HR CONNECT NEWSLETTER

OCTOBER 2025



IMPORTANT DATES

OCTOBER 9TH- MARKING PERIOD ENDS

OCTOBER 10TH- MARKING PERIOD BEGINS

OCTOBER 13TH- COLUMBUS DAY

OCTOBER 13TH- VI/ PUERTO RICO FRIENDSHIP DAY

OCTOBER 16TH- VIDE GO PINK

MESSAGE FROM THE HR OFFICE

HAPPY FALL VIDE! The Division of Human Resources extends a heartful thank you to everyone who has been actively using the Human Resources Management Information System (HRIS) for all Human Resources requests. Your participation helps us serve you faster, more efficiently and with greater accuracy.

If you have not yet started using the platform, we encourage you to take advantage of the system for all your Human Resources requests.

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DOMESTIC VIOLENCE AWARENESS MONTH

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ENGAGEMENT PUZZLE

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 and delays in the future.



With the new Human Resources Information Management System, you can now log in using your VIDE credentials and conveniently update your Employee Information Update Form from wherever you are.

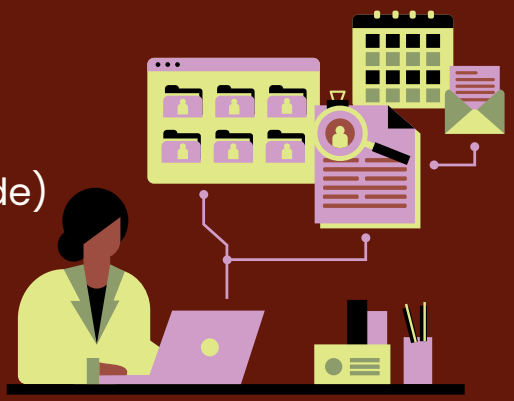
Please see the link below.
https://vide.tedk12.com/records

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
- Certification Information
- International Teacher Exchange Program



Virgin Islands Department of Education
EMPLOYEE SPOTLIGHT

Chantelle Robles
Elementary Teacher
Pearl B. Larsen PreK-8
11 Years in the VIDE Family



What inspired you to pursue this career?

I've always loved working with children. Growing up, I always play taught my dolls and stuffed animals. I loved and admired my teachers and I wanted to teach and inspire children just like them.

What are some hobbies or activities you enjoy?

I enjoy serving as a coach for flag football, baseball, softball and basketball teams. I also love spending time with family members and friends, and traveling, especially on cruises.

What do you enjoy most about being part of the VIDE Family?

I love my school community. We collaborate, we learn from each other and work very well together. We are a family. I also enjoy getting involved in all the fun extra-curricular activities we have.

What motivates you?

I'm very self-motivated and determined. If I set my mind to do something I will put all my effort in to accomplish it. Family also motivates me. My mom was a very hard-working lady, I really admired her work ethic and I knew wanted to walk in her footsteps and work diligently. My younger brother is also very ambitious. He inspires me to use my knowledge, gifts and talents.

Virgin Islands Department of Education
EMPLOYEE SPOTLIGHT

Arnold Pangilinan
Physical Education Teacher
Ivanna Eudora Kean High School
3 Years in the VIDE Family



What inspired you to pursue this career?

I enjoy working with children. In my role as a Physical Education and Health Teacher, I enjoy teaching students about the importance of getting physical activity and practicing healthy habits for a healthy lifestyle.

What are some hobbies or activities you enjoy?

My hobbies include running and playing sports to stay fit and healthy. I want to be a role model to not only my students, but others in the wider community. I also serve as basketball referee. This is a passion that has allowed me to contribute to basketball leagues and tournaments on both St. Thomas and St. John.

What do you enjoy most about being part of the VIDE Family?

I have very supportive and caring administrators. I love working with my colleagues and school community. I also appreciate the many professional development opportunities available.

Where did you grow up and how has that place influenced the person you are today?

