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THE ST HELENA AMBASSADOR



Photo credit: Jannes Du Plessis

Editorial

Hi, welcome to the St Helena Ambassador!

In this edition you can catch up on the results and highlights of the annual swimming competitions for Primary Schools and Prince Andrew Schools, discover how St Helena participated in the recent Internal Association of Women in Police Conference, and learn about the valuable breastfeeding workshop hosted by the Health Services team.

If you'd like to contribute a story to the St Helena Ambassador, please feel free to contact me on tel: 22470 or via email:

jodie.s-constantine@sainthelena.gov.sh.

Jodie Scipio-Constantine
Communications Officer

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St Helena's schools celebrated their annual swimming galas

Both the primary schools and Prince Andrew School held exciting swimming galas, showcasing the talent of young swimmers on the island.

Primary Schools Swimming Gala

Pilling, St Paul's, and Harford Primary held their swimming gala at the Jamestown Swimming Pool on Wednesday 24 April 2024. Pilling emerged victorious, followed by St Paul's in second and Harford in third place. Many records were broken during the event.

Prince Andrew School Swimming Gala

On Friday, 26 April 2024, Prince Andrew School hosted their annual swimming gala. Dutton House took first place with 71 points, followed by Munden's House (70 points), Jenkins House (66 points), and Cavendish House (49 points). Three individual records were broken by Stefan Thomas (33m front crawl and backstroke) and the Munden's House girls 4x33m freestyle relay team (Vivienne Ponsford, Jaymie Lawrence, Erin Thomas, and Florence Dykes). Additionally, a new mixed relay record was set by the Jenkins House team (William Caswell, Nolan George, Bethany Bennett, and Madison Kirk).

Reflecting on the galas, Chief Minister and Minister for the Education, Skills & Employment Portfolio, Julie Thomas, praised the organisation and execution of both swimming galas. While she was unable to attend fully due to other commitments, she commended the efforts of everyone involved, including the schools, participants, families, and staff. She highlighted the competitive spirit and camaraderie displayed, making the events a true success.



St Helena participates in the Regional Internal Association of Women in Police Conference



Police Inspector of the Royal St Helena Police Service (RHSP), Julianne Stevens, proudly represented St Helena at the recent Regional Internal Association of Women in Police Conference held in the Cayman Islands between 6 and 7 March 2024.

Themed ‘*Empowered Women, Empower Women*’, the conference brought together female officers from across the Caribbean, Anguilla, Montserrat, Cayman, British Virgin Islands, Turks and Caicos, Bermuda) and other British Overseas Territories; Sovereign Base Area Cyprus, Falklands, and Gibraltar.

Discussions focused on strengthening, uniting, and elevating women in law enforcement. Research suggests female officers employ less force, have stronger communication skills, and face fewer public complaints. The conference also acknowledged the challenges of climbing the ranks in a traditionally male-dominated field, emphasizing the importance of supporting and mentoring fellow female officers.

The conference was delivered in partnership with the UK Foreign, Commonwealth and Development Office (FCDO) and hosted by the Royal Cayman Islands Police Service (RCIPS).

Julianne commented:

“I am absolutely honoured to be a part of something so monumental to the future of women in policing.”

“The Royal St Helena Police Service can no longer be described as isolated. As the network chair for our territory I can confidently say the future of women in policing is set. The women in policing network is not only about police officers but also women who work in the policing environment. The opportunities for future developments will be endless and this will in turn benefit the Island of St Helena immensely.”

“I am so proud to be a police officer and I hope with being part of this network, other females within our service will recognise that there is support and opportunity for all of us to be better for ourselves and our community. As we grow, develop and enhance our capabilities I look forward to working with other females who will join us as a stronger service, making the lives of others better and altogether safer.”



Health Service team Hosts Breastfeeding Workshop



Breastfeeding offers a multitude of benefits for babies, from providing complete nutrition in the first six months to reducing the risk of infections, sudden infant death syndrome, and chronic diseases later in life.

The 0-19's Health Service team recognises the challenges working mothers face when breastfeeding. A recent survey (November 2023-January 2024) carried out by the Health Services team highlighted returning to work as a significant barrier to continued breastfeeding.

By creating a supportive workplace environment for breastfeeding mothers, employers can enjoy benefits too.

Studies show reduced employee absences due to child illness (breastfed babies are generally healthier), increased staff morale and loyalty, and lower recruitment and training costs.

A recent workshop, held on Thursday 18 April 2024, focused on empowering employers to understand the importance of breastfeeding and how to support their employees.

Discussions centred on existing practices and recommendations for creating breastfeeding-friendly policies.

These recommendations included:

Break time for expressing milk; allowing mothers dedicated time to express milk throughout the workday.

Private space for pumping; Provide clean, warm and private rooms for mothers to express milk comfortably.

Safe storage; Offer a secure and clean refrigerator to store expressed milk.

Flexible work arrangements; Consider flexible work schedules to accommodate breastfeeding needs.

The 0-19's Health Service team is committed to promoting breastfeeding as the healthiest option for babies and as a key factor in disease prevention.

The Health Services team will continue to work with employers to create a supportive environment for all breastfeeding mothers.

