



The Ebenezer

The Rhenish Primary PTA Newsletter
October 2010

News from the Deputy ...

As we slide into the last stretch of a memorable 2010, take the following words with you as a life's lesson to ponder upon.

*This life is yours
Take the power
To choose what you want to do
And do it well
Take the power
To love what you want in life
And love it honestly
Take the power
To walk in the forest
And be a part of nature
Take the power
To control your own life
No one else can do it for you
Take the power
To make your life happy.
Susan Polis Schutz*

Good luck for the rest of the year.

Neil Pretorius - Deputy Principal

Traffic at school ...

We know that there is a shortage of parking and the traffic congestion is bad but please abide by the following rules:

The Red section is "Kiss and Ride" which means "Drop off" only, NOT parking. The rest is parking, but NOT on the yellow lines in front of the school (at the crossing) and the small road between Laerskool Eikestad and ourselves.

A survey on the traffic problems around the 5 schools in our area is underway and we will let you know as soon as we can of any developments. In the meantime, please can we all drive slowly, patiently and courteously.

Bruce Niland

Snippets from the PTA ...

Thank you for the wonderful support we received for the GOLF DAY. It was another memorable occasion and very successful. Special thanks to the organising committee who did a fantastic job. You will be receiving RAFFLE sheets shortly and we encourage those of you who were not able to support the actual Golf Day to contribute to the school by selling or buying as many raffle tickets as possible. There are some great prizes!

Please remember to send in your paper for RECYLING and to swipe your MYSCHOOL card. Regrettably the GLASS igloo has had to be removed as it was vandalised again. We apologise for any inconvenience and ask that you deposit your glass at RGHS or in recycling bags with your refuse.

We have brought the LEADSA initiative into the school. Please support your child where ever possible in their class pledge. We encourage you as families to think of ways that you can lead SA into a positive and brighter future.

Please consider your involvement in the school in 2011 and contact me if you would like to be a PTA class rep or join the PTA committee.

As the year starts spinning to an end, tests are upon many of us and Christmas is already in the shops. I highly recommend a trip past our rose garden by the bus shelter, to stop and literally smell the roses, take a deep breath and gain a little perspective.

Kind regards, Alison Brand – PTA Chairlady

RHENISH PRIMARY SCHOOL FUNDRAISING GOLF DAY - 2010

On Friday 22 October 2010, Rhenish Primary School held the Fundraising Golf Day at De Zalze with great success. The weather played along and the golfers, the guests and all involved in the event, enjoyed the day tremendously.

This year we were privileged to have the music students from Rhenish join us and provide live, on course entertainment. The school's marimba band provided background music while the golfers and guests enjoyed a glasses of bubbly and strawberries on the steep. The Auction Dinner ended the day's activities on a high note.

The Rhenish Primary School Golf Day that was part of celebrating our 150th Birthday could not have been such a success without the generous support of the parents and Stellenbosch business community. A very big thanks from all of us.

Deidre Cloete

Congratulations to the following staff who celebrate their birthdays in November and early December:

Setchsorine Witbooi	17/11
Andriëtte Meier	20/11
Sonia Boyes	20/11
Adrienne Whitley	30/11
Riaan Jooste	2/12
Nicole Kramer	2/11
Penny Hill	4/12

ADVENTURE

Adventure Boot Camp is the outdoor fitness programme that has been empowering the lives of women all over South Africa since 2005. Through exercise, women are rediscovering their zest for life and the importance of health and wellness.

Exercises are specially designed for women who want to exercise for an hour a day in the beautiful outdoors and take in the surroundings of their neighbourhoods. Every class is different and provides fun and exciting alternatives to regular exercise routines. Under the guidance of a dedicated personal trainer, women can finally achieve their weight loss and fitness goals. Whatever your fitness level, Adventure Boot Camp lets you advance at your own pace.

