empowering them with the basics needed to take care of their newborn infants. *Bless a Baby*, in its 25th year of spreading love through these bags, has managed to donate 33 000 bags to needy mums and babies.

Rhenish Girls' High, spearheaded by GLU were determined to make a contribution to this worthy cause in 2023. First up, we hosted a Lip Sync battle, which featured learners performing in front of a crowd of more than 150 spectators. Mr Hugo and Ms Davids dazzled us as the judges and chose the ultimate winner who received a hefty cash prize. All earnings from the ticket sales were contributed towards the *Bless a Baby* project.

A donation drive was next up and learners had the opportunity to donate various items that would be used to make up these essential maternity bags. Under the leadership of the GLU committee, Rhenish managed to donate over 2000 items and we raised over R4000,00 that was donated to the team at *Bless a Baby*.

We look forward to an even better collaboration with *Bless a Baby* in 2024 as they have now become an official part of GLU's annual outreach.

“
Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.
Margaret Mead



BLANKET PROJECT

MRS GLENYS KRUGER

The Blanket Drive is one of the service projects closest to the Rhenish heart. It goes to everything we value about service - it is not merely about throwing money at a perceived problem, but about putting effort and of oneself into the act. Each square and each blanket is a labour of love and it carries a little bit of Rhenish love to warm those who will use the blankets.

The two years (2020 - 2022) of the Covid-19 Pandemic also had an impact on the Blanket Project as, without the Blanket Assembly, the interest among the learners had waned.

In an attempt to inspire more enthusiasm and support for the project, the competition angle was reintroduced and we also partnered with GLU in their drive to support the *Bless a Baby* Project. Our blankets would be included in the care packages put together by the *Bless a Baby* project. This also meant smaller blankets containing fewer squares and it was easier for the learners to envisage the finished product.

The Blanket Assembly in August where the blankets were handed over to the chosen charities showcased the beautiful blankets and, hopefully, the juniors were able to see the value that the project adds to the lives of those who receive them.

It may be cheaper to buy blankets in bulk from a wholesaler and donate these, but the skill of knitting and the value of commitment and personal effort embodied by this project are reason enough to continue with it.

MEDIA SERVICES

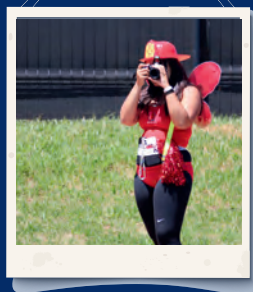
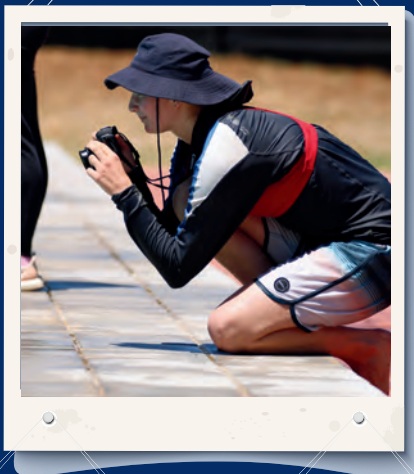
MR LEON PIRON

In today's digital age, photos have become an integral part of our daily lives. We snap pictures with our smartphones, document milestones with professional cameras, and share memories on social media platforms. But, beyond the likes, comments and shares, photos hold a deeper, intrinsic value that enriches our lives in numerous ways.

One of these ways is also to aid in the identity of our school. To help shape this identity, one needs to know the history and what better way to do so than by being able to see it.

We are thankful to the learners who have captured moments this year, be it on the sporting front, at numerous cultural activities or just general moments of spirit around the school. While some of the photographers were only able to snap away at a few events, others put in many hours at a number of events. We often also forget that the sorting and editing of photos takes longer than the actual event. We are thankful to all the photographers who helped capture the moments of 2023.

Rhenish is first and foremost an educational institution and while Media Services is a service to the school, some learners also had the opportunity to upskill themselves and learn new techniques, angles and how to shoot using the latest technology. As a tech forward school, it is only right that Rhenish Girls' also has the latest technology to capture all of the moments and we are appreciative of the investment made by the SGB in the purchase of a 70-200mm f/2.8 Canon lens as well as a Canon R7 mirrorless camera. This addition has upped our game and we hope that the entire Rhenish community continues to enjoy the images taken by our Media Services and shared across all of our platforms.



