HR CONNECT NEWSLETTER

THE VIRGIN ISLANDS DEPARMENT OF EDUCATION

JANUARY 2025



A Happy New Year & Welcome Back

Happy New Year & Welcome back VIDE! Here's to a new year of learning, evolving, and thriving. May every challenge inspire you to grow and reach new heights in your personal and professional journey. Wishing each and one of you a year filled with new skills, more significant achievements, and endless possibilities. Let's grow together and make 2025 a year of progress and innovation!

In this newsletter:

- New Year Wishes
- Health and Wellness
- Human Trafficking Awareness Month
- Mocktails and Recipe

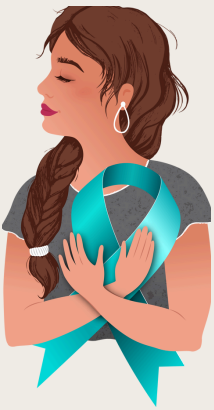
Add to your calendar:

JANUARY 6- THREE KINGS DAY
JANUARY 7- TEACHERS RETURN TO SCHOOL
JANUARY 8- STUDENTS RETURN TO SCHOOL
JANUARY 20- MARTIN LUTHER KING, JR. DAY



ULTIMATE HEALTH & WELNESS BULLETIN

January is Cervical Cancer Awareness Month



What is Cervical Cancer?

- Cancer that begins in the cells of the cervix.
- Abnormal cell that forms a mass or a lump.
- Can spread to lymph nodes and other parts of the body.
- It occurs most often in women over age 30.

Can it be found early?

- The best way to find cervical cancer early is to have regular pap test (which may be combined with a test for human papillomavirus (HPV).
- Be aware of any signs and symptoms to avoid delays in getting a test.
- Finding cancer early increases successful treatment.

What are the symptoms?

- Early stages may have no symptoms.
- Abnormal vaginal bleeding, such as bleeding after vaginal sex, and bleeding after menopause
- Discharge from the vagina with an odor.
- Pain in the pelvic area.
- Pain during sex



Who should get tested?

- All women starting at age 21.
- Every 3 years, all women ages 21-29 need a pap test.
- At age 30, women should get a pap test along with a HPV test every 5 years if both test results are normal.



If you are 21-65 years old, talk to your care provider or call your local clinic to get a Pap test.

Healthy Active Resolution for the New Year



Start Small

Breakdown big weight loss ambitions into smaller attainable SMART goals- Specific, Measurable, Achievable, Relevant and Time-based.



Eat Constantly

Eating breakfast within an hour of waking up and consuming meals that include a source of protein every few hours and throughout the day can help stabilize blood sugar and stave off hunger pangs that cause overeating later in the day.



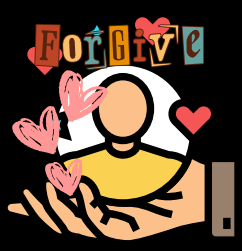
Stay Hydrated

Aim to drink at least 64 ounces of water per day, or half your body weight in ounces. For inspiration, purchase a couple nice water bottles to keep at home and at work.



Get Moving

Srive to work 30 minutes of exercise into daily routine by choosing physical activities you enjoy, such as walking, running, dancing, biking or yoga



Forgive Yourself

It's easy to slip up now and then when you're working to improve your overall nutrition. If it happens, be kind to yourself and focus on getting back on track at the next meal.