I'm from Manila, Philippines. Growing up, I was given the opportunity to participate in several sports, including basketball and volleyball. My family, teachers and coaches all inspired me to become a teacher.



OCTOBER IS BREAST CANCER AWARENESS MONTH

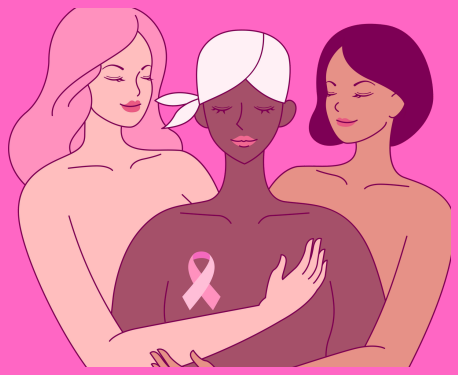


WHAT IS BREAST CANCER?

Breast cancer is when abnormal cells in the breast begin to grow and divide in an uncontrolled pace and eventually forms into a tumor. Breast cancer most commonly starts in the cells that line the milk ducts of the breast. Signs of breast cancer may include a lump in the breast, a change in breast shape, dimpling of the skin, milk_rejection, fluid coming from the nipple, a newly inverted nipple, or a red or scaly patch of skin. In those with distant spread of the disease, there may be bone pain, swollen lymph nodes, shortness of breath, or yellow skin.

BREAST CANCER SIGNS AND SYMPTOMS:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.



FAST FACTS ABOUT BREAST CANCER:

- Each year in the United States, about 240,000 women get breast cancer and 42,000 women die from the disease.
- Men also get breast cancer, but it is not very common. about 1 out of every 100 breast cancers diagnosed in the United States is found in a man.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.



WHAT IS BREAST CANCER AWARENESS?

Breast Cancer Awareness Month is an international health campaign that's held every October. The month aims to promote screening and prevention of the disease, which affects many men and women worldwide. Known best for its pink theme color, the month features a number of campaigns and programs, conducted by groups ranging from breast cancer advocacy organizations to local community organizations to major retailers.



OCTOBER IS NATIONAL

DOMESTIC VIOLENCE

AWARENESS MONTH



DOMESTIC VIOLENCE IN AN INTIMATE RELATIONSHIP CAN INCLUDE:



Willful intimidation and/or threats.



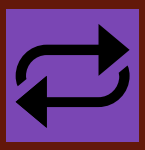
Physical and/or sexual assault and battery.



Emotional and/or psychological abuse.



Criminal harassment (i.e. stalking).



Repetitive pattern of controlling dominance.

National Domestic Violence Awareness Month helps to unify victims of domestic and partnership abuse, an issue which is prevalent in every community affecting all people regardless of age, gender, socioeconomic status, sexual orientation, race, religion, or nationality.

Domestic violence is unacceptable and never the victim's fault.
In the Virgin Islands, there are several organizations dedicated to providing support and resources, including the Women's Coalition of St. Croix and the Virgin Islands Domestic Violence and Sexual Assault Council (DVSAC). These groups are available to assist individuals and families in need of help, guidance, and protection.

National domestic violence hotline: 1-800-799-7233. Free confidential help, 24/7/365.

THE ULTIMATE HEALTH & WELLNESS BULLETIN

Mastering Emotional Health: Strategies for Well-Being



Emotional health is vital for overall well-being, enabling individuals to navigate life's challenges effectively. It involves understanding and managing emotions, both positive and negative while seeking support when needed. Research suggests emotional health is a skill that can be cultivated, with numerous strategies for improvement:

9 Strategies for Improvement

Reflection:
Think before reacting impulsively, promoting thoughtful responses

Expression:
Communicate feelings constructively to avoid internalizing stress

Social connections:
Foster positive relationships and engage with communities

Balance:
Prioritize activities that bring joy and relaxation alongside responsibilities

Positivity:
Cultivate optimism, forgiveness and surround yourself with uplifting influences

Purpose:
Find meaning in life through work, relationships or personal pursuits

Self-awareness:
Recognize and address emotions and their triggers

Stress management:
Adopt coping mechanisms like meditation and exercise

Physical health:
Maintain regular exercise, nutrition and sleep habits to support emotional well-being

While good emotional health doesn't immunize against challenges, seeking professional help is crucial for persistent issues. Medication, therapy and support groups offer effective interventions. Consult a provider to explore personalized strategies and address any underlying physical or mental health concerns.

