

## Term 1 Blood Drive - A Success



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# Rhenishers Donate Blood

Ava Stemmett



On 5 February 2025, Rhenish held its first blood drive for the year. The Western Province Blood Service team arrived around 10 and began their setup in the Rhenish Hall. By the time the first break rolled around, every chair could be seen occupied by learners, as well as staff, donating blood while others sat filling in forms and waiting for their turn.

Although donating blood can often be a daunting experience, many Rhenish girls expressed immense excitement at the prospect of being able to make a difference in someone's life. This is a true example of the heart and spirit of Rhenish girls who, at the end of the day, had donated a total of 40 full units of blood. This vastly exceeded the donation team's goal of 25 units for the day.

Overall, this blood drive was a great success, and we are extremely grateful to the amazing team of nurses who not only took the time to make sure our learners felt at ease but also provided insightful information about the donation process and explained just how valuable each of our girls' contributions were. Rhenish is tremendously proud of the support and initiative our learners showed towards this cause, and we hope our drive next term will be just as successful.





# RHENISH CHOIR'S PLANS FOR 2025

Nontobeko Mashiya

We asked Mrs Van Amstel a few questions about her plans and upcoming events for the choir. This year, she will be working alongside Shiloh Daniels (Head) and Milani Sixabayi (Deputy Head) to achieve the choir's goals.



*Here are some of her (Mrs Van Amstel's) responses:*

**What are your main goals for the choir this year, and how do you plan to achieve them?**

Mrs Van Amstel shared that her primary goal is to restore the choir to its full capacity, as it represents a significant part of a top school. To achieve this, she plans to take the choir on a choir camp in late February, where they will rehearse all the songs for the upcoming year.

**Are there any performances or events the choir will be working on this term?**

Yes, the choir will be performing at beKoor, alongside the Paul Roos Gymnasium choir. Additionally, in May, they will take part in an exciting music concert in the Endler, featuring a mass choir performance with Rhenish Primary School.

**Is the choir planning any tours in the near future?**

Yes, the choir has scheduled a weekend tour and performance in Mossel Bay this August.

**The following dates are to be diarised:**

**28 February to 2 March:** CHOIR CAMP where we will learn the repertoire for the entire year.

**7 May:** beKoor @ Paul Roos where all local school choirs perform.

**8 May:** Rhenish's 165th Birthday Celebration Concert @ the Endler Hall.

**22 August:** Weekend tour to George and Mosselbay where the choir will perform on Friday and Saturday.

# Words from Our Choir Leaders



**Shiloh Daniels**  
**(Head of Choir):**

"I first heard the Rhenish High School choir when I was in primary school at Rhenish Primary, and it left a lasting impression. We had a joint concert in the Endler, and I'll never forget the energetic choir teacher and the powerful sound of so many voices coming together. I knew right then that I wanted to be part of that choir one day.

Now, as a matric student, it's such an honour to not only be in the choir but also to serve as its head, helping to take it forward. My experience in choir has shown me that it's a place where you can improve your musical skills, learn valuable life lessons, and build lifelong friendships. I'm excited for the year ahead, working alongside Mrs Van Amstel, my deputy Milani, and all the talented singers who make up the choir."



**Milani Sixabayi**  
**(Deputy Head of Choir):**

"You know when you go on holiday and almost forget the faces you left behind at school until you see them again? Then, you're filled with excitement because you realise that those people are still there. That, for me, is choir.

When I miss it, I listen to recordings from past performances, and when I finally return, even the warm-ups sound majestic. There's something about the joy brought out by the harmonies of many voices that fuels a passion for choir. It is a form of comfort, a form of healing, and a gift to eager ears ready to receive it.

It is a privilege to be entrusted with such an important role, and I am personally excited for the hard work we, as the choir leadership, are about to put in to restore the choir to its full potential."



# AUDITIONS

## Choir

- Nontobeko Mashiya

All the Grade 8 learners were auditioned for the 2025 choir. Although some learners chose not to join the choir, it was really special to meet one-on-one with each learner and see the new faces of our choir. 42 Grade 8s were selected due to the very large group of Grade 9 to 12 learners already in the choir.

