



R H E N I S H

The Ebenezer

The Rhenish Primary PTA Newsletter
March 2010

Dear Rhenish Parents

Here is something for you to ponder upon. Taken from Oriah Mountain Dreamer's poem "THE INVITATION".

IT DOESN'T INTEREST ME WHAT YOU DO FOR A LIVING.

I want to know what you ache for, and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon. I want to know if you have touched the centre of your own sorrow, if you have been opened by life's betrayals or have become shrivelled and closed from fear of further pain. I want to know if you can sit with pain, mine or your own, without moving to hide it or fade it or fix it.

I want to know if you can be with joy, mine or your own, if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, to be realistic, to remember the limitations of being human.

It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself; if you can bare the accusation of betrayal and not betray your own soul; if you can be faithless and therefore trustworthy.

I want to know if you can see beauty, even when it's not pretty, every day, and if you can source your own life from its presence.

I want to know if you can live with failure, yours
(continued)

and mine, and still stand on the edge of the lake and shout to the silver of the full moon, "Yes!"

It doesn't interest me to know where you live or how much money you have. I want to know if you can get up, after the night of grief and despair, weary and bruised to the bone, and do what needs to be done to feed the children.

It doesn't interest me who you know or how you came to be here. I want to know if you will stand in the centre of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to know what sustains you, from the inside, when all else falls away.

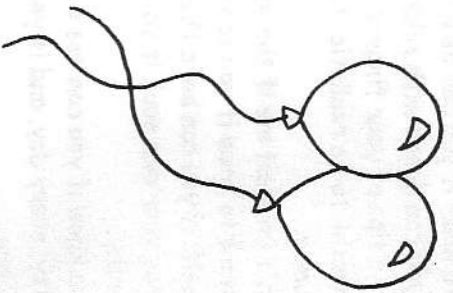
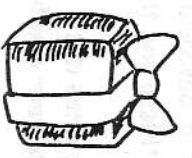
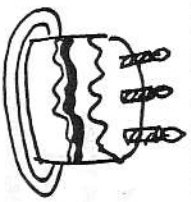
I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.

Neil Pretorius

Congratulations...

to the following staff who celebrate their birthdays in March and April 2010:

Heather Luden	17/3
Lynn Mitchell	20/3
Michelle Basson	15/4



Snippets from the PTA ...

Thank you to those parents who have volunteered to be CLASS REPS. You will find a full list of the class reps in this edition.

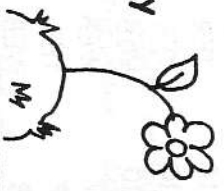
Our WISH LIST is open for any requests from staff, parents or children. Please direct your request to me in writing, giving the item that you would like the PTA to fund, the motivation for the purchase, quotes and who will benefit from the item. The committee has postponed the allocation of funds to early next term so there is still time to get your wish in.

Please remember to send in your paper for RECYCLING, deposit your glass in the recycling igloo and swipe your MySchool card.

It has been a hectic term and we wish you all happy, safe and relaxing school holidays.

Kind regards

Alison Brand - PTA Chairlady



The Rhenish Primary School staff and learners would like to congratulate Amber Abrahams on her outstanding achievement. She has been selected as part of the Western Cape Schools Athletics team for Shot Put Girls U/11. She will be representing the province in East London on 19 and 20 March 2010.

Well done Amber! You have done your school proud. We wish you all the best as you go and compete in East London.

**RHENISH PRIMARY SCHOOL INTER-HOUSE ATHLETICS
COETZENBURG - 18 JANUARY 2010**

The following 23 new records were set during our Inter-house Athletics Meeting at Coetzenburg. In order of the programme they are:

J Whitfield	6/13	VDS	Javelin	20.67m
S Burger	B/13	VDS	1 500m	5:13.53
J Calitz	B/10	TER	Shot Put	7.79m
S Burger	B/13	VDS	200m Hurdles	33.84s
A Bruwer	6/12	TER	150m Hurdles	25.82s
M Mavovana	B/12	TER	150m Hurdles	26.50s
S Burger	B/13	VDS	800m	2:34.65
K Johnson	B/13	WEB	80m Hurdles	13.41s
J Whitfield	6/13	VDS	75m Hurdles	14.50s
A Bruwer	6/12	TER	75m Hurdles	13.84s
N Barraschone	B/10	VDS	Long Jump	3.85m
A Abrahams	6/11	WEB	Shot Put	9.77m
N Lefebvre	B/14	TER	Javelin	19.17m
C Westcott	6/10	TER	70m Hurdles	17.78s
N Barraschone	B/10	VDS	70m Hurdles	14.96s
K Crowster	6/7	WEB	60m	10.98s
A Sulleman	B/7	TER	60m	10.41s
A Cornelissen	6/8	WEB	60m	10.15s
A Bruwer	6/12	TER	Javelin	19.94m
K Johnson	B/13	WEB	100m	12.72s
B Japhtes	B/14	VDS	200m	28.50s
K Johnson	B/13	WEB	200m	28.28s
A Bruwer	6/12	TER	Shot Put	6.94m

