HR CONNECT NEWSLETTER

December 2025



"Tis the Season...

Merry Christmas and Happy New Year!

We hope this message finds you all in good health and high spirits as we approach the holiday season. It's the most wonderful time of the year, and we would like to take this opportunity to extend our warmest wishes to you and your love ones. As the year comes to a close, we reflect on the joyous moments we shared and express our gratitude for your continued support.

Important Dates

- **December 7- VIDE Appreciation Gala (STX)**
- **December 13- VIDE Appreciation Gala (STT/STJ)**
- **December 18- School Break Begins**
- **December 25- Christmas Day**
- **December 26- Boxing Day**

Good Morning, Good Morning

How are you this morning?

Good Morning, Good Morning

Ah come for meh Guavaberry!



Notices and Reminders

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.



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.

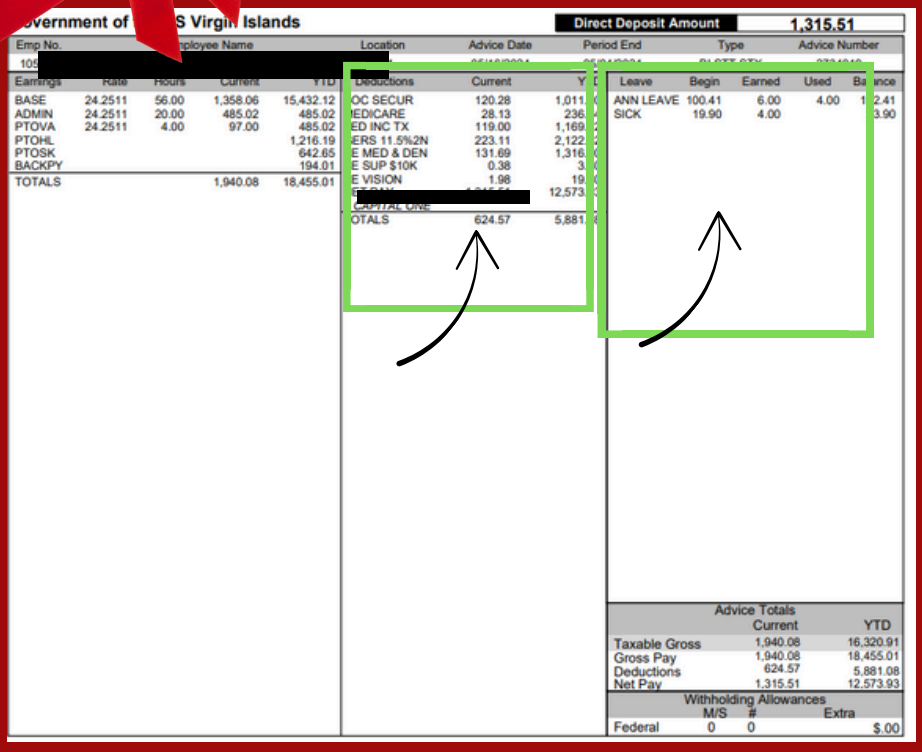


With the new Human Resources Information Management System, you can now log in using your VIDE credentials and conveniently update your Employee Information Update Form from wherever you are.



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

The Importance of Checking Your Paystubs



- It is your duty and responsibility as an employee to check your paystubs each pay period.
- Please make sure that all your benefits to include health Insurance, GERS , Federal Tax, Medicare and Social Security are being properly deducted on every paycheck. This will avoid future conflicts and delays.
- These deductions are located in the middle column of your paycheck.
- On the right column of your paycheck, you will see information as it pertained to your applicable earned leave. Verify that the correct amount is being accrued.

If you have any questions or concern, please contact your Human Resources Personnel

The Virgin Islands Department of Education is thrilled to invite you to the 2025 VIDE Appreciation Gala, a night dedicated to celebrating you – the educators, leaders, fire starters, dream-builders, and legacy makers who keep our islands' flame of learning burning bright.



This isn't just another event – it's a celebration of excellence, a tribute to passion, and a salute to every spark you've kindled in classrooms, offices, and communities across the U.S. Virgin Islands.

👉 RSVP today to secure your spot!