Two rehearsals later the sound is lovely, and we are excited to have our first performance at the Rhenish Open Day on 27 February 2025.



## Orchestra



- Linda de Villiers

"The sound of the orchestra is one of the most magnificent musical sounds that has ever existed".  
Chick Corea

The Orchestra has started on a high note with a successful audition process, weekly and sectional rehearsals, in preparation for our first big event of the year happening in two weeks.

We are very excited for the year ahead, with more variety of instruments in the group.





# GRADE 8 PARENTS' QUIZ NIGHT HOSTED BY THE PTA

Mandy Alsworth-Elvey

The PTA hosted the Grade 8 New Parent Cheese and Wine Quiz Night on 6 February in the Ebenezer. It was a wonderful evening filled with fun and the chance to connect and meet new friends and parents.

Over 150 parents attended the event and many left with definite bragging rights with top scores on the Quiz.

Well done to Hayley and her team for organising a wonderful get-together and a chance for all to get to know more of the parents in our Rhenish Community.





# GRADE 8S GET SOCIAL



## Isla Rodrigues

The Annual Grade 8 Social was held on 6 February in support of raising funds for cancer awareness. The event had an amazing turnout and successfully met Rhenish's Cancer Committee's fundraising goals.

The event took place at Rhenish, but all the surrounding schools who are part of the Stellenbosch community, came together for an evening of fun and entertainment.

Activities included carnival games, food stalls, and a "very busy" dance floor.

The Cancer Committee put in a huge amount of effort to make the event a success, and the overwhelming support from the attendees truly made us feel that all our hard work had paid off.

A heartfelt thank you goes to everyone who contributed to making this event a success:

- The Grade 8s
- The amazing Cancer committee and society
- Teachers and staff

The Grade 8 Social was not only a fun and memorable experience but also, a meaningful initiative that brought the Grade 8s together for a great cause.

We hope to continue organising similar events in the future.

Thank you







# RHECO GARDEN GETS MULCH-NEEDED TLC

Ingrid Du Plessis



This week, the RHECO society came together to get the vegetable garden fresh and fierce-looking for Open Day. After the neglect the garden faced during the exam season and the holidays, it needed some well-deserved love.

We removed all the weeds and withered plants, and we were ready to get planting! There were a few waggish worms that came up from the dirt to play. Usually, RHECO would be delighted, but these were not the worms we wanted or expected.

“Fie!” we all cried, for these worms were fiendish and wicked. As we uncovered more of them, they became bigger and bigger. The society members were unfazed, however, and bravely vanquished the villainous worms from our precious soil. After this short dilemma, we rehoused the herb plants donated to us, as well as some vegetable seeds left over from when the garden was started. We hope to see them growing soon!

A big thank you to Ms Harbour and Mrs Forsyth for donating plants, as well as the society and committee members for their dedication and hard work!







# RHENISHERS GET CREATIVE WITH LAMB BURGERS

Ava Stemmett

For this week's Consumer Studies practical, we made gourmet lamb truffle burgers. For an exciting twist, we used charcoal sesame buns and added a homemade tzatziki sauce with fresh cucumber and coriander. After adding all our ingredients to the mince, we fried our patties, and the smell of juicy lamb and rosemary filled the Consumer Studies class.

Then it was time to assemble the burger...

We toasted our buns, added the rocket, tzatziki, our homemade lamb patty, and, to finish it off, some caramelised onion that we'd made earlier. Now we had the perfect gourmet, Greek-inspired burger. Although this practical was fairly simple, it allowed us to really get creative and think of out-of-the-box ways to make a burger special.





