

Issue 10 of 2024

RHENISH NEWS

Excellence ● Compassion ● Accountability
Integrity ● Diversity ● Respect

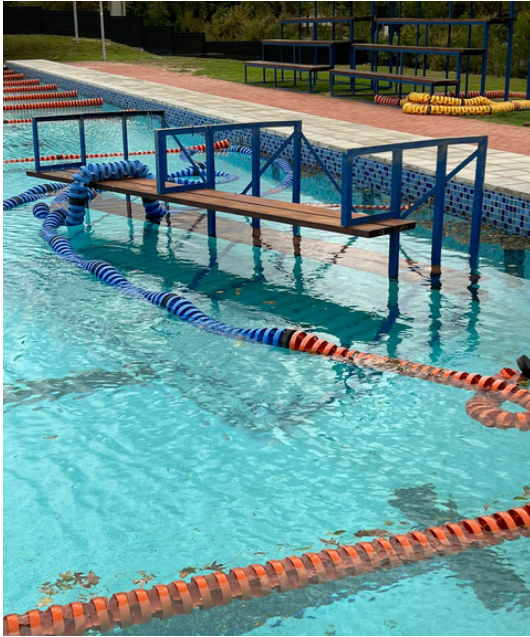
After the Storm



In this Issue:

Storm Hits Stellenbosch | PJO Art Days | Vocal Master Class | Sports Awards | Sports News and Results

Indeed the Cape of Storms



The weekend of 5-7 April saw one of the most vicious storms in a many years hit the Western Cape, with winds in excess of 150km/hour ripping through the heart of the Cape Winelands and surrounding areas. The damage was extensive and unfortunately Rhenish Girls' High School was not exempted from the trail of destruction, with the roof sheeting being blown off the bathrooms at the one end of the Rhenish Hall, many trees were damaged, some fences have fallen over, and we even found a grandstand in the swimming pool and the soccer goals on the mini astrotruf.

“Some of the school buildings, the Rhenish Hall, and the hostel have suffered damage to their roofs, and some of our fences, including our perimeter fence and our astrotruf, swimming pool, and tennis court fences, have collapsed. With the support of our SGB and help from our dedicated staff and the Western Cape Education Department, we have managed to clear up much of the debris and mitigate all risk to our school community in order to safely open the school,” said Mrs Megom.

The school is currently still assessing the total amount of the damages suffered and we will be working toward restoring these damaged buildings and infrastructure as soon as possible.



But when the going gets tough at Rhenish Girls' High School, the staff members get a broom, a rake and a chainsaw to start cleaning up. And 'oh boy' did they get going! Within a few hours of the school being closed on Monday, 8 April, teachers, administrative and ground staff all stepped up to the plate and joined hands to get the school into 'ship shape' condition. They all did such a good job that the school was actually ready to open again on 9 April; however, the WCED requested that all the schools remain closed due to transport and other factors, and we did comply with that instruction.

We would like to thank all the members of staff who took the time to assist with the cleaning and the chopping and the cutting, but mostly for showing that when things get tough, we truly bring out the best in people; the community spirit and team work was certainly evident on this day.

We would also like to say a sincere thanks to the parents who offered their assistance in removing the debris from the school grounds. We had more offers than we could use, but we appreciate every parent who offered their assistance and of course to those who provided the resources needed to ensure the grounds were cleaned, THANK YOU!



Our grade 8s and 9s have the regular opportunity to go back to Rhenish's roots as they visit the PJ Olivier Art Centre, the previous home of Rhenish Girls' High School.

While you could get lost in the Centre's history, our Rhenishes do not only have the luxury of reliving history as they visit the Centre, but they are also exposed to art in its various forms. In addition to immersing themselves in the history and art on offer, they also visit the centre to work on their creative art term projects, allowing them to be exposed to expert art teachers. Those who find a passion for art through this process, can choose to take Visual Art as a subject to grade 12.

As you can see, it is not all about painting, but about applying what they have been taught in the various mediums and expressing it in their creative way.