Ladies can expect to take part in short distance running, skipping, ab and core training, Pilates, obstacle courses, circuit training, weights, mat work and games. Because exercise is nothing without a balanced diet, participants are able to download a personalized eating plan from the Adventure Boot Camp website, one week before camp starts.

Women of all fitness levels, sizes, and ages are gaining great results with Adventure Boot Camp! You can too! Whether you are a beginner, an avid fitness enthusiast or just tired of the same old routine, come try this whole new approach to exercise and fun!

Start your fitness regime today, register online and take a step in the right direction! Classes are at Rhenish Girls' High school @ 6-7am, 8-9am, 16:00-17:00(TEEN EDITION) and 17:30-18:30

For more information or to register visit www.AdventureBootCamp.co.za or call our National head office on 082 567 2267 or 021 447 2746.

Congratulations to the following two Rhenish Primary School learners who participated in the South African Oireachtas Rince 2010 (SA Irish Dancing Championships) in Kyalami, Gauteng on 24-26 September 2010.

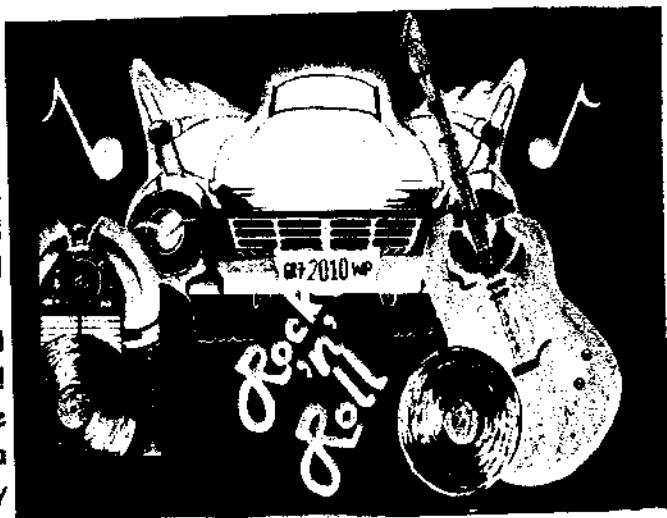
Well done girls, you were both well placed and danced beautifully!

Cathryn Goodwin, Judy Lucas (Lucas Celtic Dance Studio) and Chelsea Chapman



Grade 7 Farewell ...

On Friday 15 October, the Grade 7s had their Farewell Party – a Rock 'n Roll Extravaganza! Here's the amazing soda stand, painted by Henriette



Lamprecht. Check out the next edition of the Ebenezer for more pictures and a full write-up.

THANK YOU!

We would like to thank the **Grade 7 Farewell Committee** for their enthusiasm and willingness to organise the **Grade 7 Farewell**. The event was most successful and enjoyed by all. The following parents deserve a special word of thanks:

Mrs G Potgieter (coordinator)

Mrs S Dehosse (co-coordinator)

Mrs B Sadie for the venue

Mmes H Sadie and A Beyers and their catering team

Mmes C Ter Huurne and L Hobson and their team for the games and activities

Mrs D Cloete and her décor team

Mmes B Uys for the invitations and photography

Mrs J Arendse and her team for the cleaning up activities

Parents who helped the above team leaders

Our appreciation must also go to all the parents for their generous donations and general support.

Marietjie Vink



DEAR SOMERBOSCH FRIENDS

We are very excited about our newly released MCC Rose and MCC BRUT. You can buy this from the Tasting Room at R90 a bottle, perfect for summer!

The Bistro has a new summer menu and some of our new dishes include:

**Ricotta and Mediterranean vegetable phyllo basket*

**Somerbosch Gourmet Burger served with potato skins and sour cream with chives and a choice of the following: garlic aioli, sliced avo and grilled mozzarella or a wild mushroom & Brandy sauce.*

**Chocolate brownie tart served with a passion fruit cream*

The bistro offers a delicious selection of breakfast & lunches and caters for functions and small weddings. The affordable ranges of wine are innovative & varied - appealing to a wide range of palates.

