

APRIL 2023

THE ST HELENA AMBASSADOR



Editorial

Hi, welcome to the St Helena Ambassador!

In this edition you can read all about the Primary Schools Swimming Gala and how the Au-some Parents Support Group raised awareness of Autism during the month of April.

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 named champions at annual Swimming Gala



The three Primary Schools - Pilling (PPS), St Paul's (SPPS) and Harford (HPS) - held their Swimming Gala at the Jamestown Swimming Pool on Friday, 21 April 2023. Races included the Breaststroke, Front Crawl, Backstroke, Butterfly, and relays.

At the end of the event the points were totalled. In third place was HPS with 74 Points, second place was SPPS with 125 points, and in first place, making them the Swimming Gala champions, was PPS with 136 points.

Individual trophies and medals were awarded to pupils for their outstanding talent in different races, they were: KS1 Swimmer of the day – Holly Bennett (PPS), Lower KS2 Female Swimmer of the day – Isabella Donovan (HPS), Lower KS2 Male Swimmer of the day – Alexis Williams (PPS), Upper KS2 Female Swimmer of the day – Amelia Krutzke (SPPS), and Upper KS2 Male Swimmer of the day – Warren Jensen (SPPS). Nine records were broken on the day, shown in the table below.

The day ended with a closing speech from Director of Education, Skills & Employment Portfolio, Wendy Benjamin. Thanks are extended to PPS for organizing the event and to Elaine Bennett and staff of the Swimming Pool for accommodating the event.



| Event | Old Record | New Record | New Record Holder |
|---|------------------|------------------|---|
| 22m Backstroke Year 5/6 Girls | 23.65 secs | 23.22 secs | Ellie Bedwell (SPPS) |
| 22m Backstroke Year 3/4 Boys | 21.03 secs | 19.09 secs | Warren Jensen (SPPS) |
| 22m Free Style Year 3/4 Girls | 24.82 secs | 20.28 secs | Isabella Donovan (HPS) |
| 11m Free Style Year 1/2 Mixed | 11.53 secs | 09.09 secs | Holly Bennett (PPS) |
| 22m Free Style Year 1/2 Mixed | 23.78 secs | 20.88 secs | Holly Bennett (PPS) |
| 11m x4 Free Style Relay Year 1/2 Mixed | 57.97 secs | 50.56 secs | Kenzo Shoesmith (PPS) Riley-Scott Wade (PPS) Charlie Henry (PPS) Holly Bennett (PPS) |
| 22m x4 Free Style Relay Year 3/4 Boys | 1 min 36.60 secs | 1 min 34.97 secs | Dylan Benjamin (PPS) Connan Sim (PPS) Alexis Williams (PPS) Cruz Williams (PPS) |
| 22m x4 Free Style Relay Year 3/4 Girls | 1 min 52.00 secs | 1 min 51.44 secs | Shae-Lyn Leo (PPS) Alize Sim (PPS) Olivia Bedwell (PPS) Cora Richards (PPS) |
| 33m x4 Free Style Relay Year 5/6 Boys | 2 min 03.41 secs | 1 min 58.81 secs | Danyl Muranganwa (SPPS) Louie Fowler (SPPS) Warren Jensen (SPPS) Tylon Adam (SPPS) |

Au-some Parents Support Group raises Autism awareness in April

April 2023 was Autism Awareness Month. In recognition of the month, the Au-some Parents Support Group held a number of awareness raising events across the Island.

The first of the events was a stall which was set up outside of the Canister in Jamestown on Friday, 31 March. The stall had Autism awareness raising merchandise and baked goodies available.

A Coffee Morning was held at the Salvation Army Hall on Friday, 14 April. The Coffee Morning was organised by Prince Andrew School students



Alisha and Ziggy, along with their Teaching Assistants Coral and Linda, as part of their ASDAN award - a programme supporting students learning new life skills. The students were able to showcase their hosting skills. During the event, the Education Portfolios' Inclusion Services Manager, Ed Oyewo, gave a detailed overview on Autism, highlighting how we as a community can include Autistic children and adults. Invited guests enjoyed an insightful morning of tea, coffee and lots of wonderful eats.

A 'Walk the walk' for Autism took place on Sunday, 23 April, and saw participants dressed in vibrant colours join in with the walk from Cason's to Blue Hill Community Centre. The colours represented diversity and the different colours of the autistic spectrum. This was followed by a Fun Day. Music throughout the day was provided by DJ Colin Peters and the Joshua Family Fun team entertained the children with games/activities and some dancing. An Autism Stall was set up

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and had Autism awareness merchandise available. A fun day enjoyed by all.

On Friday, 28 April, organisations and schools were encouraged to participate in a mufti day and were invited to wear blue and make a donation to the Au-some Parents Support Group.

The final event was a Garden Party which was held at Plantation House on Sunday, 30 April, for invited guests to show appreciation for the support they have given and how they can



continue to support those living with Autism. Speeches and poems were read by members and supporters of the Au-some Parents Support Group and family and friends enjoyed the afternoon in the grounds of Plantation, marking the end of the official activities for the month.

Throughout the month, a display was set up in the Canister window showcasing the skills of those living with Autism and a slide show with information on Autism. High Knoll Fort was also lit in blue for the month of April.

Funds raised from the events held in April goes towards raising further awareness through newspaper articles, posters, and purchasing Autism awareness raising material. If you'd like to donate or find out more about the Group, please contact Tara on tel: 25276 or 23312 or email: autismsthelena@gmail.com.