We look forward to seeing more of these pieces come to life with the help of their creative imaginations and some expert teaching and encouragement.

Being Creative at the PJO Art Centre



Vocal Masterclass



Head of Music: Sonja van Amstel with Summer Godden (Gr8) and Jo-Nette Le Kay



Sonja van Amstel

In many aspects of learning and life, having a benchmark is essential. It's important to know that meeting the minimum standard is insufficient. Still, perhaps we are even excelling, or maybe we need to sharpen up, and in line with this, we were privileged to have the very able soprano, Jo-Nette Le Kay, who is a master in her field.

Having taught at Rhodes University, part-time at UCT and Stellenbosch as well as performing, Jo-Nette inspired the learners and I was indeed encouraged to see how they responded to her during their sessions.

Once again thank you Rhenish Girls' High School for having an attitude of teachability, friendliness and being so receptive. When she left, Ms Le Kay commented that she was very impressed and enjoyed the day. This was an excellent opportunity for the 7 learners who took part to prepare for the Stellenbosch Eisteddfod from 24-30 April 2024.

SPORTS NEWS AND RESULTS



RHENISH

GIRLS' HIGH SCHOOL



1860

2024

Summer Sports'

Awards

On 10 April 2024, we acknowledged the hard work and dedication our Rhenishers have put into the Summer Sports to make this another Summer Sports Season to remember.

From winning the 4M Gala, having great results from our Water Polo teams and producing many Western Province and Boland athletes and players for this season, we are truly thankful to all who played a part in making this season such a success.

And the words shared by Nicola Loots, Rhenish Old Girl - class of 2007, will indeed be with our girls not only for now and this part of their journey, but they were words that they could take with them and reflect on for the rest of their lives and in everything they do.



Nicola Loots with some of our winners



Head of Pillar: Sport - Amy Pettipher

C
o
n
g
r
a
t
u
l
a
t
i
o
n
s

The winners

Athletics

Name	Surname	Award	WHY?
Jessica	Smuts	Team Award	Rhenish Top 14, represented Boland Central at the Boland Championships
Megan	Waters	Team Award	Rhenish Top 14, represented Boland Central at the Boland Championships
Katherine	Sickle	Team Award	Rhenish Top 14, represented Boland Central at the Boland Championships
Kendra	Beresford	Team Award	Rhenish Top 14
Zoë	Beresford	Team Award	Rhenish Top 14
Zoey	Elenis	Team Award	Rhenish Top 14, represented Boland Central at the Boland Championships
Michaela	Modinger	Team Award	Rhenish Top 14, top 3 at 4M, represented Boland Central at the Boland championships
Nina	Watts	Team Award	Rhenish Top 14, top 3 at 4M, represented Boland Central at the Boland Championships
Taelan	Viljoen	Team Award	Rhenish Top 14
Harriet	Smit	Half Colours	Represented Boland at the Western Cape Championships
Jaunney	Crous	Half Colours	Represented Boland at the Western Cape Championships
Danni	Fortuin	Half Colours	Represented Boland at the Western Cape Championships, 4th
Mary	Roux	Half Colours	Selected to represent Boland Central for a third time. Top 3 at 4M.
Amy	Evans	Half Colours	Represented Boland at the Western Cape Championships, 3rd place
Ruby	Cilliers	Half Colours	Won a gold medal at the Boland Championships and chosen for the Western Cape team.
Pippa	Viljoen	Half Colours	Won a silver medal at the Boland Championships and chosen for the Western Cape team.
Nicola	van der Merwe	Full Colours	Represented Boland at the ASA National Championships. Gold medal at the Western Cape Championships.
Nicola	van der Merwe	Honours 2023	2nd Place at the ASA Junior Championships
Nicola	van der Merwe	Honours 2024	1st Place at the South African Schools Championships with a new SA Schools record.