***Fresh strawberries available daily from the Tasting Room and Bistro at R30 a kg.**

OCTOBER PROMOTION IN TASTING ROOM

We are running a special promotion on our Unlabeled CABERNET Sauvignon @ R25 a BOTTLE! Only from the tasting room and only while stocks last- so get to us quickly as this is a fantastic offer on a limited stock basis.



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Local Au Pair, Babysitting & Homecare Agency

We offer a professional au pair, babysitting and homecare service for families needing extra childcare support. Our au pairs & babysitters are professional, responsible, experienced in childcare and enjoy working with children. We hand pick all our au pairs & babysitters with utmost care & complete a full screening process including several reference checks.

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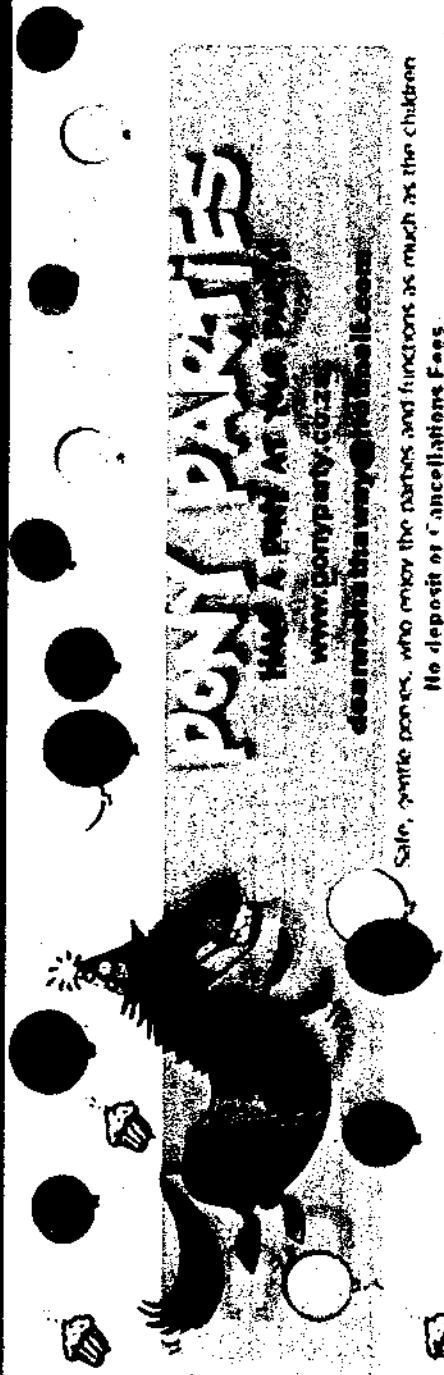
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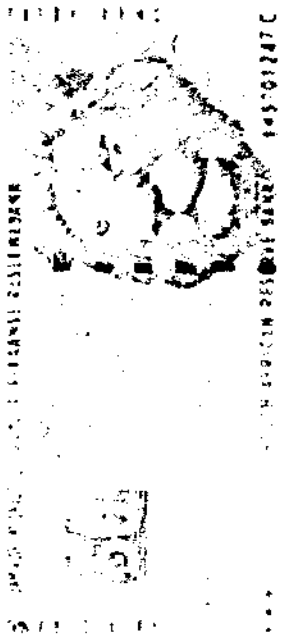
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deannehathaway@hotmail.com

Dear Mr Bruce Niland

RE: Thank you for your kind support

We at Stellenbosch Feeding in Action would like to express our sincerest gratitude for the wonderful support that Rhenish Primary has provided for us over the last eight weeks. Your efforts in motivating the scholars and their parents to support our organisation in the form of food collection has been truly magnificent. The volumes of food acquired in this manner has made a major impact on our organisation this year and we are most grateful to the scholars and their parents for their wonderful donations. In fact we have not seen such large amounts of dry goods donated to us in quite some time and it has even assisted us in managing our expenditure budget better than ever before.

