HR CONNECT NEWSLETTER

FEBRUARY 2025

BLACK HISTORY MONTH

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week.” Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

IMPORTANT DATES

- FEBRUARY 3- PROFESSIONAL DEVELOPMENT DAY
- FEBRUARY 17- PRESIDENTS’ DAY

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- HEALTH AND WELLNESS
- HEALTHY RECIPES
- BLACK HISTORY WALL
- WORD SEARCH



"FOR AFRICA TO ME... IS MORE THAN A GLAMOROUS FACT. IT IS A HISTORICAL TRUTH. NO MAN CAN KNOW WHERE HE IS GOING UNLESS HE KNOWS EXACTLY WHERE HE HAS BEEN AND EXACTLY HOW HE ARRIVED AT HIS PRESENT PLACE."
-MAYA ANGELOU

CONGRATULATIONS TO OUR TEACHERS OF THE YEAR!

ST. CROIX: MS. CHERISE DAVIS, ELEMENTARY TEACHER AT JUANITA GARDINE K-8 SCHOOL

Ms. Cherise Davis has been teaching for 11 years, dedicating her career to fostering curiosity, critical thinking, and a love of learning in her students. Beyond the classroom, she advocates for her school and community. She contributes to school committees, leads a Girl Scout Troop, and helps organize school events like Virgin Islands History Month and Red Ribbon Week. She is a teacher, a mentor and a community leader who continually strives to make a difference.



ST.THOMAS/ST.JOHN: MR. CORNELL HENLEY, SPECIAL EDUCATION TEACHER AT YVONNE BOWSKY ELEMENTARY SCHOOL



Mr. Cornell Henley has dedicated over 20 years to improving the educational experience for students. Mr. Henley is the district's only Adaptive Physical Education Teacher, working with students in many grade levels, including those with physical disabilities. He is known for his leadership as a teacher and coach. He leads students through rigorous physical education programs, organizes extracurricular activities, mentors aspiring educators, and supports the community through events like the Special Olympics. His coaching led Bowsky's boys' basketball team to a championship, showcasing his commitment to student achievement both in and out the classroom.

Spotlight On:
Outstanding Educators

MR. ANDRE DOUGLAS



Mr. Andre Douglas, a dedicated mathematics teacher at Ivanna Eudora Kean High School (IEKHS), has been selected for the prestigious Presidential Award for Excellence in Mathematics and Science Teaching. Mr. Douglas is a graduate of the Charlotte Amalie High School and holds a Bachelor's Degree in Math and a Masters in Math for Secondary Education. He has been teaching at IEKHS for 15 years, and serves as Chair of the Math Department. Mr. Douglas will receive an official certificate signed by former President Joe Biden and a $10,000 award from the NSF. He will be honored alongside other distinguished educators from across the nation at an award ceremony in Washington, DC.

Congratulations on this prestigious honor, Mr. Douglas!

MR. KEVRE HENDRICKS



Mr. Kevre "Maestro" Hendricks, a dedicated Music Teacher at the St. Croix Educational Complex was recognized by the Division of Festivals as the St. Croix Festival Village was named "Maestro's Musical Haven" in his honor. He began an initiative to raise funds in support of music programs for St. Croix schools. This selfless effort yielded over $10,000. Mr. Hendricks has been teaching music with VIDE for 20 years.

Mr. Hendricks, thank you for your commitment to our students and your impact on music education!















Ultimate Health and Wellness Bulletin

Feel Good. Do Good.

Occupational Wellness Tips

- Have a playlist you can listen to that helps you zero in and focus.
- Before beginning the work day write down one or two priority items you want to get done that day.
- Routinely organize and clean your desk area (desktop, drawers, and floor space).
- Be ok with knowing productivity will look different as we move through different challenges. You are doing your best!



SELF-CARE IDEAS

- Journal
- Talk to a friend
- Laugh more
- Read a book
- Have a hard conversation
- Learn a new skill
- Make a vision board
- Do a daily body scan
- Stretch
- List your recent accomplishments
- Call a close relative
- Watch the sunrise
- Go to the beach



"When we give ourselves compassion, we are opening our hearths in a way that can transform our lives."

-Kristen Neff

HEART MONTH

FEBRUARY

February is Hearth Disease Awareness Month

WHAT ARE CARDIOVASCULAR DISEASES?



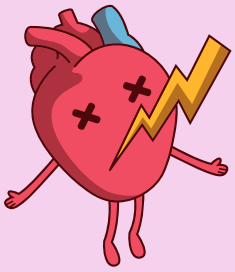
HEART
damage to muscles and valves



BLOOD VESSELS
supplying the heart, arms and legs and brain (stroke)

GLOBAL STATISTICS

NUMBER ONE CAUSE OF DEATH GLOBALLY



- 17.3 Million deaths annually due to cardiovascular diseases
- Death equal distribution among men and women
- 15 Million people have a stoke each year
- Most cardiovascular diseases can be prevented

PREVENTIONS FOR GOOD HEART HEALTH



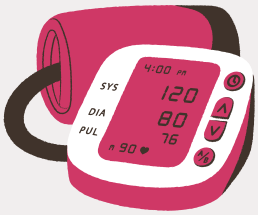
STOP SMOKING



EAT HEALTHY DIET



EXERCISE



MAINTAIN LOW BLOOD PRESSURE

WARNING SIGNS

HEART ATTACK	STROKE
Sudden chest pain can be prevented	Face drooping
Discomfort in upper body	Arm weakness
Shortness of breath	Speech difficulty
Dizziness	
Cold Sweat	
Nausea or Vomiting	

Time is essential--call for help.

