HR CONNECT NEWSLETTER

June 2025



A MESSAGE TO TEACHERS & STAFF FROM THE HR OFFICE

Farewell to the hustle and bustle of the academic year. It is now time for a much-needed break: the glorious summer vacation. While some might envision lounging on sandy beaches, sipping fruity drinks, and enjoying endless relaxation, it is important to make the most of the time away from the classrooms and offices. Below are some fantastic ways to recharge, grow and make this summer enjoyable.

- **Unwind and Recharge**
- **Travel & Explore**
- **Professional Development**
- **Reflect & Set Goals**
- **Connect with Colleagues**
- **Pursue Passions & Hobbies**
- **Volunteer & Give Back**
- **Plan for the Classroom**



Enjoy your summer, and see you in the next academic school year, recharged and ready to make a difference!

IMPORTANT DATES

- **June 5- World Environment Day**
- **June 19- Juneteenth**
- **June 28-July 4 - St.John Carnival 2025 Celebration**

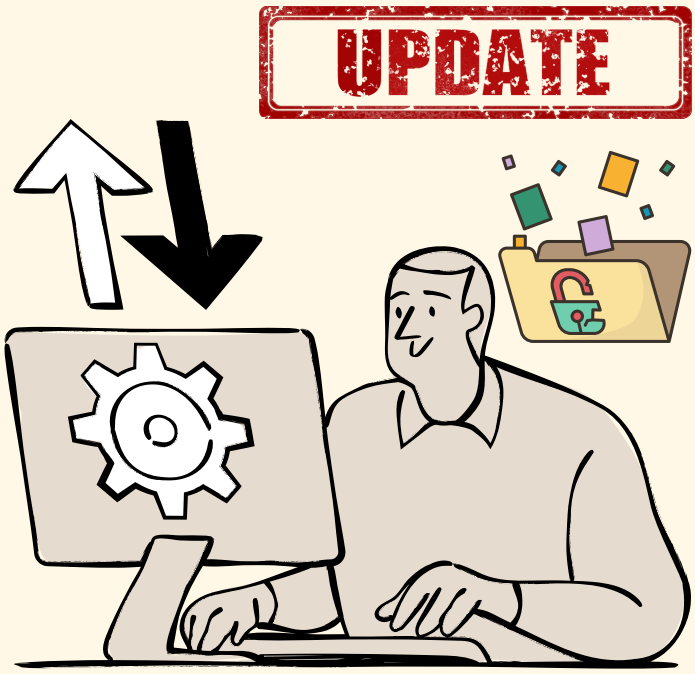
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The Importance of Keeping Contact Information Updated

Updating your information sheet is crucial for maintaining accurate records, ensuring compliance, and facilitating efficient operations. It ensures your personal and professional data is up-to-date, which can prevent errors in and delays in the future.



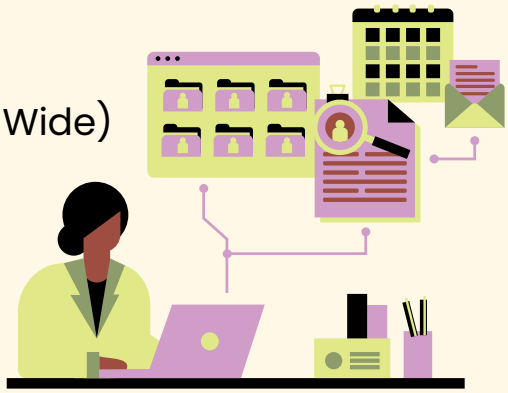
With the new Human Resources Information Management System, you can login using your VIDE credentials and update your Employee Information Update Form from the comfort of where you are.
Please see the link below.
https://vide.tedk12.com/records

Check Out The Human Resources Tab on The Newly Redesigned VIDE Website

You can find the Human Resources tab on VIDE website by clicking on menu, divisions, and then scroll down until you see Human Resources.

Here you can find vital information such as:

- Mission & Vision
- Employee Resources
- Policies
- Employment Opportunities
- Human Resources Team (STX,STT/STJ, District Wide)
- Job Descriptions
- Benefits
- Salaries
- Certifications
- International Teacher Exchange Program



The Office of Human Resources wants to make things easier and accessible for everyone.

https://www.vide.vi/divisions/human-resources

June is...

Caribbean American Heritage Month

Caribbean-American Heritage Month, first observed in 2006, is established to honor the achievements and contributions of Caribbean people and their descendants to the United States, particularly in government, sports, entertainment, and the arts. It also educates the public about Caribbean history and culture.



