# HR CONNECT NEWSLETTER

**June Issue**




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- HR HUB
- HEALTH AND WELLNESS
- MEN'S HEALTH MONTH
- JUNE CROSS WORD PUZZLE
- SUMMER BINGO CARD







## IMPORTANT DATES:

- June 1- Hurricane Season Begins
- June 5- Last Day for School Kitchen Staff, Secretarial Staff, and Clerical Staff
- June 19- Juneteenth
- June 21- Father's Day

## MESSAGE TO TEACHERS, PRINCIPALS, FACULTY AND STAFF

As another successful school year comes to a close, we extend our heartfelt gratitude to each of you for your dedication, passion, and unwavering commitment to the students and families of the Virgin Islands. Your hard work, perseverance, and positive influence have made a lasting impact on countless lives and have contributed significantly to the success of our schools and educational community.

As you begin your well-deserved summer break, we encourage you to take this opportunity to rest, recharge, and enjoy meaningful moments with family and friends. May the summer bring you renewed energy, joy, and experiences that inspire and prepare you for the year ahead.

To our retirees, we offer a special note of appreciation and congratulations. Thank you for your years of faithful service and dedication to the children of the Virgin Islands. Your contributions have helped shape our schools, strengthen our communities, and leave a legacy that will continue to inspire future generations. While your daily presence will be missed, the impact of your work will be remembered for years to come. We wish you a retirement filled with happiness, good health, fulfillment, and new adventures.

Happy Summer!

-HUMAN RESOURCES OFFICE



**"SUCCESS IS THE SUM OF SMALL EFFORTS, REPEATED DAY IN AND DAY OUT."**
**— ROBERT COLLIER**

# HR HUB

## HOW TO REQUEST A JOB VERIFICATION LETTER:

1. Go to link: https://vide.tedk12.com/records/
2. Sign in to PowerSchool.
3. On the left-hand menu, click on “Available Forms.”
4. Select “Job Verification” from the list of forms.
5. Make sure to choose the appropriate district.
6. Fill out the form completely with the required information.
7. Once the form is filled out, click on “Save Final” to submit it.

PLEASE NOTE: THERE IS A 24-HOUR PROCESSING PERIOD FOR ALL JOB VERIFICATIONS.

## Updating Beneficiaries

### What is a beneficiary?

A beneficiary is someone you choose to receive a life insurance benefit or your GERS contributions payment should you pass away. There are 2 types, primary and contingent. Primary beneficiaries are the first to receive payments. Contingent beneficiaries would receive the payment if the primary beneficiary is deceased, incapacitated, or cannot be located.

### How do I update my beneficiary?

Beneficiaries are updated by visiting the Bentek and GERS' websites. Please visit www.mybentek.com/gvi AND www.usvigers.com/ Beneficiaries and contact information can be updated at any time.



### Why should I update beneficiaries?

Reviewing and updating beneficiaries ensures an easy process for any benefits payout.

### When should I update my beneficiary?

Life events such as marriage, divorce, birth of a child, or death of a loved one can impact your beneficiary designations. If your beneficiary's contact information changes please update also.

# JOB LISTING:

- Attendance Counselor-STX
- Paraprofessional - STX
- Vocational Teacher - STTJ
- School Safety Manager - STTJ
- Kitchen Manager-STX
- Cook-STX
- District Director of Special Education
- Vocational Teacher- Swimming Instructor STX
- Financial Control Officer - STTJ
- Social Studies Coordinator - STTJ
- School Nurse Supervisor - STX
- School Nurse Supervisor - STTJ
- Legal Counsel
- Internal Auditor - Territorial
- Coordinator of Pupil Services - STTJ
- Substitute Teacher - STX
- Substitute Teacher - STTJ
- Secondary Education Teacher - Social Sciences STTJ
- Secondary Education Teacher - Computer Science STTJ
- Secondary Education Teacher - Computer Science STX
- Secondary Education Teacher - English STX
- Secondary Education Teacher - English STTJ
- Secondary Education Teacher - General Sciences STX
- Secondary Education Math Teacher - STTJ
- Secondary Education Math Teacher - STX
- Foreign Language Teacher - STTJ
- Guidance Counselor - STX
- Elementary School Teacher - Music
- Physical Education Teacher - STTJ
- Elementary School Teacher - STX
- Elementary School Teacher - STTJ
- Special Education Teacher - STTJ
- Network Systems Manager - STTJ
- School Nurse - STX
- Web Master - Territorial
- Language Arts Coordinator - STTJ
- School Nurse - STTJ
- Elementary School Teacher - STTJ