SHOW YOUR HEART SOME LOVE

MAKE LIFESTYLE CHOICES THAT PROTECT YOUR CARDIOVASCULAR HEALTH

EASY BANANA BREAD

PREP TIME:15 MINS
COOK TIME: 1 HR
YIELDS: ONE 9X5-INCH LOAF
SERVINGS: 10

INGREDIENTS

3 RIPE BANANAS, MASHED
1 CUP WHITE SUGAR
1 EGG
¼ CUP MELTED BUTTER
1 ½ CUPS ALL-PURPOSE FLOUR
1 TEASPOON BAKING SODA
1 TEASPOON SALT



INSTRUCTIONS

PREHEAT OVEN TO 325 DEGREES F/165 DEGREES C

GREASE A 9X5-INCH PAN.

COMBINE BANANAS, SUGAR, EGG, AND BUTTER TOGETHER IN BOWL. MIX FLOUR AND BAKING SODA TOGETHER IN SEPARATE BOWL; STIR INTO BANANA MIXTURE WITH SALT; POUR BATTER INTO THE PAN.

BAKE IN THE PREHEATED OVEN UNTIL A TOOTHPICK INSERTED IN THE CENTER OF THE BREAD COMES OUT CLEAN, ABOUT 1 HOUR.

ENJOY!



Love Potion Valentine's Day Mocktail



Ingredients

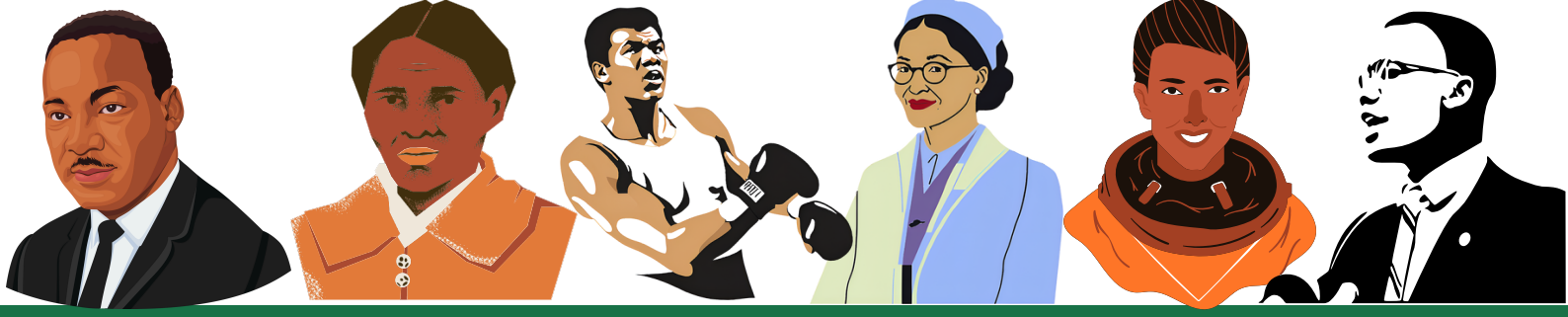
Raspberries
Sugar
Lemon Juice
Raspberry Sorbet
Sparkling Pink Lemonade



Instructions

- Combine fresh (or frozen defrosted) raspberries in a bowl with a bit of lemon juice and sugar.
- Mash them with a fork until the berries have broken down and you have a sweet-tart raspberry puree.
- Fill the bottom of your glasses with a generous spoonful of fresh raspberry puree.
- Next add a scoop of raspberry sherbet.
- Top up the glasses with sparkling berry lemonade or sparkling rose lemonade.
- Add a garnish of fresh raspberries, and enjoy!

XOXO



Celebrate Black History Month

February 1, 2025- March 1, 2025

THE STORY OF BLACK HISTORY MONTH BEGINS IN CHICAGO IN 1915



Carter G. Woodson

An alumnus of the University of Chicago with many friends in the city, Carter G. Woodson traveled from Washington, D.C. to participate in a national celebration of the fiftieth anniversary of emancipation sponsored by the state of Illinois.

Thousands of African Americans travelled from across the country to see exhibits highlighting the progress their people had made since the destruction of slavery. Awarded a doctorate in Harvard three years earlier, Woodson joined the other exhibitors with a black history display. Despite being held at the Coliseum, the site of the 1912 Republican convention, an overflow crowd of six to twelve thousand waited outside for their turn to view the exhibits. Inspired by the three-week celebration, Woodson decided to form an organization to promote the scientific study of black life and history before leaving town. On September 9th, Woodson met at the Wabash YMCA with A. L. Jackson and three others and formed the Association for the Study of Negro Life and History (ASNLH).



Black History Figures WORD SEARCH

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

IDA WELLS
ROBERT ABBOTT
BESSIE COLEMAN
CARTER WOODSON
HARRIET TUBMAN
ROSA PARKS
BAYARD RUSTIN
DOROTHY HEIGHT
JESSE OWENS
FRITZ POLLARD
JANE BOLIN
BARACK OBAMA





SUPPORT OUR STUDENTS AT ST. CROIX'S AGRICULTURAL AND FOOD FAIR: FEBRUARY 15-17TH