Easy Chicken and Asparagus Foil Packets



Prep Time 10 minutes
Cook Time 20 minutes
Total Time 30 minutes
Servings 4 servings

Ingredients

4 4-oz chicken breasts, butterfly cut
16 oz asparagus
1/2 cup corn oil
1 tsp salt
1/2 tsp black pepper
1 tsp oregano
1/2 tsp garlic powder
1 tbsp lemon juice
1 tbsp chopped parsley, optional
4 12x12 pieces of aluminum foil

Instructions

Preheat gas grill to medium-high heat (450° F) or an oven to 425° F. Butterfly cut the chicken breasts, lightly pound to thin them. In a bowl, combine the corn oil, salt, pepper, oregano, garlic powder and lemon juice. Place one chicken breast and 1/4 of the asparagus on a piece of foil and brush with the oil/ spice mixture. Wrap the packets to close. Repeat with the remaining chicken. Grill the foil packets for 10 minutes per side, turning once (20 minutes total) or bake in the oven for 40-45 minutes, until chicken is fully cooked. Serve immediately. Top with parsley (optional)

enjoy



WORD SEARCH

Level 6: Legendary Linguist **Directions:** → ← ↘ ↖ ↓ ↑ ↗ ↙

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C E P A K Z Y R E K J U S Z B K G G U I K C X A P P L E U O L C N O J X I O J S
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WORD LIST

Level 5: Puzzle Master **Directions:** → ← ↘ ↓ ↑ ↗

HARVEST FESTIVAL	HIKING	FIREPLACE	BARNYARD
SNUGGLE	KETTLECORN	MORNING FOG	DAYLIGHT SAVINGS
FARMHOUSE	DECIDUOUS	SWEATER	PUMPKIN PATCH
BACK TO SCHOOL	CHILLY	PILGRIM	COZY
LEAF RUBBING	WIND	BIRDWATCHING	SUNFLOWER
BREAD ROLL	SWEET POTATO	BAKING	YELLOW
EQUINOX	THANKSGIVING DAY	CORN PICKER	GATHER
LEAF PILE	BLANKETS	APPLE PICKING	CINNAMON
OVERCAST	BROWN	PUMPKIN PIE	PUMPKIN
HARVEST	PINECONE	CORN BREAD	COAT
RAIN	APPLE CIDER DONUTS	PERSIMMON	TURKEY
PECAN	FOLIAGE	GATHERING	FIRST FROST
HIBERNATION	CANDLE	PUMPKIN LANTERNS	COLD
UMBRELLA	MIGRATION	SCARF	GINGER
HOT CHOCOLATE	MUSHROOM	MOON	MAPLE SYRUP
SQUASH	BRISK MORNING AIR	HUES	WARM
AUTUMN BREEZE	REAPING	OCTOBER	STUFFING
HAYBALE	BONFIRE	FRENCH TOAST	FLANNEL
APPLE	HAYRIDE	CRANBERRY	LATTE
RAKE	CANNING	GOLDENROD	QUILT
GOURD	ORANGE	ORCHARD	CORN MAZE
TURNING LEAVES	GLOVES	APPLE PIE	ACORN
FOX	FALLING TEMPERATURES	HOOT	MITTENS
BUTTERNUT SQUASH	FALLING	GOLDEN	RUSTLING
CORNUCOPIA	AUTUMN	SQUIRREL	SCARECROW