

Issue 11 of 2024

# RHENISH NEWS

Excellence ● Compassion ● Accountability  
Integrity ● Diversity ● Respect

“Once a Rhenisher, always a  
Rhenisher”



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# 2024 Grade 8 Commencement Assembly



On 5 April, fresh from the holidays, our mentors and matric committee held a commencement assembly for the grade 8s. This is truly a special moment in their school career as they are now considered to be fully fledged Rhenishers.

The grade 8s were greeted by the bell outside before joining the rest of the school for this memorable assembly.

They proudly said their pledge before walking onto the stage and receiving their 'Grade 8 2024' badge which they will forever be a symbol of their Rhenish journey.

This was a true milestone that these girls have reached and we are so happy to welcome them to our Rhenish family and wish them all the best with their high school careers.

**Emma Rumble**





# Matrics receive their badges at assembly.

Ruby Blignaut

On 5 April, Rhenish held its annual grade 8 and matric commencement assembly.

This assembly holds an important place in the hearts of the grade 12 learners at Rhenish.

For the matrics, it is an exciting day that everyone looks forward to. Amidst a background of honour and pride, each grade 12 learner finally received their Matric badge, acknowledging their time at Rhenish Girls' High School.

This assembly served as a reminder of the importance of their role within the Rhenish community, as they were acknowledged and celebrated in front of their peers and teachers.





# Piano Masterclass

On 15 April, six of our Rhenish pianists had the privilege of being coached and trained by José Dias, a renowned piano soloist, chamber musician, vocal accompanist and coach.

New and interesting piano techniques were introduced. Everyone was inspired and motivated by the way he approached the music. He opened the learners' eyes and ears to so much more than just the notes on a page.

We believe that this definitely will give our girls a great base to work from for the upcoming Eisteddfods and exams.



Linda de Villiers

## Rhenishers ready for Eisteddfod

Sonja van Amstel

In the journey of life, there seems to always be a scenario which plays out, that is "life is not convenient". Such was the scene leading up to the Stellenbosch Eisteddfod.



Naturally an eisteddfod performance is done live; however this year the grade 8 entrants encountered a clash of dates with the Eastern Cape Cultural and Sports Tour. The solution: the live performances had to be adjusted to being virtual. This resulted in a very short period of time in which the video recordings had to be done to meet the entrance requirements.

Well done grade 8s for rising to the occasion, proving that Rhenishers do not let anything stand in their way.



# Rhenishers show their mettle at Cape Winelands Chess League.

Gemma Hall



On Wednesday, 17 April, the Rhenish chess team competed against Paul Roos in their first match in the Central Cape Winelands League.

Both matches were lost to Paul Roos who are formidable and very well known for their chess accomplishments; however, there were some stand-out individual matches.

Faith Martin was victorious against the Paul Roos A team's second board player. In a gruelling game, Mariam Janelidze achieved a draw with the Paul Roos A team's first board player. Naylan Saaiman and Layla Williams also formed part of this team and made the Rhenish Chess Team proud with their resilience.



# Siyaphambili inspires at Rustenburg Girls' High School Cultural Evening

Asemahle Mayekiso



The Siyaphambili Choir performed at Rustenburg Girls' High School Cultural Evening on 16 April. Rhenish was one of many schools who attended, the likes of which included Rondebosch Boys' High School, SACS, Westerford, Groote Schuur and Claremont High School. The girls were given an opportunity to socialise with the others, making this such a culturally enriching experience..

Siyaphambili Choir played out to be the best performance of the night - the crowd was in awe of the amazing vocal choir lead by the angelic voices in each song that was sung, and the traditional beats provided by the African drum followed by the rhythm of the feet and body.

As the true Rhenishers that they are, they represented themselves with pride and dignity as they chanted "Ebenezer" wholeheartedly whilst the crowd chanted "Rhenish".

Witnessing how much the choir has grown over the last year was a monumental moment for many members as we filled the stage from end-to-end making Siyaphambili the largest choir at the event. It was also very heartfelt to witness the support from the Rustenburg Girls despite the RGHS rivalry as they applauded to congratulate Rhenish for stealing the show.

A special appreciation to Mrs Jikela and Mrs Booi for accompanying the girls and representing Rhenish as staff. Their support will always remain the instrumental factor which makes Siyaphambili what it is today.