ANIMAL WELFARE

SAMANTHA SODERLUND

In 2023 the Rhenish Girls' High Animal Welfare Society was revived. What started off as two learners with an idea became a club with a passion. Because the club had been dormant for so long, we were astonished by the positive response from the school. The support that we received was incredible. The girls enthusiastically contributed to our drives and activities throughout the year and we found many learners eager to get involved with the club and they were instrumental in all of our projects this year.

Our approach was that if everyone contributed a little then we, as a big school, could make a huge difference in the lives of so many animals and the people who work hard to care for them.

We hosted many successful projects and we are delighted with the results of each one. Two of these projects were a Pet Food Drive in Term 1 and the Cutest Pet Competition in Term 2. The Pet Food Drive resulted in a large donation of pet food to our local animal shelter while the Cutest Pet Competition was a huge triumph and allowed us to raise over R2 500 for the Stellenbosch Animal Welfare. Our winners, Jana Gouws and her puppy Carlos, were delighted with their prize. We are so grateful for the contribution of every learner who got involved and made these projects possible.

Animal Welfare provides an opportunity for learners to give back to the community and to get involved in the school. It allows us to provide NGOs in Stellenbosch with donations and support while uplifting our community.

We are excited for the future of this club and we will continue to strive to make a difference in and enrich the community around us.



SANTA SHOEBOX

MR PAUL VAN DER HOVEN

2023 marked the 9th year of Rhenish's involvement in this project. Covid and the resulting pressure on all of our pockets has resulted in a decline in support for the project. Based on this year's pledges, it is likely that 2024 will be our 10th and final year of support.

Through this project we have pledged over 1 400 boxes over the nine years. 2023 also brought collaboration with Rhenish Primary School, as well as the Education Faculty of the Stellenbosch University.

This project also provided an opportunity for some learners to expand their CV by volunteering their time in the mornings and during breaks to help receive, store and organise the boxes, as well as doing some repair work when boxes needed it.

Volunteers don't get paid, not because they're worthless, but because they're priceless.

SHERRY ANDERSON

TECH TEAM **MR LEON PIRON**

The Tech Team - a small, niche group of learners who ensure that functions and assemblies run smoothly - is quite literally a "behind the scenes" group. The smooth running of a sound setup does not just happen without knowing the gear, taking time to set it up properly and testing it. Even then, as with all things 'technology', things sometimes do go wrong. The true test of a good "techie" is how they respond; how quickly they fix it.

We have been fortunate in two ways this year. Firstly, members of the tech team have proven themselves in the many hours they have spent at school setting up and running the sound, ensuring the flawless running of our many events. And, when Murphy's Law does strike, they were quick with a fix. Thank you to Ga-Young Moon and Joey May for their years of dedicated service. While we will miss them dearly, a new group is coming through who has already spent many assemblies at the back of the hall learning the ropes from Ga-Young and Joey.

The second is the constant investment the school makes to the sound and lighting in the school. This is an area that serves all learners in all facets of the school; culture, academics, sport and spirit. We are excited for the projects for 2024.

Service is an important part of our school culture as well as for the growth of a person. Thank you to the individuals who form a team and who dedicated their time and skills.



SANDWICH DRIVE

The Interact Society took on the sandwich drive in term one of 2023 in hopes of being able to provide the children of the 'Hanna Charity' with something most Rhenishers take for granted - a sandwich.

Our project ran for a week and each grade was assigned a specific date to bring their supplies and sandwiches. Each grade and class was challenged to either bring the most sandwiches or bring the supplies to make the most sandwiches. The competitive spirits ran high - which grade or which class would contribute the most sandwiches.

The Interact Society spent their breaks making the sandwiches with the supplies donated so that the Hanna Charity could pick them up at the end of each day. We were pleasantly surprised to see that every grade and class took part in this challenge and that we were able to make even the smallest of differences.

SYDNEY SPRINGHALL AND RYANNE PROUDFOOT



FIRST AID

The first aiders have put their hearts into service this year, proudly working behind the scenes, supporting all sports matches and always doing so with enthusiasm and a smile on our faces. As we move forward, we carry with us the stories that have filled our hearts with purpose. Our journey is one of not only first aid techniques but also of human connection and the profound impact we can have on one another.

We would like to say a big thank you to Mr de Kock and Ms Henery who always keep us up to date whenever First Aid help is required. The committee is grateful to every first aider who sacrificed many hours of their free time in order to serve our school by First Aiding at various events.

