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THE ST HELENA AMBASSADOR



Editorial

Hi, welcome to the St Helena Ambassador!

In this edition you can read all about some 'big questions' that Pilling Primary School pupils asked on Commonwealth Day; which school claimed victory at the Primary Schools Athletics Day; and finally, read about Coban and his Support Worker who have been working on a garden project at St Johns Villa.

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.

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Pilling School pupils asks 'big questions' on Commonwealth Day

Commonwealth Day 2023 was celebrated on Monday, 13 March. This year's theme was *'Forging a Sustainable and Peaceful Common Future'*. This year is *'Year of the Youth'* and also marks the 50th anniversary of the Commonwealth Youth Programme.

In this article, we share how Pilling Primary School (PPS) celebrated Commonwealth Day.

PPS based their activities for the day around the theme *'Year of the Youth'* and saw pupils consider some 'big questions', particularly around future aspects of St Helena.

PPS kick started their celebrations with an assembly. The Head Teacher introduced Commonwealth Day, and the Deputy Head spoke about the founding of the Commonwealth of Nations. The assembly concluded with Councillor Gillian Brooks reading The King's Commonwealth Day message.



The Early Years classes focused on security on St Helena; protecting ourselves and others now and for the future. A Police Officer spoke to the class about policing on St Helena and how to keep St Helena safe.

The Year 1 class chose farming on St Helena and what this would look like in the future. The class was shown the presentation 'Grandpa's farm'. This was a story showing the daily routine of a farmer and the help he needs on a large scale farm. Vanessa Stevens from Stevens' Family Butchery also spoke to the children about local livestock farming. At the end of the day the children gained an insight into the importance of farming and the reasons why it's difficult for local farmers to produce on a large scale.

Years 2/3 focused on schooling in the future. A discussion was held around the advantages of having the fibre optic cable and how this would enhance learning opportunities. The class also debated the possibility of having one, two or three schools. The class weighed up the pros and cons of each option and concluded that they did not support the one or two school option, but preferred to have three schools; one for Early Years, another for 5-11 year olds and the third school for 11-16 year olds. Prince Andrew School would accommodate 16 years+, including adult education and Inclusion Services.

Pilling School pupils asks 'big questions' on Commonwealth Day continued ...

Year 4 class were asked to brainstorm where they saw themselves in the future, and their aspirations and visions for the Island. Mr Scott Crowie (the new leader for New Horizons) also spoke to the class about his love of sports and how he has developed and represented the Island in sports over the years. Scott also promoted his ideas for New Horizons. The class expressed their feelings of being bored in the school holidays due to the lack of activities for the youth, so were excited for Scott's plans for New Horizons.

Year 5 looked at how we can protect our marine environment for future generations and why it is important to do so. Guest Speaker Maria Freitas from the Saint Helena National Trust explained her job and how important the oceans are to us as humans and the entire world. Maria showed two videos; one showing polluted waters in Bali and then the clean ocean around St Helena. After watching the two videos, the children felt very strongly about protecting our oceans.



Year 6 chose to study the future of tourism on the Island. They invited the Head of Visitor Information Services, Matt Joshua, and Sharon and Darrin Henry from What the Saints Did Next / Inside St Helena as their class guests. The class concentrated on three questions: what should tourism on St Helena be like in the future, what would they as young ones like to see, and how will the Island bring in money? The class looked at what we have for tourists now and suggested their ideas of what we need to develop. Ideas included all buildings leading up from James Bay should be solar powered, having an internet café, restaurants that sell only local foods, and a virtual reality tour shop. Matt also showed the class videos of St Helena's tourist attractions.

Councillor Brooks also met the School Council and the discussion focused on their vision for the future. Topics of discussion included an ageing population and what this means for St Helena (e.g. less people on-Island in the working age group, need for more care homes, etc); why young people leave the Island and the difficulties this cause (e.g. lack of facilities including recreational, high cost of living, young families struggle to build their own houses, buy a vehicle, etc); why young people need more recreational facilities and what this could be (e.g. playgrounds, skateboard parks, games arcades, mountain biking, outdoor adventure parks, cinema, etc).

Pilling Primary School claims victory at Primary Schools Athletics Day

The three Primary Schools - Pilling (PPS), St Paul's (SPPS) and Harford (HPS) - held their Athletics Day at Francis Plain on Friday, 3 March 2023.

The day began with the Head Teacher of HPS, Carlean Crowie, who organised the day with the Primary Working Group, welcoming everyone to the event. Following this, Christine Caswell, PE Teacher from Prince Andrew School was invited to give the Opening Speech.

In her speech, Mrs Caswell said: *"Sports are essential for healthy living. Not only does it keep you fit, but it teaches you to accept challenges, to set goals, to be leaders, to make important decisions, not to lose hope and to keep trying."*

Shortly after, the Schools' cheerleaders performed their dance presentations. A full programme of events followed with athletes from both Key Stage 1 (KS1) and Key Stage 2 (KS2).



At the end of the day the points were totalled. PPS were the overall winners with 169 points, followed in second by SPPS with 159 points and in third place was HPS with 157 points.

Individual trophies and medals were awarded to children for their outstanding talent in different sports, they were: Female athlete of the day KS1: Lana Lane (SPPS); Male athlete of the day KS1: Lexus Peters-Brady (SPPS); Female athlete of the day lower KS2: Annalyn Williams (HPS); Male athlete of the day lower KS2: Cruz Williams (PPS); Female athlete of the day upper KS2: Rachel Young (PPS); and Male athlete of the day from upper KS2: Kadin-Scott Clingham (HPS).

One record was broken on the day by Kadin-Scott Clingham in High Jump. He jumped 1m 30cm. The previous record was 1m 28cm, held by Micadean Crowley (SPPS) in 2018. Kadin-Scott also received the Rocco Henry Cup for the most outstanding competitor.

Carlean concluded: *"The day was awesome, showcasing great camaraderie and sportsmanship by all. All schools should feel extremely proud of the talent and determination displayed by their pupils. Everyone was kept in suspense throughout the day which demonstrated the fierceness of the competition."*

Coban Scott-John works on garden project at St Johns Villa



Coban Scott-John along with his Support Worker, Charmaine Fowler, have been working on a garden project at St Johns Villa, in Upper Jamestown.

Coban is 21 years old and is autistic, and has been working under the St Helena Government Employability Scheme for three years.

Coban is currently involved in a therapeutic garden project at St John's Villa, under the supervision of his Support Worker, Charmaine Fowler, and Kevin Ryder from the Mental Health team.

Coban, with the support of Charmaine, spends five hours per week in the garden where he waters and weeds the garden and plants seeds.

Coban is currently growing carrots, lettuce, tomatoes, cabbage, beans, cauliflower, courgettes, spinach, beetroots and flowers.

Over the years, garden therapy has proved to have offered positive therapeutic value for Coban, improving his mental and physical health.

Additionally, this garden therapy has created more opportunities for Coban to continue building on his social, sensory, and emotional health.

Furthermore the garden space at St John's Villa continues to offer Coban a unique environment that develops his strengths, skills and helps him grow and thrive more.

The biggest win for Coban's therapeutic garden is that it has created opportunities for ownership of his works, honouring his strengths and preferences whilst also sharing his success story with others.

Community Psychiatric Nurse, Ian Rummery, said:

"This scheme is highly valued by all involved and the many positives are clear to see. Coban and Charmaine do an amazing job. All of the staff and visitors to St Johns Villa appreciate their efforts. We're also looking forward to fresh vegetables from Coban's Garden."

