HR CONNECT NEWSLETTER

MAY 2026





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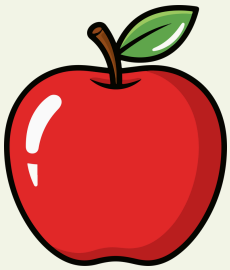
Notable Dates

25th - Memorial Day (Holiday)

HAPPY TEACHER APPRECIATION WEEK

Monday, May 4 to Friday, May 8

THANK YOU TEACHERS FOR INSPIRING, EDUCATING AND EMPOWERING OUR STUDENTS. YOU SHOW UP EVERY DAY, NOT JUST TEACHING LESSONS, BUT SHAPING FUTURES.
THANK YOU FOR ALL THAT YOU DO!



"The task of the excellent teacher is to stimulate 'apparently ordinary' people to unusual effort. The tough problem is not in identifying winners: it is in making winners out of ordinary people." — Dr. K. Patricia Cross.

Teacher Themed Word Search

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

chalkboard
classroom
curriculum
elementary
eraser
graduation
homework
instruction
kindergarten
learning
lesson
lunchroom
mathematics
notebook
pencil
project
reading
report
school bus
science
sharpener
sixth grade
students
study
subject
textbook
tutoring
uniform
writing
yearbook

Happy Nurses Week to our dedicated School Nurses!

Thank you for all you do for our students' health and well-being!





Vacancies at VIDE

St. Croix

Special Education Teacher
Language Arts Coordinator
School Nurse Supervisor
Program Assistant
Substitute Teacher
Social Studies Teacher
Computer Science Teacher
Mathematics Teacher
Foreign Language Teacher
Guidance Counselor
Music Teacher
Physical Education Teacher
Elementary Teacher
School Nurse
School Nurse Supervisor
Vocational Swimming Instructor
English Teacher
Science Teacher

St. Thomas/St. John

District Director -Special Education
School Safety Manager
Chief Information Technology Officer
Coordinator of Student Services
Financial Control Officer
Network Systems Manager
Special Education Teacher
Language Arts Coordinator
School Nurse
Substitute Teacher
Social Studies Teacher
Computer Science Teacher
School Monitor
Food Service Worker
Receiving Officer
Kitchen Manager
Social Studies Coordinator
Computer Science Teacher
English Teacher
Elementary Teacher
Science Teacher
Mathematics Teacher
Foreign Language Teacher
Guidance Counselor
Music Teacher
Physical Education Teacher
Elementary Teacher
School Social Worker
School Nurse Supervisor



Territorial

Attorney/Legal Counsel
Internal Auditor
Director of Federal Grants
Assistant Director of Federal Grants
Webmaster
Transformation Coach



Mental Health Awareness Month

Mental Health Month is dedicated to spreading awareness and encouraging people to take care of their minds just as much as they care for their bodies.

Talk about mental health. Share your own experiences if you feel comfortable — it helps others know they're not alone.

Care for your mental well-being with activities such as journaling, taking breaks or meditation.

If you know someone struggling, be a listening ear or encourage them to seek professional help. Your presence and support can make a difference.

Learn more about mental health so you can help others, including mental health conditions, signs to watch for and ways to get support.

1 in 5 U.S. adults experience a mental illness each year.

1 in 20 U.S. adults have serious mental illness such as bipolar disorder or schizophrenia

1 in 6 U.S. teens have experienced major depression

Half of mental illnesses start by age 14, and 75% by age 24.

In 2023, 20% of high school students seriously considered suicide.







Virgin Islands Department of Education

EMPLOYEE SPOTLIGHT

Marion Cromwell
Assistant Principal
Eulalie Rivera K-8 School
24 Years in the VIDE Family



What inspired you to pursue this career field?

I wanted to pursue a career in education because of my upbringing. My parents could not read, and that made me value education. Reading was my escape, power and passion. My love for reading led me to want to teach others to read so they could have the freedom and confidence that literacy gave me.

As I taught, I discovered that I had a strong ability to shift mindsets. I could help students believe in themselves, and I could also influence colleagues to see challenges, children, and systems differently. Seeing those mindset shifts happen consistently is what triggered my interest in leadership. Being in leadership allows me to expand my reach to an entire school population. I didn't just want to teach lessons. I wanted to help shape people, thinking and systems so that more students could truly succeed.

Is there a book you read recently that captured your interest?

I recently read 10x is Easier Than 2x by Dan Sullivan and Dr. Benjamin Hardy. The book argues that aiming for ten times growth is actually easier than trying to improve just a little. In short, 10x is not about working harder. It is about working smarter, bolder and more intentionally.

How would you describe yourself in 3 words?

I would describe myself as resilient, consistent and empathetic.

What is a quote that you love?