The RSVP Deadline Dates:
St. Thomas-St. John District – December 9, 2025
St. Croix District – December 2, 2025

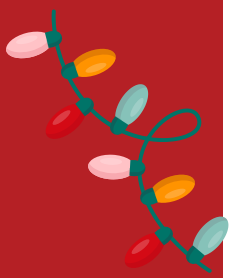
Health & Wellness Bulletin

Tips for Sticking to Your Diet During the Holidays

The holidays bring to mind thoughts of family, friends, fun and food. However, each year, millions of Americans struggle to maintain their waistlines during the holidays while surrounded by tempting holiday treats. With so many social gatherings during this time, it can be difficult to avoid treating yourself when you're offered good food and drinks. Whether you're dieting or just trying to maintain your healthy lifestyle, fear not—you can survive the holidays and wake up on Jan. 1 without feeling remorse or guilt. Consider the following tips:



- Don't go to a party hungry—Eat before attending a party so you don't arrive on an empty stomach and devour everything in sight.
- Eat slowly—Be mindful of every chew. It takes your body 20 minutes to realize when it's full.



- Pace yourself when drinking—Alcohol can be dangerous at holiday parties, as overindulgence cannot only cause embarrassment, but also pack on the pounds.
- Make socializing your top priority—If you're distracted with conversation, you'll be occupied and less likely to indulge in food or drinks.
- Practice self-control—For example, allow yourself one plate of food at a party, and promise yourself that you won't go back for seconds.



CURRIED SQUASH STEW



INGREDIENTS

1 Tbsp. vegetable oil
1 yellow onion (chopped)
2 cloves garlic (minced)
1 celery stalk (chopped)
½ tsp. ground cinnamon
1 large zucchini (chopped)
2 Tbsp. curry powder
3 cups butternut squash (chopped)
1 14.5-ounce can low-sodium tomatoes (diced)
1 14.5-ounce can low-sodium chickpeas (drained, rinsed)

PREPARATIONS

1. Heat a large pot on the stove over medium heat and add oil. Add the onion, garlic and celery, and cook about 10 minutes, until the onion is tender.
2. Add zucchini and curry powder and cook for 10 minutes, stirring occasionally.
3. Add the butternut squash, tomatoes and chickpeas, and cover. Continue cooking for about 10 minutes.
4. Serve with cooked brown rice.

Makes: 4 servings

December 1 Is World AIDS Day



World AIDS Day serves as an important reminder that we must remain steadfast in our commitment to prevent new HIV infections and provide essential services to all people living with HIV globally.

PURPOSE: Raise global awareness about HIV/AIDS

FOCUS AREAS:
Encourage early testing to reduce transmission

PREVENTION:
Safe sex, condom use, clean needles, PrEP

TESTING & EARLY DETECTION:
Encourage early testing to reduce transmission

TREATMENT ACCESS:
Promote equitable access to antirertoviral therapy (ART)



December 10 is International Human Rights Day

Human Rights Day is observed annually around the world on the 10 of December. It commemorates the anniversary of one of the world's most groundbreaking global pledges: the Universal Declaration of Human Rights (UDHR).

This landmark document enshrines the inalienable rights that everyone is entitled to as a human being - regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status.

Human Rights, Our Everyday Essentials
2025 Theme

Christmas

activity BINGO

BY: wholefood FOR 7

decorate gingerbread house	Walk to look at the lights	hot cocoa	family game night	Make a new treat
Christmas craft	Make paper snowflakes	Read a new book	An act of service	Watch ____ holiday movies
mail christmas cards	go Christmas caroling	Decorate the tree	Write a letter	build a blanket fort
Christmas scavenger hunt	Leave a surprise on someone's doorstep	Learn about another culutre's holiday	Buy or make a new orna-ment	put together a puzzle
Create a holiday playlist	Play Christmas charades	do something outdoors	Take a family photo	Make a garland





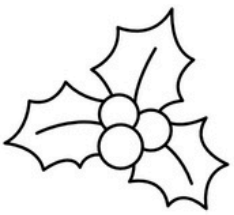
CHRISTMAS WORDSEARCH

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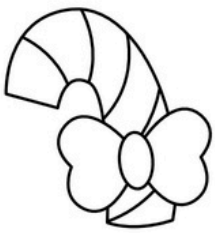














WORD LIST

BAUBLE
BOW
CANDY CANE
CAROLS
CHIMNEY
COOKIE
DECEMBER
EGGNOG
ELF
FROSTY
HOLLY
JINGLE BELLS
LIGHTS
MIDNIGHT
MISTLETOE
MITTENS
NORTH POLE
PRESENT
REINDEER
RUDOLPH
SANTA
SCARF
SEASON'S GREETINGS
SNOWBALL
SNOWFLAKE
STOCKING
SWEATER
TINSEL
TREE
WREATH