6 Ways to Celebrate...

Make a Caribbean dish and enjoy!

Dive into your heritage and family history

Dance to Caribbean music with your family

Learn more about your island's history

Enjoy Caribbean arts and entertainment - watch a movie or visit a museum

Read a book by a Caribbean author:

Check out this Caribbean Books List

Thinking about therapy? What you need to know before your first session

How therapy can help you unlock emotional resilience and self-discovery

Benefits of professional support

Therapy is a valuable tool for personal growth, emotional well-being, and overall mental health. Whether you're facing life challenges, managing stress, or working through deeper emotional traumas, therapy can provide a safe and supportive space to explore your feelings.

Benefits of therapy include:



- Identify the source of your stress
- Better relationships and communication skills
- Greater self-awareness and emotional resilience
- Support in navigating life transitions
- Reduced symptoms of mental health conditions

FIVE SIMPLE WAYS TO PREPARE FOR YOUR FIRST THERAPY SESSION

1. **Prepare a few quick notes**
   Write down some notes about what you want to talk about or questions you want to ask so you won't forget them.

2. **Think about your goals**
   Reflect on your goals for therapy with the intention of being open and honest about why you're seeking support at this time.

3. **Find the right place for your session**
   Set up a quiet, comfortable space for your session (if you're doing teletherapy)

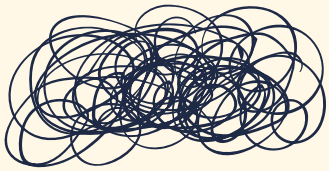
4. **Remember self-compassion**
   Practice self-compassion and remind yourself that you don't need to impress your therapist or conceal your flaws.

5. **Bring your calendar**
   Bring your calendar with you, so you and your therapist can work together to schedule future appointments.

Cigna provides free therapy session online. Login to your Cigna Portal and search for therapist locally or in the United States.

MEN'S HEALTH WEEK June 9- June 15 2025

MENTAL HEALTH FACTS



40%

of men have never spoken to anyone about their mental health



1 in 8 men will experience depression

AND



1 in 5 will experience anxiety at some stage if their lives



"In a world that often expects men to be strong and silent, your willingness to speak up about your mental health challenges is an act of bravery and self-care."

FACTS THAT MEN SHOULD KNOW



1. It's Okay to Have Many Feelings.
2. It's Okay To Seek Help When You Need It
3. Mental Health Problems Are Much More Common Than You Might Think
4. Telling People What You're Going Through Will Help You Feel A Huge Sense Of Relief



June is ALZHEIMER'S & BRAIN AWARENESS MONTH.

Alzheimer's is a fatal disease that affects the ability to remember, think, and plan.

Worldwide, 47 million individuals are living with Alzheimer's, and this number is set to rise dramatically unless we do something about it.

While we cannot prevent Alzheimer's disease, people can help reduce their risk of cognitive decline. In recognition of Alzheimer's & Brain Awareness Month in June, the Alzheimer's Association offers

10 WAYS TO LOVE YOUR BRAIN

10 Ways to LOVE YOUR BRAIN

Hit the Books

Formal education will help reduce risk of cognitive decline and dementia.



Butt Out

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



Follow Your Heart

Risk factors for cardiovascular disease and stroke- obesity, high blood pressure and diabetes- negatively impact your health.



Heads Up !

Brain injury can raise risk of cognitive decline and dementia. Wear a seatbelt and use a helmet when playing contact sports or riding a bike.



Fuel Up Right

Eat a balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.



Catch Some Zzz's

Not getting enough sleep may result in problems with memory and thinking.



Take Care of Your Mental Health

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress



Buddy Up

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



Stump Yourself

Challange your mind.
Build a piece of furniture.
Play games of strategy, like bridge.



Break a Sweat

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduce risk a cognitive decline.



Start Now.