# SPORTS UPDATE





# WATER POLO



## RHENISH U16 WATER POLO TOURNAMENT

### U16A RESULTS

VS HERCHEL U16B: (W) 8 - 1  
VS GLENWOOD HOUSE: (L) 1 - 9  
VS RUSTENBURG: (W) 10-1  
VS REDDAM U16A: (L) 1-4  
VS HERSCHEL U15A: (L) 1-6  
VS ST CYPRIANS: (W) 6-2

FINAL PLACEMENT - 7TH

### U16B RESULTS

VS DSG: (L) 1-13  
VS BLOEMHOF: (L) 1-4  
VS ST CYPRIANS: (L) 3-5  
VS FISHHOEK: (W) 12-4  
VS RUSTENBURG: (D) 5-5

FINAL PLACEMENT: 13TH



# TENNIS



Jenna Theron

Last weekend, on 7 and 8 February, our first tennis team competed in the First-Team League Tournament. The weekend was filled with fun, excitement, and fierce competition.

On Friday, we started the tournament by playing our first two matches against Paarl Girls' High A team and Bloemhof's B team. Although they were tough opponents, we managed to finish the day having dropped only one set!

We came back the next morning ready for more. It was a hot day, but it didn't stop us from winning our final three matches. This resulted in Rhenish finishing in first place overall! We are proud of everyone who competed.



# RHENISH U14 WATER POLO TOURNAMENT

The U14 Water Polo teams at Rhenish Girls' High School participated in the U14 Water Polo Festival in Stellenbosch over the weekend. The U14A team showed courage, determination, and grit, which ultimately paid off as they secured a spot in the final against Herschel Girls' School. After a difficult match, they finished in an impressive second place with a score of 3-7. Congratulations to the team on this great achievement.



Here is some feedback from some of the team members:

“The tournament was a lot of fun, although we did not win. I felt like we grew a lot as a team. I am very excited about where we will go as a team, as we have so many talented players and an amazing coach. We are all very passionate about this sport and have a lot of courage, which I feel was shown at the tournament as we did not stop fighting. We tried our best against every team we played. I know our team will grow not only in skill but that we will also build a lifetime of friendships as we all grow together.”

~ Sophie Fourie

“The Rhenish Festival was a lot of fun both during the matches and afterwards. The weekend was full of excitement, competition, and spirit. It will be a festival to remember forever, making the start of my Water Polo career at Rhenish very memorable. I feel very proud to say I am a Rhenisher, especially with our team placing 2nd!” ~ Lara Fowlds

“I had so much fun! I learnt new skills and had my ups and downs, but my team played so well. We were all so happy we made it to the final and were able to place 2nd. We are all excited to see how our team will improve and play against the different schools!” ~

Alice van Galen



# ATHLETICS

## Curro Podium

### Top Schools

Harriet Smit

Rhenish took a team of 14 athletes to Pretoria to compete in the Curro Podium Top Schools Athletics on 8 February. This is an athletics series where the top schools in the country compete against one another for the title of the best athletics team in South Africa.

We are very proud of our athletes who gave their very best on this long, hot day at the track. Rhenish managed to achieve 17,844 points, placing 25th out of 45 teams that competed.

Many of our athletes also achieved personal bests, with three athletes placing in the top three in their events:

- Zoey Elenis – third place in Girls U19 High Jump
- Kristin Williamson – second place in Girls U19 Triple Jump
- Nicola van der Merwe – first place in Girls U17 Javelin

We are very thankful to have been part of this incredible experience and are especially grateful to our team liaison, Ms Stewart, and coach Marinda Fourie, for accompanying us on the tour. This tour is definitely one of the biggest highlights of the athletics season, and we hope to have the privilege of participating again next year.





# SWIMMING

# BOLAND GALA

Danielle Cronje

The swimming team attended the gala hosted at Paarl Girls' High School last week Thursday (6 February 2025). It was an extremely hot day and everyone was eager to jump in the cool water. While on the bus we got to know the new members of our team better while listening to pre-race songs to get us ready to swim fast.

Once we got to the pool we started with our dynamic land-based warmup before finally getting to cool off in the water. The team completed a thorough warmup led by Coach Ellzette.

We had a shaky start to the season coming second in our first gala against Paarl Girls', but with new determination, the girls stepped up to the blocks and didn't back down once. The whole team cheered loudly for every race and if there was a spirit cup to be won, we definitely won it.

We won the gala by 3 points and we're overjoyed. On the way back we reviewed our races, taking note of the suggested improvements and got into the competitive spirit for 4M.