Name	Surname	Award
Zoë	Beresford	Sportsmanship
Mary	Roux	Sportsmanship
Megan	Waters	Parry Cup -Most Promising Athlete
Nicola	van der Merwe	Delmar Cup - Most Outstanding Athlete
Harriet	Smit	Full Colours 2023

Swimming

Name	Surname	Award	WHY?
Abigail	Blake	Team Award	Participated in 80% of the school galas.
Alison	Cruikshank	Team Award	Participated in 80% of the school galas.
Hannah	Arangies	Team Award	Participated in 80% of the school galas.
Grace	Morris	Team Award	Participated in 80% of the school galas.
Phoebe	Mason	Team Award	Participated in 80% of the school galas.
Megan	Waters	Team Award	Participated in 80% of the school galas.
Mikalla	Laubscher	Team Award	Participated in 80% of the school galas.
Rachel	Dekker	Team Award	Participated in 80% of the school galas.
Sophia	Uys	Team Award	Participated in 80% of the school galas.
Abriella	Bredell	Team Award	Participated in 80% of the school galas.
Amber-Rose	Berry	Team Award	Participated in 80% of the school galas.
Amy	Hartung	Team Award	Participated in 80% of the school galas.
Amy	Pettipher	Team Award	Participated in 80% of the school galas.
Ava-Loren	van Galen	Team Award	Participated in 80% of the school galas.
Claire	Dekker	Team Award	Participated in 80% of the school galas.
Danielle	Cronje	Team Award	Participated in 80% of the school galas.
Grace	de Jongh	Team Award	Participated in 80% of the school galas.
Issataya	Bredell	Team Award	Participated in 80% of the school galas.
Jemma	de Kock	Team Award	Participated in 80% of the school galas.
Jemma	Hendricks	Team Award	Participated in 80% of the school galas.
Isabella	Mansfield	Team Award	Participated in 80% of the school galas.
Maya	Laubscher	Team Award	Participated in 80% of the school galas.
Sophie	Beaumont	Team Award	Participated in 80% of the school galas.
Suede	Dugmore	Team Award	Participated in 80% of the school galas.
Tayler	Morton	Team Award	Participated in 80% of the school galas.

Name	Surname	Award	WHY?
Zoe	Green	Team Award	Participated in 80% of the school galas.
Mackenzie	Donald	Team Award	Participated in 80% of the school galas.
Amber-Rose	Berry	Team Award	Participated in 80% of the school galas.
Kika	Mossop	Team Award	Participated in 80% of the school galas.
Abigail	Blake	Half Colours	Competed at SA Level 3 Regional Swimming Championships
Mikalla	Laubscher	Half Colours	Competed at SA level 3 Regional Swimming Championships
Grace	de Jongh	Full Colours	Qualified for SANJ and Senior Nationals
Grace	Morris	Full Colours	Qualified for SANJ and Senior Nationals
Ava-Loren	van Galen	Full Colours	Qualified for SANJ
Danielle	Cronje	Full Colours	Qualified for SANJ and Senior Nationals
Maya	Laubscher	Full Colours	Qualified for SANJ and Open Water Nationals
Tayler	Morton	Full Colours	Qualified for SANJ. Competed at the National Open Water Championships
Amy	Hartung	Full Colours	80% of galas. Qualified for SANJ & Senior Nationals. Competed at the SA national Open Water Championship. Placed 1st for u14 in the 3km.
Grace	de Jongh	Honours	Multiple medals at SANJ. Senior National Qualification
Grace	Morris	Honours	Multiple medals at SANJ. Senior National Qualification
Ava-Loren	van Galen	Honours	Qualified for SANJ. Placed top 5 in two events
Danielle	Cronje	Honours	Qualified and Participated at SANJ & SA Senior Nationals
Tayler	Morton	Honours	Qualified for SANJ & placed top 5 in 800m freestyle at SANJ
Amber-Rose	Berry	Honours	Western Cape lifesaving team - 8 gold medals. National Championships - 1 silver medal. Competed at the SA National Open Water Championships.
Jemma	de Kock	Sportsmanship Award	
Mackenzie	Donald	Sportsmanship Award	
Grace	de Jongh	Most Promising Swimmer	
Grace	Morris	Moira Brandt Memorial Trophy - Best all round swimmer	