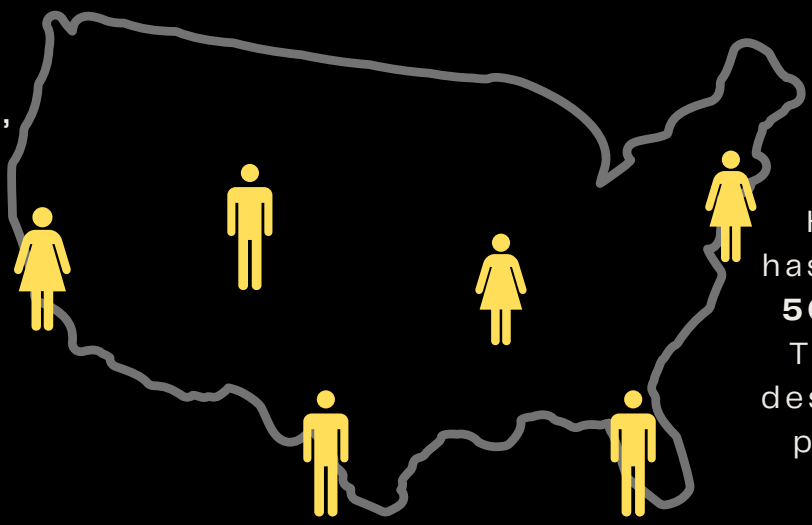
JANUARY IS HUMAN TRAFFICKING AWARENESS MONTH



WHAT IS HUMAN TRAFFICKING?

Human trafficking has been likened to modern day **slavery** that subjects **children**, **women**, and **men** to force, fraud, or coercion for the purpose of **commercial, sexual exploitation,** or **forced labor**. This horrific practice can include **prostitution**, **pornography**, and **sex tourism** as well as **labor** for domestic service, factory or construction work, and migrant farming.

Victims suffer from **physical, emotional, and sexual abuse** and rarely have access to an education or healthcare.



Human trafficking has been reported in **all 50 states in the U.S.** The U.S. us a source, destination, and transit point for trafficking victims

LABOR TRAFFICKING

restaurants.....
bars.....
hotels.....
agriculture.....
construction.....
traveling sales crew.....



SEX TRAFFICKING

.....brothels
..... strip clubs
escort and massage .....services
..... on the street
.....on the internet

Labor trafficking occurs in a wide variety of industries. **Sex trafficking** is facilitated in numerous ways.

The International Labor Organization estimates over

40.3 million

victims of human trafficking worldwide today.



WHAT CAN YOU DO ?

Pay attention to people and unnormal behavior around you.

REPORT FAST!

Don't approach traffickers yourself. That can place you, the victim, and others in danger.

Call 911 for emergencies. Tell them you think it's human trafficking. Don't worry about being wrong. Your call could save a life

For non-emergencies or anonymous calls, use the National Human Trafficking Hotline at 1-888-373-7888 or text 233733

Dry and Healthy January



Orange Cranberry Spritzer



Key Ingredients

- 100% Cranberry Juice
- 100% Orange Juice
- Ginger Ale
- Frozen Cranberry



How To Make Orange Cranberry Spritzer

1. Mix the cranberry juice and orange juice in a large pitcher.
2. Add the Schweppes ginger ale and frozen cranberries when ready to serve.
3. Stir the drink one more time, and enjoy!

Spinach & Artichoke Dip Pasta



Ingredients

- 8 ounces whole-wheat rotini
- 1 (5 ounce) package baby spinach, roughly chopped
- 4 ounces reduced-fat cream cheese, cut into chunks
- ¾ cup reduced-fat milk
- ½ cup grated Parmesan cheese, plus more for garnish, if desired
- 2 teaspoons garlic powder
- ¼ teaspoon ground pepper
- 1 (14 ounce) can artichoke hearts, rinsed, squeezed dry and chopped (see Tip)

Directions

1. Bring a large saucepan of water to a boil. Cook pasta according to package directions. Drain.
2. Combine spinach and 1 tablespoon water in a large saucepan over medium heat. Cook, stirring occasionally, until just wilted, about 2 minutes. Transfer to a small bowl.
3. Add cream cheese and milk to the pan; whisk until the cream cheese is melted.
4. Add Parmesan, garlic powder and pepper; cook, whisking until thickened and bubbling.
5. Drain as much liquid as possible from the spinach. Stir the drained spinach into the sauce, along with artichokes and the pasta. Cook until warmed through.

