

HR CONNECT NEWSLETTER

MARCH 2025

MARCH IS VIRGIN ISLANDS HISTORY MONTH

Each year in March, we recognize the extraordinary history and culture of our Virgin Islands and the achievements and contributions of its people. As Virgin Islanders it is important we celebrate the resilient spirit of our ancestors and continue the push forward in building upon their many hard-fought achievements. Virgin Islands History Month provides an opportunity for reflection, education, and celebration of the diverse tapestry of our islands' history and people. From the struggles for freedom and equality to the achievements in arts, culture, and academia, our history is a testament to the resilience and spirit of the Virgin Islands community.















THIS ISSUE:

HR News

Ultimate Health & Wellness

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Virgin Islands History Month

VI Leaders Wordsearch

IMPORTANT DATES:

MARCH 13- MARKING PERIOD ENDS

MARCH 14- MARKING PERIOD BEGINS

MARCH 31- D HAMILTON - JACKSON DAY



On behalf of Commissioner Wells-Hedrington, it is with great pleasure that we announce **Candice Rhymer-Johnson, Program Manager** as the 2025 Employee of the Year for the **St. Croix District** and **Sue-Ann JohnLewis, Personnel Relations Administrator** for the **St. Thomas/ St. John District**. This well-deserved recognition is a testament to their outstanding dedication, professionalism, and invaluable contributions to the Virgin Islands Department of Education.

Throughout the year, they have demonstrated exceptional commitment to our mission, consistently going above and beyond their role. Their hard work and unwavering dedication have made a significant impact on our team and the community we serve. We are truly grateful to have them as part of the VIDE family.

Help us congratulate our two employees on this well-earned honor!

Congratulations

INTRODUCING THE NEW HUMAN RESOURCES INFORMATION MANAGEMENT SYSTEM PLATFORM

Please take a moment to watch the informative video introducing VIDE's New Human Resources Information Management System by clicking on the link below.

https://www.canva.com/design/DAGc7ssnMuA/ThiZDVjxYNZTRiphTf4fJA/edit?utm_content=DAGc7ssnMuA&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton

All active full-time employees can access this platform utilizing their VIDE credentials.

Employees can review their files and submit documents for processing. To access the platform, utilize the link below.

https://vide.tedk12.com/records

For questions or concerns, please contact the HR office.





THE ULTIMATE HEALTH & WELLNESS BULLETIN



SEE WHAT EATING A RAINBOW OF COLORS CAN DO FOR YOU:

- Red fruits and vegetables - Increase heart health, reduce the risk of prostate and breast cancer, help prevent strokes, and boost brain function.

- Orange and yellow fruits and vegetables - Lower the risk of heart disease and inflammation, strengthen the immune system, and help build healthy skin and improve vision.

- Green fruits and vegetables - May help prevent cancer. Typically, these foods are high in vitamin K, potassium, fiber and antioxidants.

- White and brown fruits and vegetables - Have anti-tumor properties. They also can reduce cholesterol and blood pressure, improve bone strength, and decrease risk of stomach cancer.

- Blue and purple fruits and vegetables - Are associated with improved brain health and memory. They also help lower blood pressure and reduce the risk of stroke and heart disease.

EAT THE RAINBOW FOR GOOD HEALTH:

The natural phytochemicals found in colorful fruits and vegetables offer a wide variety of health benefits. Not only do these phytochemicals provide distinct flavors and aromas, but they also promote wellness! To maximize the health benefits you get while eating these, it's important to consume a diverse assortment of colors.



WELLNESS WHEEL



GREEN SMOOTHIE



INGREDIENTS

- 1 cup frozen spinach or kale
- ½ frozen banana
- ½ tablespoon almond butter
- 1 to 2 cups peeled and frozen orange segments, or frozen pineapple or mango chunks
- ½ teaspoon chia seeds, optional
- 1 cup almond milk, plus more as needed to blend
- Handful of ice



INSTRUCTIONS

- In a blender, place the spinach, banana, almond butter, 1 cup frozen fruit, and chia seeds, if using. Add the almond milk and blend until smooth, adding more almond milk as needed to blend. Add the ice and blend again.
- Taste and add more frozen fruit if you'd like your smoothie to be sweeter. Blend until smooth, adding more almond milk as needed.

March is Developmental Disabilities Awareness Month

WHAT ARE DEVELOPMENTAL DISABILITIES?