It's never too late or too early to start incorporating healthy habits

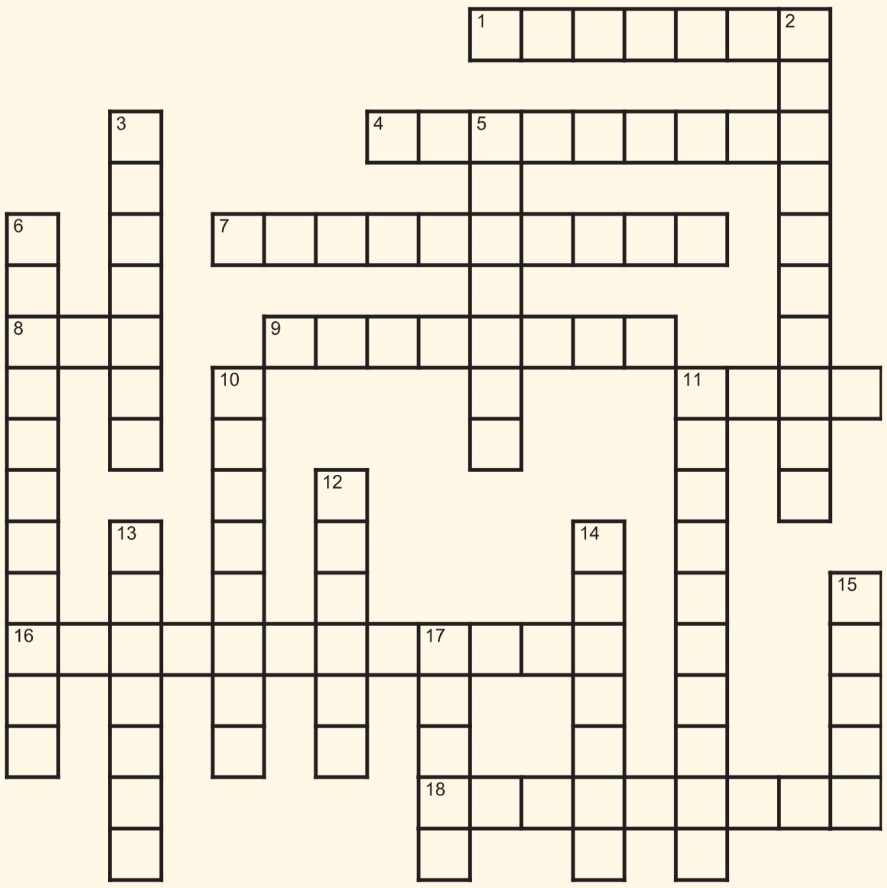




Name: _____ Date: _____

Juneteenth

FREEDOM DAY



ACROSS

1. City in Texas where Juneteenth celebrations are particularly popular.

4. City in Texas where General Granger read the Emancipation Proclamation.

7. Type of soda traditionally served on Juneteenth

8. Color, representing resilience and joy, associated with Juneteenth celebrations.

9. Day of the week on which Juneteenth falls.

11. Month in which Juneteenth is celebrated

16. Executive order which declared all enslaved people in Confederate states to be forever free: ___ Proclamation.

18. Movement to end slavery.

DOWN

2. The day in June when Juneteenth is celebrated

3. Another name for Juneteenth: ___ Day.

5. Another word for freedom

6. The name Juneteenth is an example of a blend of words known as a ___.



10. Outdoor cookout which might be part of a Juneteenth celebration.

11. Holiday that celebrates the end of slavery in the United States.

12. Type of music often played on Juneteenth.

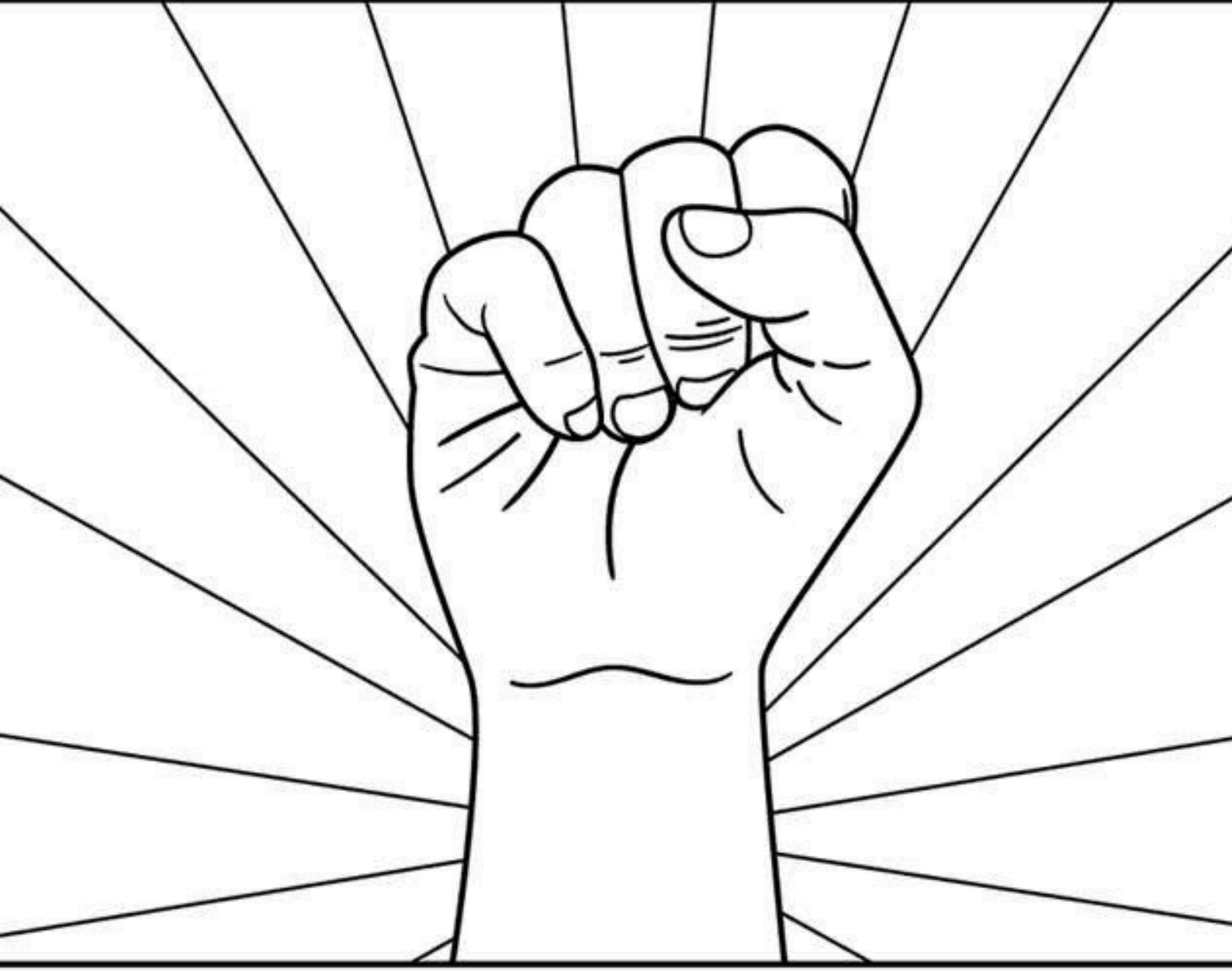
13. General who announced the end of slavery in Texas: Gordon ___.

14. President who issued the Emancipation Proclamation.