GA YOUNG MOON AND EMMA GREEN HEAD AND DEPUTY - FIRST AID COMMITTEE

“First aid has taught me the value of perseverance and dedication - working through long or short shifts to first aid at sport events takes a lot of patience and energy. It has also taught me to be committed to tasks that I sign up for. Seeing other dedicated first aiders using their free time to help out at sport events motivates me to do the same.

- ELIZABETH KITUMAINI

“Besides being able to live out your “Greys Anatomy” dreams, being a first aider at Rhenish is one of the most eye-opening, helpful experiences that you can be part at high school. First aiding allows you to work in a team as you put your skills to work; it allows you to support your fellow Rhenish sisters, both medically and in spirit; and finally it equips you with a lifelong skill that you can use wherever you are at any time.

- CHLOE LE ROUX



RHECO



RHECO - Rhenish's environment club - adopted the theme of BEES for 2023. We wanted to educate the learners about the importance of bees as pollinators and we dedicated all of our fund-raising efforts to the investment in more beehives in the Stellenbosch area.

Highlights of our year

- A plant sale to raise money for our vegetable garden project. This project, initiated in Term 1 is coming to fruit as we enter the summer season and our veggies are growing beautifully - when our resident ducks don't get at them.
- Clean-ups - we successfully organised a number of clean-ups in town and along the river. In September, we also organised a beach clean-up. These are such vital activities in educating ourselves about the impact we can have on our environment and they also give us the opportunity to make an immediate positive contribution to our community.
- Our annual art project - this year featuring the three categories of Made, Written and Drawn - was successfully run in the third term. The entries were of a very high standard this year which made judging very challenging.
- We celebrated Garden Day in October and all learners were able to wear floral crowns to school on the day.
- A movie night fundraiser.
- A very active and engaging Instagram account which highlights all of our initiatives and world environmental concerns.

We are grateful to everyone who supports our initiative and who helps us make our projects a great success.

MRS KRISTY JOUBERT

LIBRARY SERVICES



Everybody at Rhenish will tell you about the one thing that each and every one of our learners have in common - the will to rise above what is considered ordinary. According to Jim Rohn, reading is essential to do just that.

As Rhenishers, we seek to empower ourselves and those around us and to encourage each other to be the best possible version of ourselves in every aspect of our lives. In the Rhenish library, our objective is to awaken the power of the reader buried deep inside. Our librarians aim to captivate their fellow Rhenishers by working hard to keep the library up to date with their favourite books. Of course, we strive to do the same for our community - especially the little ones at Usiko Aftercare.

During the year, a team of Rhenishers (librarians and non-librarians alike) visits Usiko Aftercare regularly. Each time, we select boxes of books that we feel the children would enjoy. I have never seen a group of people more excited than those in the bus on their way to read to the children. It is always amazing to see how our readers bond with the little ones and leave them looking forward to our next visit.

Another project that we have been working on is the 2023 book drive. This project is run by our Grade 10 librarians. Books are collected and donated to underprivileged schools and libraries in the community. Last year, we collected over 2000 books and every year, we challenge ourselves to collect more books than the previous year. There are both individual and class prizes up for grabs, but, to us, the biggest reward is seeing the smiles on the faces of those who receive the books that we spend months sorting through and cleaning. During the book drive, the Rhenish librarians collaborate with many community uplifters. They are a strong group of people who work hard to empower their communities - because that is what we strive to do at our school.

We are fortunate in having a warm and welcoming team of librarians who spend their breaks serving our school and assisting their peers in the library. As librarians, we are taught about maintaining the quality of books, managing the equipment and software needed to organise our collections and assisting our fellow learners on their journey of learning.

Service Pillar

LISE-ANNE RUTHFORD (HEAD)

WILLEMEN BOTHA
TARIRO SIBACA

KELLY-ANNE LANGORD
MBASA MAJIJA

“
Reading is essential for
those who seek to rise
above the ordinary.”
- Jim Rohn

During this quality time spent together, everlasting bonds are created and we gain valuable working experience from our fellow librarians and Mrs Arzul.

Sadly, it has reached the time of year where we say goodbye to our Matrics and thank them for their service.

“The Rhenish library - a warm and safe place, bubbling with creativity and knowledge.”
- Francesca Pate (2022 Head Librarian)

“Books don’t just go with you; they take you where you’ve never been.” - Jamela Shikwambana (2023 Matric Librarian)

With another year nearly completed, it is safe to say that our 2023 librarians have risen above the ordinary.

