



Two Boats School

Newsletter

Monday 25th July 2022



Hello Everyone,

Miss Easton – Yr 5 & 6 Teacher

We have reached the last week of this academic year. It has been a very positive year with many achievements and things to celebrate. I am sure that I speak for all staff and students when I say we are all now ready for our long holiday!

This week the students are taking part in a week of planned activities and trips out. I would like to thank all the staff for their hard work and effort in organising these.

Year 10 students are now starting their second week of work placements. I know that they have had a great time in their first week placements. So once again, thank you to all the employers for having them in your work places.

As you are aware a number of staff has already left on overseas leave, a big thank you to Sandra, Clare and Melanie who has been in to help us cover bus escort, Lunch supervision and EYFS TA duties.

The end of the school year is always tinged with sadness (especially here on Ascension) as we say goodbye to staff who are leaving us.

Although we have said our formal goodbyes in our Awards assembly, I would like to once again say goodbye to those leaving us. From all of us here at TBS you take with you our very best wishes. Goodbye and good luck for the future. We hope that you take away with you some fond memories of your time here at TBS.

Mr Haycock – Yr 3 & 4 Teacher.



Also leaving us are our two part-time TA's, Mrs Crowie and Miss Ellick.



We welcome to the Teaching team: Miss Robyn Yon-Bowers our new Yr 1 & 2 Teacher:



My name is Robyn Yon-Bowers and I am the new Year 1 & 2 Teacher at Two Boats School. I have recently completed the Teacher Training Program on St. Helena where I achieved my Locally Qualified Teacher Status. The three year program was challenging but very a rewarding experience where I gained a great deal of knowledge of how children learn. I am deeply passionate about ensuring that all children reach their full potential and are given the opportunities to succeed in their own individual way. I am really excited to back on Ascension and to work at the



Two Boats School

Newsletter

Monday 25th July 2022



school where I was once taught. It is also a pleasure to be able to give my son the opportunity to experience the wonders of Ascension Island. I have really enjoyed my time so far at Two Boats School working with the staff and students who all are very warm and welcoming!

We look forward to welcoming two other teachers and a few new students in September.

School Uniform:

We hope those of you who have purchased our new school hoodies are pleased with them. The order for school uniform shirt has been partly received. Tash will be in contact over the holiday period to arrange collection for those that have been received. Fingers crossed the remaining orders will arrive on the August FIRS.

The school will close at 12 noon on Friday 29th July. Most of the staff will be away on overseas leave, should you have any questions or queries Tash will be at school on Tuesday and Thursday's and will do her best to help.

So for the final time this academic year, I hope all staff and students have a well-deserved holiday, rest, recharge and come back in September ready to take on the next challenge, building on all that we have achieved this year.

School will start for the academic year 2022 – 2023 on Tuesday 6th September.

Tania Maggott

Head Teacher





Two Boats School

Newsletter

Monday 25th July 2022



Covid-19 & young children

Children and young people aged 18 and under can get coronavirus (COVID-19), but it's usually a mild illness rarely leading to complications and most get better in a few days. With the lifting of arrival isolation end July 2022 it is inevitable that Covid-19 infection will spread around the Ascension Island population.

First of all, don't panic, it may seem scary that coronavirus is going to arrive in your home but do know that most children and adolescents have mild illness compared to adults and even adults who are vaccinated are very unlikely to suffer serious illness.

My child has not been vaccinated are they more at risk of illness?

If you have a child under five, you might wonder when your child will be vaccinated against COVID-19. This age group are yet to have a vaccine approved for use with a number of reasons for this. The fact that children don't tend to be as seriously affected if they contract COVID-19, therefore other groups have been prioritised. Before we can start vaccinating the youngest children, we need to wait for confirmed safety and efficacy and also for approval from the relevant regulatory bodies. The risks of vaccination and the benefits of younger children getting a natural immunity from developing Covid-19 are much greater. Since 2021 the medical team at Georgetown hospital have been highlighting the value of vaccinations in adults and encouraging all those eligible to have vaccines and boosters, this does not apply to the under 5's, an unvaccinated young child is not at all in the same risk group as an unvaccinated adult who is at much higher risk of getting serious illness. When the dangers of people being unvaccinated are talked about it does not apply to young children.

My child has already had coronavirus

Even if your child has already had coronavirus, they could still get it again, however, serious illness from coronavirus is rare in this age group.

How can I tell if my child has Covid-19?