Our top 5 male achievers on the day are (in order of achievement):

1. Nicholas Barraschone 10 yrs VDS 3 135 ASA points
2. Keanu Johnson 13 yrs WEB 2 398 ASA points
3. Dennis Stofberg 10 yrs TER 2 314 ASA points
4. Delyne Rhode 10 yrs VDS 1 980 ASA points
5. Joshua Calitz 10 yrs TER 1 876 ASA points

Our top 5 female achievers on the day are (in order of achievement):

1. Inge Weidemann 10 yrs TER 1 985 ASA points
2. Amy Ann Bruwer 12 yrs TER 1 789 ASA points
3. Lara Schmulian 13 yrs VDS 1 699 ASA points
4. Jessica Whitfield 13 yrs VDS 1 421 ASA points
5. Amè Strauss 10 yrs VDS 1 368 ASA points

Finally, the news everyone has been waiting for - the final house results for this year:

In third position, Weber with 375 points, in second position Van der Stel with 388 points and in a well-deserved first position, Terlinden with a convincing 511 points.

Very importantly, we would like to acknowledge our sponsors. Their contributions made all the difference between getting the job done and getting the job done, smartly!

1. Thank you Susan Dehose and family for donating bottled water
2. Thank you to Ruda Hugo and the Grade 6 Catering team for the lovely food and drinks.

The success of this sporting code and all its achievements are dependent on the combined effort of a host of people and therefore the thanks of the school go to all the coaches, staff, parents, volunteers, athletes, sponsors and friends who put in so much effort!

Thank you to Caron Lowe, Vania Probert, Leigh Pina, Elisa Branders and Gregory Hinds. You have indeed been an inspiring part of our busy season thus far.

Nicole Kramer
Athletics Organiser

MUSIC NOTES

Somerset College Orchestra
weekend

We would like to congratulate all the orchestra members who took part in this unforgettable weekend, extending their orchestral experience. You were wonderful ambassadors of our school. Well done!



External Exam Results

Congratulations to the following learners who achieved outstanding results in their Trinity Music Exams towards the end of last year:

Caillin Joubert, Initial Recorder, with Distinction

Cachel Joubert, Initial recorder, with Distinction

Johann Basson, Initial Electronic Keyboard, with Distinction

Talya Beyers, Gr 1 Piano, with Merit

Tanya Schloms, Gr 2 Piano, with Merit

Concert in the Garden

Our Junior Choir, Senior Choir, Marimba Band and a few instrumentalists were invited to take part in the annual Concert in the Garden at Rhenish Girls' High School on Sunday, 14 March. A fantastic crowd of parents, grandparents, aunts and uncles, children and friends packed their picnic baskets and spent a stunning afternoon out in the beautiful surroundings of the High School. Our learners performed brilliantly. Well done to all of you!

Ina O'Reilly (Head of Music)

FRESH FOOD IDEAS

LEARNING TO COOK

Innovative cooking courses for domestic and B&B staff

*

Training include kitchen hygiene, food storage table presentation, menu planning
Learn to cook easy yet exciting dishes

Course fees start from R1050.

*

Contact Nicole Dupper
0845645663 for more info

*

Milk and honey...

Ps 118:9 'It is better to trust and take refuge in the Lord than to put confidence in man.'

Remember your friends are only human and full of mistakes, there is always a possibility that they will fail you, but Jesus promised in Matthew 28:20 'I will never leave you nor forsake you until the end of time.'

So before you make a decision, pray first and wait for that soft small voice (that is inside you) to answer you! Jesus is with you always.

Lots and lots of blessings, Christelle 0766583364

Inter house Swimming Gala 2010

With our schools 150 birthday celebrations in high spirits, the Interhouse Gala created many opportunities, for fun, team spirit and records to be broken. The children were very enthusiastic with red, green and yellow everywhere, loyally supporting their house. Congratulations to the following children who broke records this year:

Daniel de Villiers
Adrienne Hobbs
Cailin Joubert
Cachel Joubert
Inge Weidemann
Connor Evans
Garth Wently
Johan Basson



Well done to Terlinden who finished in first position with a total of 1385 points. Weber finished second with 643 points and Van der Stel in third position with 358 points

A big thanks must go to the parents who are always so willing to help time keep and assist in any way they can. You are much appreciated!

More Swimming News:

Many enthusiastic swimmers participated in the Boland Trials which happened in early February. Congratulations to the children who made the team and were selected to participate in the Western Cape trials including Boland, Western Province and SWD regions. Further details and more swimming news will be in the next Ebenezer.

Heather Luden
Swimming Co-ordinator

COMMUNITY CARE



Dear Rhenish Parents and Children

Thank you for the mountains of cat food and dog food donated so generously throughout the term, not to mention the feeding bowls, toys, collars, blankets, towels and cat litter. One of the Grade two children, Olivia van Hoogstraten, quipped: "There is so much food, the animals will be able to have a midnight feast!" Need I say more!

Not a day went by this term without an eager child waiting to give me something for the destitute animals at the shelter. It has truly been a humbling experience.