DEVELOPMENTAL DISABILITIES ARE A GROUP OF CONDITIONS DUE TO AN IMPAIRMENT IN PHYSICAL, LEARNING, LANGUAGE, OR BEHAVIOR AREAS

ONE IN SIX CHILDREN AGES 3-17 IN THE U.S. HAVE ONE OR MORE DEVELOPMENTAL DISABILITIES OR OTHER DEVELOPMENTAL DELAYS

TYPES OF DEVELOPMENTAL DISABILITIES

- ADHD
- CEREBRAL PALSY
- DOWN SYNDROME
- INTELLECTUAL DISABILITY
- VISION IMPAIRMENT
- HEARING LOSS
- AUTISM SPECTRUM DISORDERS
- OTHER DEVELOPMENTAL DELAYS

CAUSES OF DEVELOPMENTAL DISABILITIES

DEVELOPMENTAL DISORDERS CAN HAPPEN TO ANYONE AND USUALLY BEGIN BEFORE A BABY IS BORN OR IN EARLY CHILDHOOD DUE TO:

- PRE/POSTNATAL INJURY
- ENVIRONMENTAL TOXIN EXPOSURE
- INFECTION
- GENETICS
- PRENATAL ALCOHOL OR SUBSTANCE USE

WAYS TO SUPPORT CHILDREN WITH DEVELOPMENTAL DISABILITIES





Early childhood identification & intervention

Coordinated health care





Special education or academic accommodations

Community support







4 WOMEN WHO CHANGED VI HISTORY

IN HONOR OF INTERNATIONAL WOMEN'S DAY AND VI HISTORY MONTH, HERE ARE FOUR BRAVE WOMEN WHO HELPED SHAPED VIRGIN ISLANDS HISTORY



Mary Thomas, known as Queen Mary, (ca. 1848–1905) was one of the leaders of the 1878 "Fireburn" labor riot, or uprising, on the island of St. Croix.



Lucinda Millin was the first female ever elected to the V.I. Legislature in 1954.
Before steering into public service, the pioneering politician started her professional career in education.In addition to education she had a strong interest in care for the elderly and the Lucinda Millin Home for the Aged was named for her.



Bertha C. Boschulte (March 8, 1906 – August 18, 2004) was a native Virgin Islander educator, women's rights activist, statistician and politician. During her tenure as a teacher, she actively worked to attain women's suffrage in the Virgin Islands.



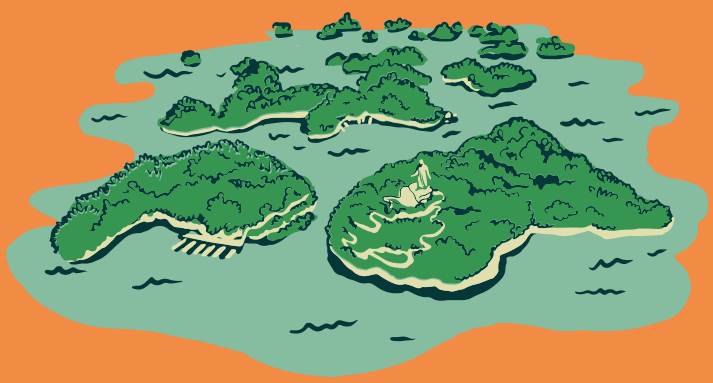
Ruby M. Rouss born on December 3, 1921, was a trailblazing figure from Saint Croix in the U.S. Virgin Islands.Her leadership reached a historic milestone in 1981 when she became the first female President of the Virgin Islands Legislature and the first black woman to lead a legislature in the United States. Rouss was re-elected as Senate President in 1987, further solidifying her legacy as a transformative leader



Virgin Islands History Leaders

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C B X R J D B D Z E R H L I U K U E K E D U Z I M G M N O C
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G M P Z Z Y B B T B S D S K S H B K C H A L R R N L K L J H
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L S U M R W Z E G H N D R W L R D H N M Y F J H O W U Y A F
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P I Y Z U O V E A S H L E Y T O T T E N F P T X C V L S R T
A O L A U S T I N B A B E M O N S A N T O T P T R Z A H E O
F X I F M P C Y A W U L Q Y H U S Z A V T T C K G L K Z C N

Donna Christian Christensen
David Hamilton Jackson
Bertha C Boschulte
Caroline Fawkes
Pearl B Larsen
Nick Friday
Cyril E King
Addelita Cancryn
Irvin Brown Sr
Ruby M. Rouss
Edith Bornn
Queen Mary
Austin Babe Monsanto
Rothschild Francis
Juanita Gardine
Earle B Ottley
Ashley Totten
Queen Agnes
Tim Duncan



I MOURN THE PAST
FOR I UNDERSTOOD YET NOT,
BUT ALAS! MY CHILDREN, HARK!
I MUST NOW PRONOUNCE THY LOT,
THOU ART FREE, FREE FREE!
CALL THEN THY GARDIAN,
“LIBERTY.”

-D HAMILTON JACKSON