Name	Surname	Award	WHY?
Isabella	Turner	Social swimming coaches award	

Water Polo

Name	Surname	Award	WHY?
Georgia	Hobbs	Team Award	80% of matches for the U19A this season
Amy	Pettipher	Team Award	80% of matches for the U19A this season
Ashleigh	Briers-Danks	Team Award	80% of matches for the U19A this season
Bella	Murray	Team Award	80% of matches for the U19A this season
Caitlin	Michell	Team Award	80% of matches for the U19A this season
Courtney	Crossman	Team Award	80% of matches for the U19A this season
Claire	Dekker	Team Award	80% of matches for the U19A this season
Genevieve	Ward	Team Award	80% of matches for the U19A this season
Jeanne	Jordaan	Team Award	80% of matches for the U19A this season
Juliette	Jordaan	Team Award	80% of matches for the U19A this season
Sofia	Walker	Team Award	80% of matches for the U19A this season
Suede	Dugmore	Team Award	80% of matches for the U19A this season
Courtney	Crossman	Half Colours	Western Province B team selection U16
Genevieve	Ward	Half Colours	Western Province B team selection U15
Frankie	Henn	Half Colours	Western Province B team selection U14
Nicola	van der Merwe	Half Colours	Western Province B team selection U14
Kika	Mossop	Half Colours	Western Province B team selection U15
Emily	Truter	Half Colours	Western Province B team selection U14
Ashleigh	Briers-Danks	Full Colours	Western Province A team Selection U16
Bella	Murray	Full Colours	Western Province A team Selection and played at the U19 Currie Cup
Jeanne	Jordaan	Full Colours	3 years provincial selection and Western Province B U16
Claire	Dekker	Full Colours	3 years provincial selection and Western Province B U19
Georgia	Hobbs	Full Colours	3 years provincial selection and Western Province B U16
Caitlin	Michell	Full Colours	3 years provincial selection and Western Province B U16

Name	Surname	Award	WHY?
Sofia	Walker	Full Colours	Western Province A team Selection u16
Amy	Pettipher	Full Colours	3 years provincial selection and Western Province B U19
Sofia	Walker	Sportsmanship 19A	
Courtney	Bowker	Sportsmanship U19B	
Cara	Brink	Sportsmanship U16 A Team	
Isabella	du Plooy	Sportsmanship U16 B Team	
Emily	van Selm	Sportsmanship U14 A Team	
Megan	Waters	Sportsmanship U14 B Team	
Georgia	Hobbs	Most Improved Senior	
Rachel	Dekker	Most Promising Junior	
Dani	Henn	Best Junior Player	
Amy	Pettipher	Best Senior Player	

Tennis

Name	Surname	Award	WHY?
Lisa Marie	du Toit	Team Award	80% First Team Matches
Katrien	Booyesen	Team Award	80% First Team Matches
Jenna	Theron	Team Award	80% First Team Matches
Ashley	Taylor	Team Award	80% First Team Matches
Jenna	Pettipher	Team Award	80% First Team Matches
Lisa	Louw	Team Award	80% First Team Matches
Christie	Kotze	Team Award	80% First Team Matches
Lida	Booyesen	Half Colours	Represented Cavaliers
Shiloh	Daniels	Full Colours	Boland Interprovincial Team
Katrien	Booyesen	Full Colours	Boland Interprovincial Team, 3 years in the first team

Name	Surname	Award	WHY?
Jenna	Theron	Honours	South African Team Under 15, Boland Interpro, Top 10 SA
Jenna	Theron	Sportsmanship 1st Team	
Shiloh	Daniels	Sportsmanship 2nd Team	
Emily	Brown	Sportsmanship 3rd Team	
Bianca	Bailey	Sportsmanship 4th Team	
Stephanie	Van Woudenburg	Sportsmanship U15 A Team	
Lisa Marie	Du Toit	Gerrie Berner Cup	
Jenna	Theron	Andrea Henderson Cup for Progress	
Jenna	Pettipher	Zahn Memorial Trophy	
Lisa Marie	Du Toit	Most Promising Senior Player	
Olivia	Hagen	Social tennis coaches award	

Congratulations to

all these

award recipients

22nd St Mary's Hockey Festival

Leah Du Plessis



The prestigious St Mary's Hockey Festival, hosted by St Mary's Waverly, was held from 4 April to 7 April in Johannesburg. This tournament was a major stage for the nation's top schools to showcase their talents.