15. President who signed bill making Juneteenth a federal holiday.

17. State in which Juneteenth originated.

Abolition	Juneteenth
Barbecue	Liberty
Biden	Lincoln
Emancipation	Nineteenth
Freedom	Portmanteau
Galveston	Red
Gospel	Saturday
Granger	Strawberry
Houston	Texas
June	



JUNETEENTH FREEDOM DAY!

Juneteenth commemorates the emancipation of enslaved African Americans and is celebrated annually on June 19.


HISTORY AND CULTURE COMES Alive FOR
ST. JOHN
Celebration 2025
JUNE 28 - JULY 4
UNITED STATES VIRGIN ISLANDS
ST CROIX ST JOHN ST THOMAS
U.S. VIRGIN ISLANDS DIVISION OF FESTIVALS
www.VISITUSVI.COM • www.USVIFESTIVALS.VI


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HISTORY AND CULTURE COMES Alive FOR
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Schedule of Events
JUNE 21st
PRINCESS & QUEEN PAGEANT 5PM-10PM
ST. JOHN CELEBRATION VILLAGE
JUNE 28th
FOOD FAIR & BOAT RACE 12PM - 5PM
FRANK POWELL PARK
PAN-O-RAMA 5:30PM - UNTIL
ST. JOHN CELEBRATION VILLAGE
JUNE 29th
VILLAGE NIGHTS 7PM - 1AM
ST. JOHN CELEBRATION VILLAGE
JULY 3rd
J'OUVERT SUNRISE - 10AM
NATIONAL PARK
EMANCIPATION DAY PROGRAM 1PM - 4PM
SLIM MAN'S PARKING LOT
JULY 4th
ST. JOHN PARADE 11AM - UNTIL
NATIONAL PARK
FIREWORKS 9PM
CRUZ BAY HARBOR
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