

# THE ST HELENA AMBASSADOR



August 2021



## Editorial

Hi, welcome to the St Helena Ambassador! In this edition you can find out the Primary School Open Days and Prize Presentation and about a breastfeeding event that was hosted at Anne's Place, view a photo collage of the Fibre Optic Cable landing, hear from five students who participated in the Work Experience Programme, and find out why the Environmental Management team and GIS Office are training to use drones.

If you'd like to contribute a story to the St Helena Ambassador or have any suggestions on what you'd like to see included, please feel free to contact me on tel: 22470 or via email: [jodie.s-constantine@sainthelena.gov.sh](mailto:jodie.s-constantine@sainthelena.gov.sh).

**Jodie Scipio-Constantine (SHG Press Officer)**

## Midwives host breastfeeding event

**W**orld Breastfeeding Week 2021 took place between Sunday, 1 August, and Saturday, 7 August.

In recognition of the week, local events were organised by the Midwifery Section of the Health Service Directorate. Over the past six years the local midwives - Erika Benjamin and Rosie Mittens - have organised opportunities for expectant and new mothers to come together and talk about a particular theme set by the World Health Organization - this year's theme was '*Protect Breastfeeding: A Shared Responsibility*'.

On Thursday, 5 August, the midwives hosted a get-together at Anne's Place in the Castle Gardens, with 19 mothers in attendance. The event started with introductions followed by Rosie and Erika speaking on the importance of mothers breastfeeding their babies from birth through to the recommended age of two years, they spoke of the benefits for the mother and baby when breastfeeding, the dos and don'ts when breastfeeding and tips for overcoming common problems encountered by new mothers and during breastfeeding in general.

There was an opportunity for the mothers who were

present to share their experiences of breastfeeding with each other and how long they had been doing so with stories being swapped of the good and bad experiences.

The mothers present were then divided into small teams and given quizzes on breastfeeding as well as a game of breastfeeding bingo. The event ended with the ladies having a spot of tea and lunch with most of the babies starting to take a midday nap.





## Fibre Optic Cable Lands on St Helena



St Helena made history on Sunday, 29 August 2021, as the Island's branch of the Equiano Subsea Cable was landed at Ruperts Beach. The Cable was brought to the Island on the Teliri 'cable ship' which arrived on Wednesday, 25 August 2021. Following three days delay due to unfavourable sea conditions, the Cable was dropped over the side of the ship and was pulled ashore via Isaac's Contractors excavators. Shortly after the cable was fed into the dedicated fronthaul ducting and secured into the Cable Landing Station beach manhole. Following the landing of the cable, divers from Marine Contractors & Consultants Ltd (MCC) were then tasked with placing the cable into articulated pipes, which were laid and secured in a predefined path along Ruperts Bay.





## Primary Schools Host Open Days And Prize Presentations

The Island's three Primary Schools – St Pauls, Pilling and Harford – held their annual Open Days during July and August 2021.

The Open Days allowed parents to participate in the activities taking place in their children's classroom, engaging with teachers and viewing their children's work over the academic year.

St Pauls Primary School's Open Day on Wednesday, 28 July, saw a great turnout of parents attending the event throughout the day.

Head Teacher, Pat Williams, commented:

*"Each class did their own themed activities where the public could view pupils learning and also the teaching and delivery of lessons. The day was really well attended and favourable comments were received. I was very proud of our teachers and pupils for the hard work shown on that day and throughout the year. The school also celebrated really pleasing results from Progress tests in Maths and English at the end of the year. Excellent achievements for all and to see the progress that pupils made. Well done to all at St Pauls Primary."*

Pilling Primary School (PPS) hosted their Open Day on Thursday, 29 July.

Acting Head Teacher, Mavis Brooks, said:

*"In PPS all classes did a theme related to a topic they were teaching. All classes had activities related to their theme. The year 1's theme was vertebrates and invertebrates - they made insect mask to wear. Year 2's theme was Master Chefs they came in their chefs costumes and learnt about healthy eating. The Year 3's dressed up as princes and princess' - they studied the Royal Monarch and also had a ride on the party train. The year 4 class theme was different cultures. They came dressed in their cultured clothing and was given a picnic with different cultured food from the different cultures on the Island. The year 5/6 theme was slavery and they came dressed like slaves or people from that era."*

Harford Primary School concluded with their Open Day on Tuesday, 3 August, with an exciting turnout from parents.

Head Teacher, Carlean Crowie, commented:

*"Our Open Day went very well. We had a lot of parents, friends and other visitors gracing our doors and in the beautiful weather. Our Open Day, themed Dr Seuss, was really a showcasing of all the efforts and achievements of pupils with their teachers over the year. These were*

*illustrated in a variety of interesting displays of pupils and teachers work in the classrooms and around the school. In addition, each class chose a book written by Dr Seuss and developed their lessons and activities for the day around this. The classes and surroundings were decorated with the Dr Seuss theme and pupils dressed according to their chosen book. Teachers also dressed the part, with matching Dr Seuss T-shirts!"*

This year's annual Prize Presentations (see photos) were once again held as separate events to the Open Days. Pilling Primary School's Prize Presentation was held at Jamestown Community Centre on the evening of Wednesday, 4 August, for parents to attend. St Pauls and Harford Primary School hosted their Prize Presentations on Thursday, 5 August, for pupils, teachers and Year 6 parents.



## Twenty Five Students Participate In Work Experience Programme

**W**ork Experience Placements are arranged as a continuation of the Career Guidance Programme that is delivered to Year 11 students of Prince Andrew School. This is to help with the transition from school into the world of work.