Your efforts have made a huge difference in the lives of those needy individuals in our community and we would like to make sure that you are aware that we at Stellenbosch Feeding In Action made use of these very much needed donations to support and improve the lives of the hungry and poor in the Stellenbosch community.

Thank you so much for your kind generosity and support.

Your Sincerely,



Robert Willey



General Manager
Stellenbosch Feeding In Action/Voedingsaksie

A big thank you from the Community Care Committee

Our sincere thanks to everyone who contributed to the Stellenbosch Feeding Action during the 3rd term. It is wonderful to see the Rhenish Family's support and commitment to community service. The soup kitchens were overwhelmed with your generous donations. We received this heart warming letter (see opposite) from the organisation.

Well done, Keenan ...

Keenan Ribeiro has been selected for the WP u/12 Youth Chess Team.

He will be participating at the South African Junior Chess Championships (SAJCC) at the University of Johannesburg during the December school holidays.

Dr Andrew Lewis

EDUCATIONAL PSYCHOLOGIST

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- Sport Motivation

Chess ...

On 17 July, the Second Round of the Boland Chess Trials was held in Worcester. Shaafee Begg and Juhyang Lee both received medals. Subsequent to the First and Second Round of the Boland Trials, the following three Rhenishers were selected for the Boland U/14 Chess team: Shaafee Begg, Juhyang Lee and Justin Korkie. CONGRATULATIONS!

On 24 July, Shaafee and Ye-Ho Kim participated in the Third Franschoek Junior Championships. Shaafee achieved a 1st place in the U/14 and U/16 section and Ye-Ho a bronze medal for 3rd position. Well done!

Matches were played on 30 July, 13 August and 27 August against Bridge House, Ida's Valley Primary and Laerskool Eikestad. We fared very well indeed. Seventy-five games were played of which Rhenish won 62 and drew two. Congratulations to the following players who won/drew their games: Shaafee Begg, Keenan Ribeiro, Justin Korkie, William Meyer, Ye-Ho Kim, Neil Swartz, Jesse Steven. Jae-Ung Kim, Bevan Fortune, Julian Herreilers, Sung-Jun Chung, Pascale Herreilers, Eun Sung Chung, Brett Baker, Minethia Markman, Ross Williams, Willem Swartz, Bradley Shaw, Kevin du Toit and Luke Adams.

On 4 September nine of our players took part in the Laerskool Eikestad tournament. Shaafee was the best player of the tournament and Justin achieved the second position! What an achievement, boys! William also deserves to be mentioned for his 6th position.

Marietjie Vink

SWIM for ALL/ Swem vir almal

Swim = EXERCISE - ELASTICITY - HEALTH - OVERALL
FEELING OF WELLBEING

Swimming is one of the best forms of exercise, no unnecessary strain on joints and muscles, all muscles are exercised and able to be done by all (young and old, abled and disabled, fit and unfit). I offer the following swimming programs for youngsters from 4 years old, teenagers and adults:

- Water safety classes
- Learn to feel more at ease in water
- Swimming for Exercise and Fitness
- Swimming Style Correction
- Swimming for Muscle Recovery

All the above programs come with a portion of fun but the focus is always on safety in all circumstances.

Style correction and exercise sessions Friday (16:-17:00; 17:-18:00) and Saturday (11:-12:00; 12-13:00) - groups of 8 - 10 persons -

Session duration: 45 minutes and longer.