# *From the Old Girls' Desk: Class of '93 Reunion*

Dominique Golder



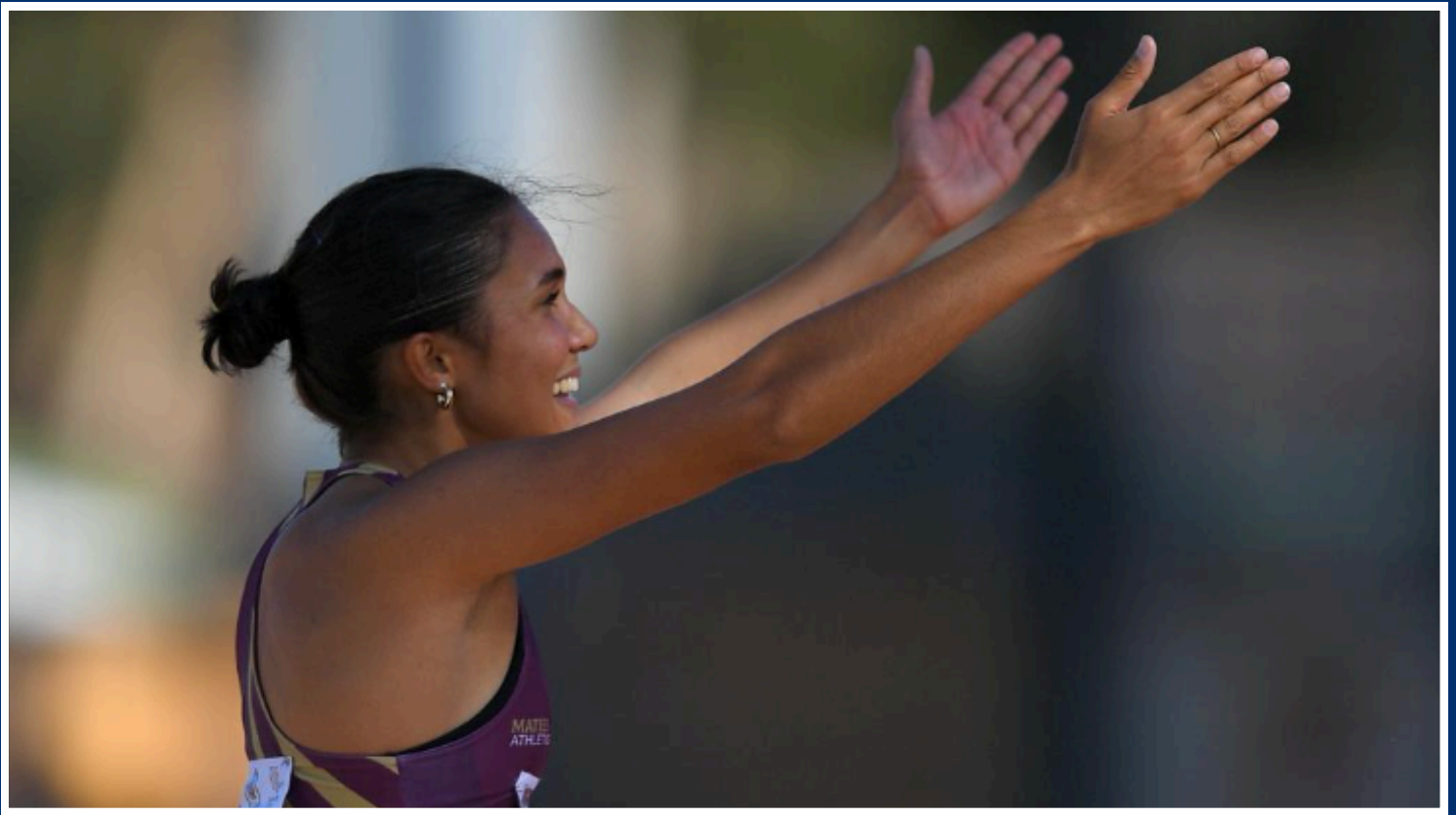
On Friday, 12 April, the class of 1993 gathered at Rhenish Girls' High School to celebrate their shared Rhenish Old Girl legacy. It was a special occasion as many women who attended had not returned to Rhenish or connected with their classmates in 31 years. Initially, some nerves were in the pavilion, but they quickly dissipated as the group engaged in lively banter.