The Rhenish U19A girls were not going to be pushovers. Despite being a young team, the girls exhibited admirable mental strength throughout the Festival. Our team showed off the impeccable ball movement in possession while playing against top teams, which led to some great performances. The girls only lost one match during the whole festival.

The results:

4 April, Day 1

Rhenish 0-0 Waterkloof

Rhenish 4-0 St Johns DSG

Rhenish 1-1 Hoërskool Garsfontein

Rhenish 2-0 Somerset College

5 April, Day 2

Rhenish 1-0 St Andrews Girls

Rhenish 1-0 Oranje Meisies

Rhenish 4-0 Pietermaritzburg Girls

6 April, Day 3

Rhenish 2-2 St Mary's Kloof

Rhenish 0-0 St Sithians

Rhenish 0-1 Paarl Gim

7 April, Day 4

Rhenish 1-1 Affies Girls (Penalty shootout 1-2 loss)

Rhenish 1-0 St Anne's

The girls learnt a lot and thoroughly enjoyed the festival. They will reset and are ready to take on the rest of the season!



Menlo Park Netball Festival Reports

-U19A-



On arrival at OR Tambo in Johannesburg on 20 March, we all got in the shuttles provided by Menlo Park and headed to the Hatfield Garden Court Hotel. Our Coach introduced us to a typical American Diner lunch experience, contributing to an informal team building and a sugar rush.

Later that afternoon, we attended the well-kept grounds of Hoërskool Menlopark for the opening ceremony, alerting us to the reality of our upcoming 11 games out of the scheduled 880 games that would take place over the next 4 days.

Thursday morning, we played our first match against a local Pretoria school, Hoërskool Wonderboom. This was not supposed to be a challenging match; we definitely lost this game against ourselves, with a close call of 11-12. Luckily this match served as a wake-up call.

With a lot of introspection and insight into our errors, we played Huguenot High School and beat them 28-14, giving us the confidence we needed. Later that night, we played Ferrum High School. They were strong competitors, but we were confident in our game plan and we knew that our defence and attackers were finding their feet in the highveld conditions, ensuring another win - 20-13.

Friday morning we got dressed in our white 1st team gear. We played Alberton High School, which was a very physical game, with one of our opposition players being sent off court for two minutes due to aggressive play. But we fought graciously while playing a hard game, and won 24-10.

While still delighted with the win, USN handed us lovely first team bags with USN goodies straight after this game, making each girl feel even more motivated.

We knew our afternoon game against Leeuwenhof Akademie, all the way from Germiston, would be a tough challenge. We were leading the entire game up to the last few seconds of the last quarter when they scored a goal, concluding this game with a draw of 13-13.

Our girls worked extremely hard in the Leeuwenhof game, and we realised that we had the ability to ensure an entertaining game against Merensky High School, who was one of our stronger competitors in the tournament, later that evening. We beat Merensky 20-17, and the level of confidence and trust amongst our team only strengthened.

On Saturday, we had two good games against KHS and Kalahari winning 21-13 and 21-12 respectively. We were on a high and sadly had to miss our last game that night against Frans du Toit due to thunderstorms.

On our last day of the tournament, we had a positive start to our morning, securing a win against Hans Moore 23-10. Our most challenging game for the entire tournament was that afternoon and we had a hunger to give our best game against Hoërskool Secunda. They had already beaten some of our Western Cape schools at the tournament. They were known for their equally dangerous attacking and defensive plays, but the Rhenish team was well-motivated and ensured a spectacular game, beating Secunda 17-15. The “impossible” for most of the players became the “possible”. Tears of delight and pure joy were just some of the visible emotions seen on the faces of the team as they walked off the court.