Thank you boys and girls for caring and sharing. You have done Rhenish proud!

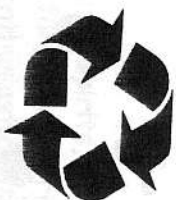
Mrs Lockley and The Community Care Committee

L'Acqua Viva



For those who would love for their children to speak Italian send them to L'Acqua Viva (living water) once a week for fun, interactive Italian Classes for kids and teens under the age of 13 in the Stellenbosch area. Learning is done through acting, cooking and music.

Monthly rate: R320
Contact Rebecca at: 082 891 5146 / igaggi@hotmail.com Classes commence in March 2010



A slightly belated welcome back to all Rhenishers - both new and old. We hope you had a good holiday and that the eagerly anticipated 2010 - both Soccer World Cup year and Rhenish's 150th birthday - will be a good year in all respects.

The newspaper recycling has got off to a fairly good start, and we are grateful for all the contributions thus far. The leaders in the junior phase are Grade 2Y, with 171.37 kg. The senior phase leaders are 5W, with 745.86 kg thus far. The total paper weighed this term is more than 2 tons - 2 194.03 kg.

We would like to inform all new Rhenishers, and remind everyone else, that one of the ways in which the school raises funds is by collecting paper for recycling. It is not only a fund-raising effort, however, but also an effort to conserve our environment. Any paper is welcome - newspaper, magazines, cardboard, etc. So start collecting - the class that collects the most paper each term is awarded a trophy and each child in the class gets a small surprise. Junior phase pupils can take the paper to their classrooms, while senior phase pupils should deposit the paper in their class's locker in the bicycle quad.

Thank you and welcome to the new mothers who have joined the effort to weigh newspapers. We are also looking for volunteers to help with the recycling. If you have half an hour of free time when you drop your child off for school on a Wednesday morning, it would be wonderful if you could help to weigh the paper - many hands make light work! Not only will you be helping the environment, but you will have fun and make new friends. If you are available to help, please contact Corinda.

Just a reminder of when we collect the paper and how it should be packed:

Collection times:

Foundation Phase and Senior Phase newspapers are collected and weighed early on Wednesday mornings (the paper is collected from the respective classrooms in the junior phase and from the lockers in the bicycle quad for the senior phase).

Packing of paper:

It is very important that any paper that has to be weighed is neatly packed for this purpose (tied with string, in boxes that can easily be handled or in plastic bags - preferably not black bags, as they tear). Many of the mothers who do the weighing have jobs and therefore do not have a lot of time to sort out and weigh paper that has not been packed properly.

If you deliver paper to the locker or to the secretaries, it is also very important to clearly mark for which class it is (e.g. 2L, 7V). Messages that are left with the secretaries or cleaners do not always reach the people doing the weighing, as they often do not see each other.

Thank you for your cooperation, and your support for this important effort.

Corinda, on behalf of the newspaper mums

LEARN TO SWIM

(From 3yrs till watersafe)

Phone Liesl

082 486 4577

Enclosed, heated pool
Monday – Saturday

APRIL HOLIDAY CLINIC:

Intensive Learn to swim clinic:

23 – 26 March

29 March – 1st April

6 – 9th April



Nestled right on the banks of the Lourens River, amongst ancient Oaks and Camphor trees, lies Hathersage House - exclusive Wedding Function Venue and home to Hathersage wines. On this 300 year old estate you will find The Marketplace, a platform for a diverse range of the finest foods and crafts of exceptional quality. This community-driven initiative is an exhibition of the best local goods on offer from authentically slow, gourmet food and freshly picked produce to a range of carefully crafted, gorgeous gifts, flora and great wine!

Small business owners and entrepreneurs showcasing their wares at The Marketplace have been hand-picked for the exceptional quality of produce they offer. Over time and in search of a healthier lifestyle we have become more demanding of local food harvests free of chemicals and preservatives, and more supportive of whole food grown in an environmentally responsible manner. We have welcomed the choice to buy sustainable fish and to support the small farmer who offers hormone-free, free-range meat and dairy. We have always admired the talents of a good craftsman and the creativity of a gifted artist. We continue to afford time to celebrating relationships and cultural diversity, and we have always, always loved music!

Visit The Marketplace where we can celebrate all of the above with friends, family and our local community! Join us, its Thyme to Rocket to the tunes of culinary delights!

THE MARKETPLACE – LOCAL GOODS MARKET
HATHERSAGE FARM, GORDON ROAD, SOMERSET WEST
EVERY SECOND AND EVERY LAST SUNDAY OF THE MONTH

Follow the signs and park your car in the clearing, then take a tractor ride to the market venue. Bring a picnic blanket along and relax with family and friends under the Camphor trees.

The market also operates a donation station. Market-goers are urged to support our charities by bringing any unwanted items along. Every cent helps.

NEXT MARKET SUNDAY 28 MARCH
LOOKING FORWARD TO WELCOMING YOU TO THE MARKETPLACE!

info@tomarketwithlove.co.za