## CONGRATULATIONS TO THE FOLLOWING LEARNERS ON THEIR ACHIEVEMENTS



Amy Hartung



Mikalla Laubscher



Maya Laubscher

Congratulations to Amy Hartung, Mikalla Laubscher, and Mia Laubscher on their outstanding performances at the recent Western Cape Open Water Championships, held in Elgin from 18-19 January 2025.

Despite the varying weather conditions throughout the day, these Rhenishers achieved remarkable results:

Amy Hartung competed in both the 5km and 7.5km events in a single race on Saturday. She secured a gold medal in the 7.5km event and a silver medal in the 5km event. She has qualified for the National Championships in both disciplines.

Mikalla Laubscher competed in the 3km race, finishing in fourth place with a personal best time and securing qualification for the National Championships. She also competed in the 1500m race, earning a bronze medal.

Maya Laubscher participated in the 3km event, winning a bronze medal and qualifying for the National Championships. She also competed in the 1500m race, securing a gold medal.

We extend our best wishes to these talented athletes as they prepare for the National Open Water Championships, which will take place in March 2025 at Marina Martinique, Jeffreys Bay.

Well done! We are proud of you all.





*Remember!*

## IMPORTANT UPCOMING DATES

**13 FEBRUARY**

**Cape Town Gala  
(Rhenish)**

**13 FEBRUARY**

**Frank Myburgh Swimming Gala  
(Malmesbury)**

**13 FEBRUARY**

**PTA Valentine's Day Movie Night**

**14 FEBRUARY**

**Valentine's Day**

**14 – 15 FEBRUARY**

**Orchestra Workshop**

**14 – 16 FEBRUARY**

**Oakhill Water Polo Chukka Festival  
(Knysna)**

**14 – 16 FEBRUARY**

**U14 Dave Pitcairn Cup  
(Constantia)**







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## Learner Support Unit at RGHS



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



**Mrs Almarie Nel**  
*Educational Psychologist*  
 almarie.nel@rhenish.co.za



**Ms Nkepeng Khoboko**  
*Academic Support*  
 nkepeng.khoboko@rhenish.co.za



### Emotional Support

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



### Academic Support

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

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

»» All cases are treated with utmost confidentiality ««



# Why you should consider support

## REASONS WHY PEOPLE GO TO THERAPY ✨

### PART I

Sana Powell, M.A., LPC x @curly\_therapist



to improve their mental health



to cope with life transitions



to increase self-awareness



to process difficult experiences



to speak with a neutral person



to work through relationship issues

## REASONS WHY PEOPLE GO TO THERAPY ✨

### PART II

Sana Powell, M.A., LPC x @curly\_therapist



to increase self-acceptance



to practice vulnerability



to learn healthy coping skills



to unlearn harmful cycles



to express themselves freely



to heal from pain and loss



# Count on Us: 2025 Maths Support at Rhenish!



## Maths Support: What It Means

- **Homework Help:** Receive guidance from Maths teachers on homework, redoing tests, catching up on missed work, or completing worksheets.
- **Individual Assistance:** While no formal teaching takes place, personalised support is provided as needed.
- **Open to All:** Learners can attend these sessions whenever they require extra help.

### Grade 8 & 9 Post-Test Maths Intervention

Following the completion of a test, learners identified by their teachers will be required to attend a compulsory support session.

Teachers will coordinate and inform learners of the scheduled time.

Your Maths Success Starts Here!  
The responsibility for seeking support in Maths, such as attending a session, lies with you.

Take charge of your success—do what you know needs to be done!



14h30 - 15h30



**Monday**

Ms Robinson (B08)  
Grade 8 - 12

Ms Oosthuizen (C05)  
Grade 8 - 11

**Wednesday**

Ms Ortelee (B09)  
Grade 8 - 10

Ms Liebenberg (B12)  
Grade 8 - 12

Ms Fanton (D06)  
Grade 8 - 9

**Thursday**

Ms Adonis-Maarman (B11)  
Grade 8 - 12

Ms Makwara (A04)  
Grade 8 - 9