Venue: Bloemhof Girls High School

Water Safety sessions: Tues, Thurs from 13:30 -16:30 and Saturdays 09:-10:00

Session duration: 15 - 25 min

Venue: 15 Adelaar Street, Onderpapegaaiberg, Stellenbosch

Fee : 4 sessions a month - R120 (Water safety), 8 sessions a month - R220(Style & exercise)

Contact Liana Bester on 083 421 7794 or 021 887 5516 or lima31@mweb.co.za

Background:

2001 National Team: CP-ISRA Swimming World Games, Nottingham, England.

2002 National Team: Third IPC Swimming World Games, Mar del Plata, Argentina.

BA Hons Psychology with Sport Psychology, MA Industrial Psychology (2007)

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Email:

elainsca@worldonline.co.za

Website:

www.elainscapecotours.com

The last Ebenezer of
2010 closes on
Monday 29 November

To include your news
or advertise, please
contact Jan Sleet on
072 575 3451 or
email me at:
jan.sleet@gmail.com

*A very special and very big thank you to all the praying moms
for your prayers but also for all the meals!*

Also a very big thank you to my dear friends and neighbors

Ingrid Smith and Natasha Bolognesi,

*and to all the other moms who have helped me out in such a
loving and practical way when I needed it so badly.*

*It is tremendously appreciated. I would not have been able to
manage without you all.*

Thank you all, and God Bless.

Marian van Elst-Laaper

Babysitting and House-Sitting

My name is Rosalie Greener. I am a 2nd year student and have many years of babysitting experience. I love children of all ages. I have my own transport and I also do house-sitting. I speak both English and Afrikaans fluently.

References available. Please contact me on 084 645 8970.

Happy Faces Playgroup



Age Group : 2 to 4 years old
Days : Tuesday to Thursday (2010)
Monday to Thursday (from 2011 onwards)
Hours : 09h00 – 12h00 (Receiving from 8h30 by
arrangement)
Place : Forelle Crescent, Die Boord
Language : English and Afrikaans
Contact : Carol Greener Tel: 021 887 9051 /
084 505 3666
References available

I am looking for Second Hand Toddler Items :

Baby Seat for Adult Bike, Backpack Baby Carrier, Plastic Chairs, Plastic Table, Plastic Push Bikes, Sandpit, Educational Toys.

Contact Carol Greener 021 887 9051 / 084 505 3666

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FROM 10AM

ENTRY FEE
R30



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PATCH - HelpHerb's Centre for Abused Children will create awareness for their cause.

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Inter-house General Knowledge Quiz ...

The Inter-house General Knowledge Quiz took place on 5 October in the school hall with the senior primary as the audience.

The teams were:

Terlinden

Sean Richardson

Gareth Wentley

Alan Chapman

Van der Stel

Talya Beyers

Dain Adams

Neil Swartz

Weber

Okara Opara

Austin Hendricks

Tim Coles

Thank you to Mr Rob Moll, our quizmaster, who maintained the enthusiasm of the teams and audience throughout the competition. Congratulations to Terlinden, the winning team, with Van der Stel in second place and Weber in third place. Well done, to all the teams. An enjoyable time was had by all.

Carol Niland – Organizer

FOR SALE :

Dolls' House in Excellent Condition – R450 ; Girl's Raleigh Bike – R450; Size 1 ½ pink satin ballet shoes – brand new – R50. Phone Amanda 083-7083230

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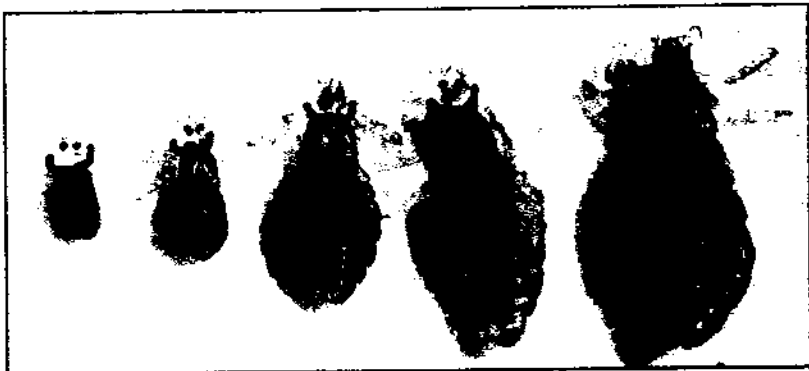
072 246 7505