THAWAAB SADIEN (HEAD LIBRARIAN)
REAM UHEIDA (DEPUTY HEAD LIBRARIAN)



Communication & Spirit



HEAD OF PILLAR

Syntyche Plaatjies

SYNTYCHE PLAATJIES

Renaissance of School Spirit

As I reflect on the vibrant year that was 2023, let me reiterate a timeless truth: Rhenish will forever claim the Spirit Cup. The past year ushered in a renaissance of our school's spirit, akin to the pre-Covid era. Leading the Communications and Spirit portfolio with my dedicated team was an absolute privilege and the pinnacle of my final year here at Rhenish Girls' High

When entrusted with this position, I confess to initial trepidation. The weight of responsibility was daunting, fuelled by the desire to do right by my Rhenish family. Yet, I soon realized that every ounce of fear and stress is worth it. Witnessing the smile on a Grade 8 student's face, surrounded by new friends in a new school, underscored the paramount importance of nurturing the spirit of Rhenish.

To be a Rhenisher is to be unapologetically vibrant, whether through voice, action, personality, or simply by being oneself. This diversity in expression only deepens our unity, as it is all fuelled by the same spirit that binds us together and it forms the heart and soul of Rhenish. In 2024, let us continue to find innovative ways to uplift the spirit of our students, and may it remain the force that unites us all.



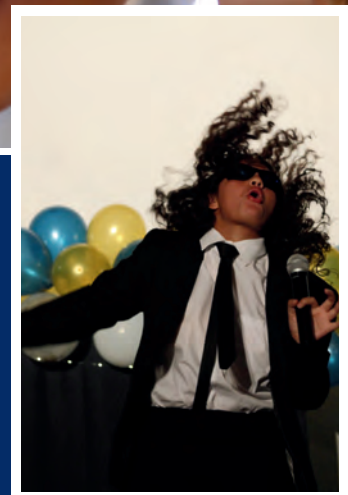
The Rhenish spirit is an essential aspect of the vibrant educational environment that we cherish at Rhenish Girls' High. Being a Rhenisher means 'buying into' the Rhenish Gees. This gives you -

- a sense of belonging
- the motivation to be more involved - we all want to contribute to Rhenish - in the classroom, on the sports field or culturally
- a place where you feel valued and motivated
- lifelong connections because of the sense of pride associated with being a Rhenisher.

The Communication and Spirit Pillar works to create opportunities throughout the year to build on the tradition of the Rhenish Girls' High spirit. One feels the warmth of the Rhenish community from the moment you step through the gates as a new Rhenisher in Grade 8 right through until you ring the bell at the end of your Valedictory Assembly in Grade 12. And, it reaches beyond the confines of the building and the grounds as you become a member of the old girls' union - ROGU. Because, as every Rhenisher knows - "Once a Rhenisher; Always a Rhenisher".



"What I remember most about high school are the memories I created with my friends."
- J. J. Watt



WHERE IT ALL BEGINS

GRADE 8

Orientation and Camp

The Learner Council and Mentors are the 'big sisters' who welcome the new Grade 8s on their first day. The nervousness and anxiety around starting a new school is addressed and dispelled through the course of the Orientation Week and Grade 8 Camp. The programme is practical, but it also serves the purpose of introducing the new girls to the Rhenish spirit and giving them a taste of what it is like to be a Rhenisher.

Grade 8 Camp returned for the first time since 2020 and it was an experience that guided the Grade 8s into the bonds of friendship, ignited a spirit of unity, and set the stage for a high school experience that will be filled with growth and shared memories. Camp is not merely about activities. It is about making connections. The ice-breaker games, team-building challenges and shared stories during mealtimes become the stitch that threads the Grade 8s into a close bonded community.

Orientation Week and the camp give the Grade 8s a taste of the future of Rhenish. The spirit of togetherness and sisterhood established during this period will continue to grow, enriching their experience of Rhenish Girls' High.



Commencement Assembly

In 2012 a tradition was started where the Grade 8s would - at the end of the first term - officially be recognised as members of the Rhenish sisterhood at their Commencement Assembly.

Having experienced a taste of what it means to be a Rhenisher through Inter House activities and then 4M, they are deemed fully fledged Rhenishers and they are presented with their class badge by the Mentors.

The class badge denotes the year they join the sisterhood and when a Rhenisher reaches Grade 12, she receives her matric badge. The circle is then complete. In Grade 8, after the Commencement Assembly, each new Rhenisher rings the bell marking the start of her journey and, after Valedictory at the end of Grade 12, she rings it to indicate the end.