I love the quote “A child educated only at school is an uneducated child” because education is a partnership. School teaches knowledge and skills. Home teaches values, character and identity. Life teaches wisdom, resilience and perspective. When learning is confined to only one space, it is incomplete. A fully educated child learns everywhere.

Interested in being in the Spotlight? Click here: https://forms.office.com/r/5G9Rfux03b

Virgin Islands Department of Education

EMPLOYEE SPOTLIGHT

Jarokim Arib
Elementary Teacher
Lockhart K-8 School
3 Years in the VIDE Family



What motivates you?

Every day, I'm ignited by the dynamic process of learning and improvement I witness in my students. Another motivation is the love and support of my family back in the Philippines. Being here is a journey of intentional sacrifice. Yet, its outweighed by knowing I can provide for their needs. This combined purpose—fostering growth in the classroom and securing a better future for my family—is what gives me boundless energy and the motivation to keep excelling, every single day.

What is a professional accomplishment you're particularly proud of?

My greatest accomplishment here is in my ability to not only adapt to the vibrant, beautiful culture of the USVI but also to share the heart and heritage of the Philippines with my students. We learn from each other, expanding our worldviews daily. I believe that education is the most critical key to an empowered life, and I am driven to make that belief tangible. Watching a student's eyes light up when a concept finally clicks is the purest form of victory. The ultimate reward is the daily rhythm of my classroom: seeing my students genuinely enjoy our time together. That collective joy, that laughter and curiosity, is a constant source of inspiration and warmth. It bridges the thousands of miles that separate me from my family, filling my heart with a happiness that makes every sacrifice worthwhile.

What are some activities you enjoy doing outside of work?

"My professional mantra is that the energy you bring to the office is only as good as the time you spend away from it. That's why I treat my time off as a chance for purposeful living. I embrace both the quiet and the exciting. On a quiet evening, you'll find me completely immersed in a Netflix deep dive—it's my favorite way to hit the mental reset button. But I truly live for the adventure of discovery that come with the holiday and summer breaks we enjoy. Those opportunities to travel, explore new cultures, and truly 'live life to the fullest', don't just create memories; they broaden my perspective and fuel my curiosity, which is a major benefit I bring back to any team I work with. Whether it's a new continent or a local beach, my hobby is making sure I'm constantly refreshing my outlook."

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May 1st is

Principal's Day

Strong leadership is the foundation of school success. Thank you Principals for your vision, dedication and passion that makes our schools places where every student can learn, grow, and succeed.

HAPPY PRINCIPAL'S DAY!

MEMORIAL DAY

Memorial Day, observed on the last Monday of May, honors the brave men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting veteran cemeteries or war memorials, hosting family gatherings and participating in parades. Let us never forget those who made the ultimate sacrifice and bring comfort to the family members and friends who suffer the pain of their loss.



Asthma & Allergies Awareness Month

The Asthma and Allergy Foundation of America (AAFA) designated May as National Asthma and Allergy Awareness Month. It promotes improvement of respiratory and immune health, and sharing information about asthma and allergy diseases, risk factors, symptoms, and treatment. Over 105 million people in the U.S. have asthma and/or allergies: 28 million people have asthma, 22 million have food allergies and 82 million have nasal allergies.



Tips for Alleviating Asthma and Allergy Symptoms

- Learn and recognize signs of allergic reactions and breathing distress
- Limit/avoid exposure to allergy triggers
- Keep your home clean and dust often
- Prevent mold and address damp areas immediately
- Avoid irritants such as cigarette smoke and strong perfumes/sprays
- Consider use of antihistamines (such as Zyrtec, Allegra or Claritin) if you get allergies
- Use decongestants or saline rinses to help clear nasal passages
- Hydrocortisone creams can help soothe skin allergies, such as rashes and hives
- Make note of allergic reactions you experience and talk to your doctor about getting an allergy assessment
- Eat a diet rich in fruits and vegetables which helps reduce inflammation

Symptoms of allergic reactions can vary from mild to severe and include:

- Itchy eyes, nose, mouth, throat, skin
- Sneezing
- Runny nose
- Rashes or Hives
- Stomach cramps
- Vomiting
- Diarrhea
- Pain and Swelling
- Cough
- Throat closing
- Wheezing (a whistling when you breathe)
- Chest tightness
- Difficulty breathing
- Feeling faint or light-headed
- Fatigue/extreme tiredness

Asthma is a chronic (long-term) disease that causes inflammation and swelling of the airways, making it difficult to breathe.

There is no cure for asthma, but asthma attacks can be prevented and treated to improve one's quality of life.

Asthma symptoms include:

- shortness of breath
- shallow breathing
- fast breathing
- wheezing
- coughing
- chest pain or tightness