Most people who are infected with the SARS-CoV-2 virus have respiratory symptoms. They start to feel a little bit unwell, they will have a fever, may have a cough or a sore throat or sneeze. In some individuals, they may have gastrointestinal symptoms. Others may lose the sense of smell or the sense of taste. Especially in the youngest children, they tend to be more mild, which means they don't have as many symptoms as adults do. Some children may have gastrointestinal symptoms like diarrhoea or vomiting, but again, they tend to be milder. And many children tend to have asymptomatic infection, which means they don't have any symptoms at all.

Symptoms of COVID-19 can include:

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

Should I test myself or child everyday?

Currently the advice is to only test people with symptoms, this will be done at Georgetown hospital by appointment only.



Two Boats School

Newsletter

Monday 25th July 2022



If you or your child has symptoms, ring 66252 to report the symptoms and register for a test. If you receive a positive result you will be advised to isolate, if you receive a negative result you do not need to isolate but we would advise you to wear a mask and practise good hand hygiene measures, if your child's symptoms do not improve after 48 hours you can register for a repeat test.

What medicine or treatment is available?

There is no specific treatment for COVID-19 for both mild and asymptomatic infections. If your child is diagnosed with COVID-19 and is uncomfortable, you may treat them as you would with any cold or flu. This might include:

Encouraging fluids and rest.

Infants may need to feed smaller amounts, more frequently.

Paracetamol and/or Ibuprofen.

Saline drops for a blocked nose.

When to seek help

You should contact the doctor or seek medical treatment if:

- your child has a fever above 102°F /38°C for more than a day or two with no other symptoms
- they're irritable (very fussy) or lethargic (weak or much more sleepy than usual)
- they develop other symptoms like a rash, poor feeding, or vomiting
- they're dehydrated (not producing tears, spit, or the usual amount of wet nappies)

Home care advice for children with Covid-19 symptoms

1. Paracetamol (Ensure you have a bottle or sachets of age appropriate medication ready for use if needed)

- If your child is over 3 months, you can offer them a safe amount of children's paracetamol (Calpol).
- Doses are usually based on age or weight; follow the instructions on the bottle ensuring you do not give more than 4 doses in 24 hours.
- Temperature usually comes down in one-and-a-half to two hours after taking paracetamol. Often it rises again and then the medication may have to be repeated, do not give doses sooner than four hours after the last.
- If your child isn't uncomfortable or fussy from their fever, you may not need to give them any medication. For higher fevers or other symptoms that are making your infant uncomfortable, medication can help them temporarily feel better.

2. Adjust their clothing

- Dress your child in lightweight clothing and use just a sheet or light blanket to keep them comfortable and cool.
- Overdressing your infant may interfere with their body's natural methods of cooling down.

3. Keep the room as well ventilated as possible

- Keep your home and your infant's room cool. This can help prevent them from overheating.

4. Give them a lukewarm bath

- Try sponging your baby down with lukewarm water. (Water temperature should feel warm, but not hot, to the touch on your inner arm.) Maintain constant supervision during bathing to ensure water safety.
- Avoid using cold water, as this can lead to shivering, which may increase their temperature.
- Dry your baby off immediately following the bath and dress them in lightweight clothing.
- Alcohol baths or wipes to lower fevers aren't recommended and can be harmful.

5. Offer fluids

- Dehydration is a possible complication of fever. Offer your child plenty of water or other drinks. Babies should be offered their usual milk more frequently. Even if your little one isn't thirsty, try to get them to drink little and often to keep their fluid levels up. This helps to ease a sore throat by keeping it moist, and



Two Boats School

Newsletter

Monday 25th July 2022



replaces the fluid lost due to having a fever, vomiting or diarrhoea. Rehydrating ice lollies are also a good way of providing fluids to your child.

- Make sure your baby has tears when crying, a moist mouth, and regular wet nappies.
- Feed your child if he/she is hungry. Many children with a fever will not feel hungry during a fever, keeping them hydrated with fluids is most important. Do not be concerned if your child does not eat for a few days. When they feel better they will start eating again.

6. Allow your child to rest.

7. Use saline nasal (nose) drops to help clear a blocked nose in babies. A baby with a clear nose will find it easier to feed.

When to seek help

You should contact the doctor or seek medical treatment if:

- your child has a fever above 102°F /38°C for more than a day or two with no other symptoms
- they're irritable (very fussy) or lethargic (weak or much more sleepy than usual)
- they develop other symptoms like a rash, poor feeding, or vomiting
- they're dehydrated (not producing tears, spit, or the usual amount of wet nappies)

For any queries or advice, please speak to your doctor at Georgetown Hospital: 66252