(021) 883 2681 (Stellenbosch)

E-mail: lvpsychotherapy@gmail.com

Cool facts about lice—from Sr Marthie Hauptfleisch

- They bite... but their bites are painless.
- They run ...23 cm per hour.
- They jump... from person to person, head-to-head.
- They eat... your scalp's blood.
- They have... 6 hook-like claws made for hair-clinging.
- They are... smaller than a sesame seed.
- Their saliva and faeces... make you itch.
- The mamas can lay up to... 150 eggs behind your ears and neck.
- The eggs are... glued to your hair.
- The brown eggs... still need to hatch (2 weeks).
- The white eggs mean... lice are running all over your head!
- They love... children's clean hair.
- They love... girls the most because of their long hair.
- They die... when you: spray, wash and comb your hair every 7 days.



Get your **hair fairy** to check your head every month for lice.

Newspaper recycling ...



The term seems to be flying by, and it seems as if it will not be too long before the end of the year is here. Good luck to the grade 7s in their preparations for the exams.

Newspaper collection has been continuing at a steady pace, and we have collected R683 for the school so far this term. Remember that the school earns money for the recycling, so not only are we being good to the environment but the school also benefits directly. Keep up the good work!

The leader in the senior phase so far this term is Grade 5W, with 586 kg. The junior phase leader is Grade 2Y, with 126 kg. Last term Grade 3L was in the lead for a while, having taken over the role of Grade 2Y, but now everything seems back to normal.

Just a reminder: the paper is collected and weighed on Wednesdays, but you are welcome to bring paper to the school from Monday onwards. We would also like to thank everyone for packing the paper so carefully and well - it makes it much easier for us to weigh it.

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

Corinda, on behalf of the newspaper mums

**Too busy to pack lunch?
Want to eat healthier than chips, pies and candy?
Just need a break for a week?**

The Perfect Lunchbox -

Healthy lunchboxes to give active kids brain food for their school day.



"The quality you deserve but don't have time for..."

I also do catering for One-Dish Dinners, Birthday parties, House warmings, Retirement, Corporate lunches/functions, Picnics, Seminars, Meals on Wheels for Students to Seniors.

Contact Marietjie du Preez

ThePerfectPlate@xsinet.co.za - 083 547 7535/021 880 1100

Examples of The Perfect Lunchbox:

Chicken Caesar Salad Wrap	Cheese and crackers
Apple with Peanut butter dip	Fruit skewer
100%juice/water/milk	100%juice/water/milk
Home Made Corn Flake Cookie	Home Made Crunchy Cookie

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Contact Leana Fourie at Kumon Stellenbosch:

✦ (021) 930 5990

✦ 082 789 0431

✦ leana4e@gmail.com

Kids' Corner ...

Here are some weird and wonderful facts for you ...

When Albert Einstein died, his final words died with him. The nurse at his side didn't understand German.

St Patrick, the patron saint of Ireland, was not Irish.

Many sailors used to wear gold earrings so that they could afford a proper burial when they died.

Nepal is the only country in the world having a triangular flag.

The Nobel Prize resulted from a change in the will of Alfred Nobel, who did not want to be remembered after his death as a man of violence - he invented dynamite.

Sliced bread was patented by a jeweller, Otto Rohwedder, in 1928. He had been working on it for 16 years, having started in 1912.

The magic word "Abracadabra" was originally intended for the specific purpose of curing hay fever.

Queen Elizabeth I passed a law which forced everyone except for the rich to wear a flat cap on Sundays.

Alexander Graham Bell, the inventor of the telephone, never phoned his wife or his mother, as they were both deaf.

The word 'denim' comes from 'de Nimes', Nimes being the town where the fabric was originally produced.

During the reign of Elizabeth I, there was a tax put on men's beards.

The study of stupidity is called 'monology'.

Good luck to all of you for your tests.

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