Work Experience Placements serve as an important process, enabling school leavers to gain knowledge and experience in the workplace in order for them to develop their employment and employability skills and to also ascertain whether they have chosen a career they wish to pursue.

This year's Work Experience Programme took place between 28 July and 6 August 2021.

Twenty five students participated and 21 businesses/organisations acted as training providers across a spectrum of sectors such as construction to beauty.

In this article, we introduce you to five students who undertook work experience placements:



Jaede Benjamin undertook a three-day per week work placement with the Mental Health team at the Health Service Directorate where she undertook a number of activities such as assisting with administrative tasks at the clinic, accompanying members of the team during community visits and assisting with preparatory work for client sessions. Jaede also learned how to administer, score and interpret basic mental health screening tools for adult anxiety, depression and alcohol use, and successfully completed a Red Cross Psychological First Aid Course and has a Red Cross PFA certificate valid for two years.

Throughout her work experience period, Radka Henry undertook two work placements; the first with the Sea Rescue Service and the second with the Drawing Office at Essex House. Whilst working with Sea Rescue, Radka learned about boat handling and safety at sea. This was done by undertaking practical and written tests and participating in training exercises at sea. For the second half of her work experience, she learned how to use different types of computer software to create 2D and 3D models of buildings and already surveyed land. Radka was also able to partake in surveying land and whilst doing so was able to use the different types of equipment.



Christo Crowie, Evan Constantine and Aiden Yon-Stevens joined the St Helena Fire & Rescue Service (SHF&RS) for six weeks. During their time at the SHF&RS, Christo, Evan and Aiden gained an insight into the duties, training and day-to-day running of the Service and joined Fire Personnel for Fire Safety and Extinguisher classes, vulnerable persons home/fire safety visits, fire safety building inspections/risk assessments, hydrant inspections and testing, and Automatic Fire Alarm inspections and testing. Christo, Evan and Aiden also learned about hose and hose fittings, pumps and primers, vehicle and kit and an introduction to Rope Rescue.

Workforce Development Coordinator, Cynthia Bennett, commented:

*"This has been yet another very successful Work Experience Programme. All of the students have entered the programme with tremendous enthusiasm and a great willingness to learn as much as they can. Their performance have been outstanding which has been very pleasing to both the training providers and myself. Their training providers have also shown an increased interest in this and have gone out of their way to expand some of their training programmes to facilitate the interest shown. They have expressed interest in continuing to provide apprenticeships for these students."*



## Environmental Management team and GIS Office train to use drones

**M**embers of the Environmental Management Species and Peaks teams – Ross Henry, Mike Johnson, Wayne Leo, Stefan Leo, Shavon Leo – and Devlin Yon from the GIS Office have been receiving training in the use of drones for monitoring and mapping ecological restoration. They are being trained by Craig Williams of St Helena Phantom View.

The training commenced in July 2021 and saw team members learn about drone handling, use and settings, the rules and regulations for flying a drone on the Island during their classroom sessions, and how to fly the drone safely during their practical sessions (see photos) which were carried out at Rosemary Plain.

Devlin is learning to fly a DJI Mavic Pro Platinum to assist the GIS Office collect spatial data and to perform topographical surveys. Currently the GIS Office utilises Robotic Total Stations, also known as theodolites or GNSS GPS technology.

Devlin commented:

*“Drone technology and its capabilities have advanced over the years and are the survey instruments of the future. Being able to fly over a pre-programmed path, to collate raster photos, allows more detailed imagery of the specified area. This in turn allows collection of more data while reducing time spent out in the field. Drones give positional accurate images but also allows the user to create 3D models of topography and buildings. As technology moves into the future we have to move with it.”*

The Diana’s Peak team are learning to fly a DJI Phantom 4 (funded under the Darwin Initiative – DPLUS099) to enable the team to carry out photo-grid monitoring and to monitor the ecological restoration activities on Diana’s Peak, forming part of the Darwin Plus (DPLUS099) Project: ‘Fragmented cloud forest habitat rehabilitation through innovative invasive plant management’.

Coordinator of the St Helena Research Institute, Rebecca Cairns-Wicks, explained:

*“Under the current DPLUS099 project we are building on the work of the previous Darwin project, DPLUS029 ‘Securing St Helena’s cloud forest trees and associated invertebrates’ – using the invasive plant control and ecological restoration techniques developed to secure and expand the remnant fragments of cloud forest habitat*

*where keystone endangered endemic trees (St Helena whitewood, dogwood, he-cabbage and false gumwood) and their associated invertebrates survive. These habitats extremely vulnerable, difficult to access and on steep unstable slopes creating a challenge not just for restoration but also to monitor the changes that are being brought about by the restoration work. The idea is to use drones to generate aerial photographs that we can use to monitor the changes over time.*

*“This is the first time we are attempting to use drone technology to establish a regular recording programme for conservation on the Peaks and we’re really excited about the prospects and opportunities that the technology can bring to conservation programmes. Moreover, it’s a great opportunity for the Conservation teams to develop their skills and experience to be able to take this exciting work forward. We extend our thanks to the Darwin Initiative for funding the project and to Craig for delivering the training programme.”*

The drone training will continue over the next few weeks until members have gained level of competency to fly and undertake repeated photo-monitoring work.

Drone Pilot, Craig Williams, concluded:

*“For me to share my knowledge gained over the past few years with others, is my goal. St Helena needs to start using technology to its full potential and drones can be used in a very wide spectrum of uses. The Peaks and Species teams are a young group that can hone their skills as drone pilots and hopefully drive the use of drones forward. I wish the Teams well and safe flights once we have completed the training and hope it leads to future changes within the management and data collection of our environment on St Helena.”*