After a bit of bubbly, the group embarked on a tour of the school. The upgrades impressed them, including the Ebenezer Hall, the newly paved quad (formerly a netball court), the transformed 'Home Economics' classroom, and the absence of prefabricated buildings in the Matric quad. Memories flooded back when they visited where the pool once stood, now the site of the principal's new house.

It was a delightful experience hosting this group at the school. All the ladies departed with joyful hearts and a renewed sense of their time at Rhenish. Returning to the school grounds sparked a lasting bond with the school and their classmates. "Once a Rhenisher, always a Rhenisher."



# *Rhenisher keeps going for gold at USSCA Championships*



Andrea Cornelissen, Maties Long Jump Gold Medalist shares her thoughts after her mammoth final jump of 6.44m at the USSA Athletics Championships recently hosted in Stellenbosch.

"I think staying composed through each jump, through each approach was the name of the game for me. I was really, really happy to be able to give that big jump of 6.44m, especially in front of my family on my home track.

"I've grown up on this track, I've spent a lot of hours here, this [gold medal] is a small thank you to the Coetzenburg track, the community of Stellenbosch, my coach and family."

This Rhenish Old Girl has indeed not only captured the hearts of the Athletics fraternity, but the Stellenbosch Community as she continues to be an example for all who know her.

We are very proud of her and wish her all the success for the future.





***SPORTS NEWS  
AND RESULTS***



The Rhenish swimming contingent made a splash at both the South African Junior Nationals (SANJ) and the South African Open Water Swimming Championships, showcasing their talent and determination in the water.

Incredible swims from our own Grace Morris at SANJ, where she had no problem making her mark in the South African swimming world and achieved the following results:

- 1st Place for U16 200m backstroke
- 2nd Place for U16 100m backstroke
- 2nd Place for U16 50m backstroke
- 2nd Place for U16 100m freestyle
- 2nd Place for U16 50m freestyle
- 2nd Place for U19 mixed freestyle Relay
- 3rd Place for U19 100m medley Relay

Maya Laubscher demonstrated her prowess by clinching third place in the 4x 1500m relay at the Open Water Nationals. Her exceptional performance also earned her a berth in various events at SANJ, highlighting her versatility and skill in the pool.

Danielle Cronje proved her mettle by qualifying for an impressive six events at SANJ. Her dedication paid off with a third place in the 4x 50m freestyle relay, showcasing her speed and teamwork. Additionally, Cronje's stellar performance earned her a qualification for the SA Senior Nationals, although circumstances prevented her from competing.

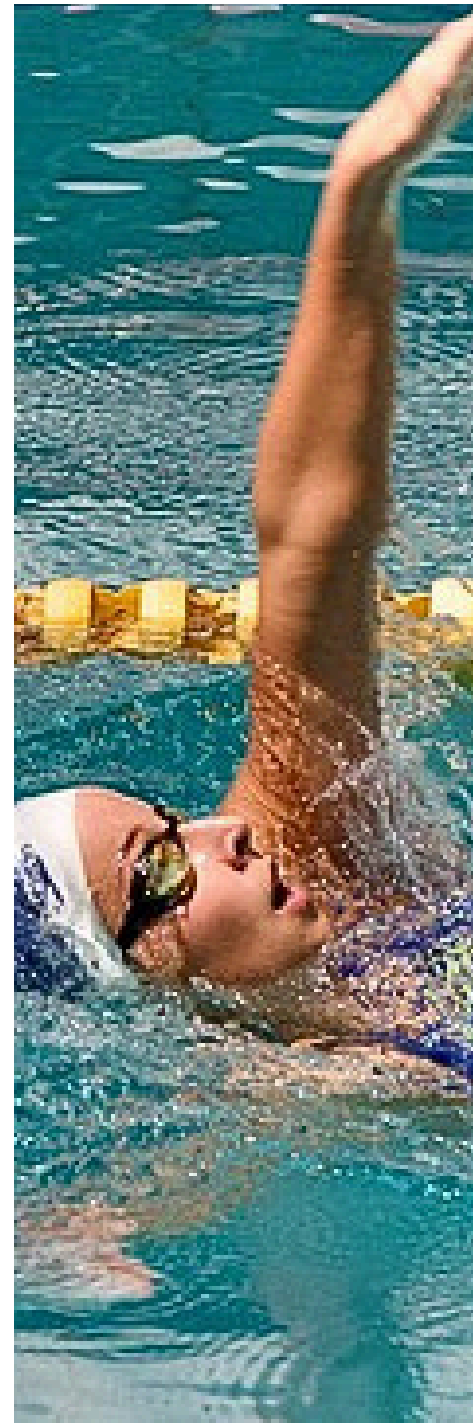
Ava-Loren van Galen showcased her talent by securing spots in multiple events at SANJ. Her determination led to a commendable fourth-place finish in her age group for the 50m freestyle, demonstrating her speed and competitive spirit.