We want to thank Rhenish Girls’ High School for the opportunity to attend this tournament, where we definitely developed our skill set and played combinations while building strong team synergy and trust. I sincerely thank Coach Corné and team manager, Ms Forsyth, who attended this tournament with us and sacrificed their time for our benefit. It was so well planned; we gained a lot from this experience. Thank you for believing in us. A special thanks to our parents, who allowed us to participate in such a big tournament. Thank you for your support (on and off the court, in person and remotely) while you believed in and motivated us.

Carlie & Anja



As a team, we approached this tournament with determination and passion, aiming to showcase and improve our skills and grow as individuals.

We started pretty slowly with our first few matches, as we were still finding our feet and adjusting to the altitude on the highveld. However, as the games went on, it became evident that our gameplay and mentality were evolving. What truly stood out was how our teamwork and resilience grew with each match. We learned from every experience, learning new strategies and supporting each other on and off the court. Witnessing how each player gave their absolute best for themselves and the entire team was inspiring.

Our coach and Liaison played a huge role on tour, guiding us with skills and instilling confidence. We owe a huge thank you to them for their unwavering support and dedication. We are incredibly grateful to our sponsors, whose generosity made this tour possible.

None of this would have been possible without the endless support of our parents. They cheered us on from the sidelines, encouraged us during challenging moments, and celebrated our victories with us. Their love and encouragement fueled our passion for the game.

The Menlopark Netball Tournament was a successful competition for us and a platform where we grew stronger as players and as a team. We are proud of our journey, and I look forward to the rest of the season with my wonderful teammates.

-U16A-

Mbasa Majija



Sports Results

Hockey VS St Andrews 10 April
U19B drew 1-1
U16A won 6-1

Netball VS St Andrews 10 April
U16A lost 12-4
U19A won 15-14

Netball VS Huguenot HS 11 April
U19A won 42-23
U19B drew 10-10
U17A lost 16-8
U16A drew 11-11
U16B won 12-9
U15A won 23-8
U15B won 17-8
U15C lost 14-3
U15D drew 9-9
U14A lost 20-15
U14B lost 7-5
U14C lost 12-8
U14D drew 10-10

Hockey VS Huguenot HS 11 April
U19B team won 3-0
U16B won 3-0
U14B won 2-1



Maths Support 2024

14:30-15:30		
	Grade 8-9	Grade 10-12
Monday	Mrs Fanton (D6)	Mrs Adonis-Maarman (B11)
Wednesday	Mrs Oosthuizen (C5)	Mrs Skog (Grade 10-11) (B11) Mrs Liebenberg (Gr 10-12) (B12)
Thursday	Mr Hugo (Grade 8) (A4)	Miss Robinson (Grade 9-12) (B8)
06:45-07:15		
Monday - Thursday	Mrs Oosthuizen (C5)	Mrs Liebenberg (B11)

Maths Support here means:

- ☒ Assistance from Maths teachers with homework, redoing of tests, catching up on work or completing worksheets
- ☒ NO TEACHING takes place, but individual help is given where necessary
- ☒ Learners may attend any of these classes when they need additional assistance

Grade 8 and 9 Post Test Maths Intervention

After completion of a test, learners will be identified by their teachers to attend a **COMPULSORY** lesson.

Time will be arranged by teachers.

The responsibility for seeking support in Maths, i.e. attending a session, lies with the learner. Take responsibility for your own success; do what you know you need.



GROW
ABROAD



HIGH SCHOOL ABROAD PROGRAM

Your destination choices are endless



Are you a South African high school student between 14 and 18 years old?

Does the idea of travelling, learning about a new culture and improving your international competencies excite you?

Our program offers you a warm host family stay overseas, an opportunity to attend a local high school and a chance to make unforgettable memories and friendships along the way.

- Broadened World View
- Local Cultural Immersion
- Foreign Language
- International Networks
- Self-development, Confidence & Independence



LET'S CONNECT:

- +27 (0)21 701 12 57
- highschool@growabroad.co.za
- www.growabroad.co.za

- @growabroad
- GROW Abroad

scan here