BUILDING AND SUSTAINING THE RHENISH SISTERHOOD

The Rhenish spirit and sense of sisterhood is a much lauded, almost tangible aspect of being a Rhenisher. The groundwork is established in Grade 8 and the sense of it grows as you journey through school. Annual events during the course of the year enhance the sense of the Rhenish spirit and help to grow it year on year as we honour the traditions of Rhenish past, establish new traditions and look to a future where the Rhenish spirit continues to thrive and to sustain us all.

INTER HOUSE ATHLETICS

Inter house athletics remains one of the most important generators and indicator of the Rhenish spirit. While the girls may compete in houses, the spectators seem to support every participant enthusiastically. The stands at Markotter start out in blocks of Green, Red and Yellow, but by the end of the event, the colours are intermingled and Rhenishers are vocal in support of their friends and Rhenish sisters, irrespective of their house.

In spite of the rainy weather that occurred the day, inter house athletics 2023 was one of the most golden days. The Rhenish "gees" never ceases to disappoint. The colourful outfits, the bright smiles and the atmosphere in the air is what makes the Inter house memorable. Every house strives to bring enthusiasm and positive energy to this event and the day comes to symbolise unity and sisterhood.

HOUSE CAPTAINS

(Left to Right): Justine Basson (Captain: Van der Stel), Megan Grant (Vice Captain: Van der Stel), Holly Jenkin (Captain: Weber), Shannon Johnson (Captain: Terlinden), Aiden Snel (Vice Captain: Terlinden), Ashleigh Henn (Vice Captain: Weber)





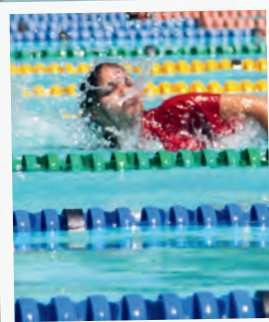
INTER HOUSE GALA

The inter house gala unfolded as an opportunity not only to showcase the aquatic eagerness and talents of our swimmers, but also to build on and the Rhenish spirit. A gala hosted with the entire school in attendance - the timetable was adjusted to accommodate this - added an extra layer of excitement and pride to the occasion.

As the inter house Gala commenced, the atmosphere was charged with enthusiasm. The poolside was alive with vibrant energy as swimmers, supporters, and fellow students gathered to witness the display of teamwork and determination. The significance of the day went beyond the races and titles; it was a celebration of unity within the school community.

Each house exemplified the spirit of friendly competition and collective pride. The cheers of fellow students resonated in the air, inspiring swimmers to push their limits and give their all for their respective houses.

The Gala saw one team emerge as the victors - Van Der Stel claimed was triumphant. However, the true champion on the day was the Rhenish Girls' High spirit.





"I really felt the Rhenish sisterhood bond during 4M. The matrics sang their lungs out and definitely made their final 4M a memorable one. My friends and I weren't shy to give our all and loved singing and dancing on the stands. I felt really proud of Rhenish when everyone started singing and dancing together at the end of the night, including the teachers and the girls on the stands, dancing with their flashlights. I'm going to miss the feeling of pride when I look at the stands seeing the whole school singing together and I will always treasure it in my heart."
Anja Nel

Rhenish ...
Putting the
MAGIC into

4M



Speak to any Rhenish Old Girl and one of the first things she will speak of will be 4M. The often unbearable heat in Paarl; the hours of practising the Rhenish cheer; the bus trip to Paarl that leaves your ears ringing with the singing of the school cheers and the stifling almost claustrophobia of the stands. But, she will also smile fondly and chatter away enthusiastically about the laughter shared on the stands, the shouting until you feel your lungs will burst and you are hoarse for days after. She will try to explain the inexplicable - the feeling of belonging and of being part of something bigger than yourself. This is 4M. This is why we do it.

The Annual 4M competition between the four girls' schools in the Boland has deep roots. This year was the 30th 4M.

With Rhenish Girls' High 'owning' fourth place, our continued participation in this event is often hotly debated. However, when you see and hear the Rhenish girls cheering at the end of the event, owning their fourth place and fiercely proud of their school as they belt out their school song, you will understand why participation in 4M is so important to the Rhenish gees.

Look at the faces and listen to the voices and you will understand what others may question but Rhenishers feel in their blood: despite being in last position from a points perspective, Rhenish OWNS 4M.