Amy Hartung's dedication to the sport was evident as she qualified for various events at SANJ. Her standout performance at the SA Open Water Championships saw her secure third place in the 3km U14 age group race, displaying her endurance and determination in open water swimming.

Taylor Morton's achievements were highlighted by her qualification for five events at SANJ. Morton's strong showing culminated in an impressive eighth-place finish in the U16 200m backstroke, illustrating her skill and potential in competitive swimming.

The Rhenish swimmers' success at both the pool and open water events is a testament to their hard work, dedication, and talent, inspiring future Rhenish swimmers with their remarkable performances.

# ***Rhenish swimmers excel in national competitions***



Suzaan Carstens





## South African Senior National Swimming Competition

Suzaan Carstens

At the 2024 South African Senior National Swimming Competition, held in Port Elizabeth and doubling as the Paris Olympic Games Trials, Rhenish Girls' High School's swimming captain, Grace de Jongh, and her teammate, Grace Morris, made us proud with their performances.

Despite not having her best gala, Grace de Jongh showed up with determination and gave her all in every race. She even found herself qualifying for a spot in the 50m backstroke B-final. Her leadership as the school's swimming captain was evident, inspiring her teammates and everyone watching.

Grace Morris had some incredible races, showcasing her versatility and talent. Her results included:

- 50m backstroke: 3rd in B-final
- 200m backstroke: 4th A-final
- 4x50m freestyle relay A-team: 2nd (silver)
- 100m backstroke: 3rd in B-final
- 4x100m freestyle relay: 2nd A-team (silver)
- 50m freestyle: 4th in B-final
- 4x100m medley relay B-team: 6th place

Together, they represented Rhenish Girls' High School with pride and determination, leaving a lasting impression on the competition.

Their efforts at the 2024 South African Senior National Swimming Competition brought recognition not only to themselves but also to Rhenish Girls' High School. As they continue on their journey, Grace de Jongh and Grace Morris serve as role models for aspiring swimmers, showing that with hard work and dedication, dreams can be achieved.



# Sports

# Results

## Netball vs Makupula and Lückhoff 18 April

2nd team vs Lückhoff won 15-7

U17A vs Makupula won 17-3

U16B vs Lückhoff won 14-7

U16C vs Makupula won 8-7

U15B vs Lückhoff won 40-3

U15C vs Makupula won 13-2

U14B vs Lückhoff lost 12-10

U14C vs Lückhoff won 7-5

## Netball vs Strand High School 19 April

1st team won 36-18

2nd team won 14-12

U17A lost 18-13

U16A won 27-5

U16B won 17-3

U16C won 37-1

U15A lost 23-15

U15B won 26-11

U15C won 10-2

U15D won 17-0

U14A lost 14-13

U14B won 13-10

U14C lost 9-7

U14D lost 7-0

## Soccer vs Generations Hermanus 19 April

2nd team won 2-0

## Hockey vs DF Malan 12 & 13 April

U19A team 2-0

U19B won 1-0

U19C won 1-0

U16A won 6-0

U16B won 4-0

U16C won 4-0

U14A won 2-1

U14C lost 1-0

## Netball vs DF Malan 12 April

U19A drew 25-25

U19B lost 19-12

U17A lost 19-7

U16B won 13-8

U16C drew 12-12

U15A won 23-18

U15B drew 14-14

U15C lost 10-3

U15D lost 8-5

U14A lost 12-7

U14B lost 5-3

U14C lost 11-3

U14D won 14-5





# Staff News



We would like to congratulate Mrs Isabel Smit and her husband, Tiaan, on the birth of their baby boy -  
**Samuel Christiaan Smit**  
Born on 12 April 2024.