4M was amazing, and really made me and my fellow Gr8s feel like a part of the school. The cheers were so fun to do, even though half of us lost our voices! I think that even though we came last, we definitely had the most gees.
- Stephanie van Woudenberg
Stephanie van Woudenberg



I absolutely loved 4M especially all the cheering and excitement! I loved singing for our school and supporting the RGHS sisterhood and I definitely felt more part of the RGHS sisterhood. Can't wait for the next one!
- Sophie Herman



4M GALA

La Rochelle generously hosted the 4M gala in 2023 and, while we might not have competed in our won pool, our girls cheered and swam their hearts out. From the much-anticipated bus ride to La Rochelle to our exhilarating win, Rhenishers brought their spirit. It is always regrettable that the entire school cannot fit around the swimming pool for 4M as it is in the swimming pool that Rhenish Girls' High has no equal.

Our pride-filled pavilion of Rhenish supporters motivated the incredible 4M swimming team whose hard work and determination inspired everyone watching. They won with honour and swam with grace, bringing the cup home once again.

Spectators cheered song after song and united alongside our opposition, showing their unwavering support. We might have competed against our sister schools, but we still showed great sportsmanship in and outside the pool.

The gala was exciting and filled with proud memories for all Rhenishers. It's safe to say that both the matrics and younger grades alike thoroughly enjoyed every minute of this amazing day. As always, with our swim team's exceptional skills, our much loved school gees and our consistent showcasing of respect for our fellow sister schools, Rhenish "brings it" all the time.

The Scores

1	Rhenish Girls' High	262
2	Paarl Girls' High	206
3	Bloemhof Meisieskool	80
4	La Rochelle Girls' High	30



WINTER'S WEEK

Winter's Week – after 4M, the most anticipated week of the year for all Rhenishers.

The gates between the two schools remained open and we had a week full of activities where the girls from the two schools could be together. It is a week of fierce competition, but increasingly it is a week where we cultivate our bond with our sister school.

We gave Bloemhof a taste of our "Rhenish Radio" and we hosted what has become a tradition – the teachers' netball match where teachers from the two schools are pitted against one another during a break with the girls from both schools cheering them on. The Rhenish girls waited for the Bloemhof team on the courts with excitement, the court a sea of blue and maroon. With each intercept, turnover and goal made, the cheering grew louder and louder. No one wanted their team to lose and it seemed like the support only fuelled the teams further.

This was only a foretaste of what was to come – chess, debating, cross country, netball and hockey teams from the two schools would play each other over the course of the week. Our netball 1st Team, who have played their hearts out this year, played a gripping game, supported by cheering Rhenishers until the final whistle. The hockey games, from the lowest team right through to the Old Girls' team, kept everyone entertained on a Friday afternoon. By the time the electrifying 1st team game began, the stands for both schools were full. Unbothered by predictions of heavy showers, we stood with our drum right next to the astro and sang. And rain it did. However, that did not affect anyone because the Bloemhof stands cheered and the Rhenish stands roared in response. The heavier it rained, the louder and more united the crowd became and the more intense the game.

For the final time that week, we hooked arms and, with blue and white paint running down our cheeks, our rain jackets dripping water, we held our heads up high and sang the school song.

Running an Instagram account dedicated to uplifting Rhenisher Spirit and enhancing communication between Rhenishers has been an absolute delight. From the very first post to the final one by the current LC pillar for Communication and Spirit, every moment has reflected a vibrant journey filled with positivity and excitement.

Whether it has been spotlighting incredible achievements, reflecting on the dedication and hard work of the learners, or the thrill of sharing success stories, big and small, the virtual halls of our account have reverberated with Rhenish 'respect, grace, honour and spirit', creating a sense of community and inspiration that has simply been electric.

Through [_rghs1860](#), Rhenishers have felt acknowledged and motivated. The Instagram account has highlighted the resilience and character of each student, and it has infused some funky vibes into the academic scene turned it into a groovy adventure that resonated with everyone.

Reflecting on this adventure, I'm reminded of the incredible impact that a little positivity can have. The memories of running that uplifting Instagram account will always be a vibrant reminder of how turning the spotlight on scholars can turn education into an extraordinary experience.

INSTAGRAM

For the Girls, By the Girls





*Communication
& Spirit*

SYNTYCHE PLAATJIES (HEAD)

- GA-YOUNG MOON
- TAMZYN APOLLIS
- MYA NENGIKE
- SEMINAL MAXODIDI
- SIPHOSIHLE MAPHANGA



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Coming together is the

beginning

Keeping together is the

progress

Working together as a team is

success



RHENISH
GIRLS' HIGH SCHOOL



1860

Once a Rhenisher; Always a Rhenisher



@rhenishgirlshigh



Rhenish Girls' High



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