APPLY NOW

# ULTIMATE HEALTH AND WELNESS

## SUMMER HEALTH TIPS

As temperatures rise, it's important to prioritize your health and well-being. Follow these simple tips to stay safe, healthy, and energized throughout the summer months:

### STAY HYDRATED

- Drink plenty of water throughout the day.
- Limit sugary drinks and excessive caffeine, which can contribute to dehydration.
- Keep a reusable water bottle nearby as a reminder to drink regularly.




### EAT LIGHT AND NUTRITIOUS MEALS



- Choose fresh fruits and vegetables that are high in water content, such as watermelon, cucumbers, and berries.
- Opt for balanced meals that provide sustained energy.

### PROTECT YOUR SKIN




- Apply sunscreen with SPF 30 or higher when spending time outdoors.
- Reapply sunscreen every two hours, especially after swimming or sweating.
- Wear sunglasses and a hat for additional protection.

### STAY ACTIVE SAFELY



- Exercise during cooler parts of the day, such as early morning or evening.
- Take breaks and avoid overexertion during extreme heat.

### TAKE TIME TO RECHARGE

- Use the summer season as an opportunity to relax, spend time with loved ones, and engage in activities that support your mental well-being.



## THE BEST BEACH SANDWICH



**Ingredients**

**Sun-Dried Tomato Butter**

1/3 Cup Salted Butter softened
1/4 Cup Sun-Dried Tomatoes in oil
Pinch Salt
Fresh-Cracked Black Pepper to taste

**Marinated Avocado**

Juice from 1/2 Lemon
Pinch Salt

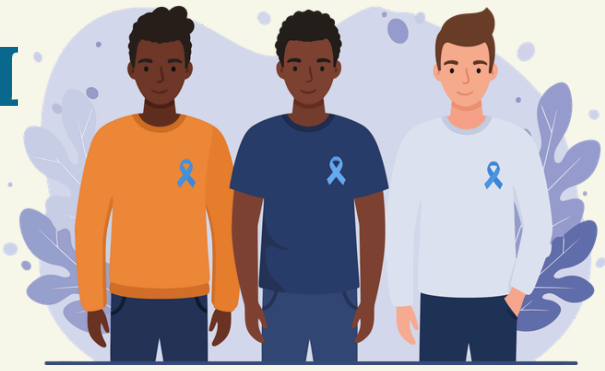
**The Beach Sandwich**

1 12" Loaf Ciabatta Bread
1/2 Lb Deli Turkey
1/4 Lb White Cheddar Cheese
1/4 Cup Fresh Basil Leaves
1/2 Cup Pickles sliced
2 Cups Arugula
Drizzle Extra Virgin Olive Oil
Pinch Salt

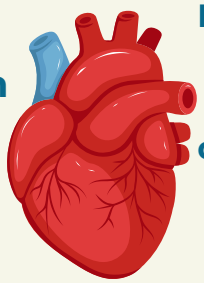
**Instructions**

1. Start by prepping your sun-dried tomato butter. Add the softened (NOT melted) butter to a bowl, then mix in the sun-dried tomatoes. Add a pinch of salt and black pepper, to taste. Set aside.
2. Prep your avocado by pitting it, removing the skin, and cutting it into thin slices. In a small bowl, mix the avocado slices with the juice from 1/2 lemon, and a pinch of salt. Mix until all the slices are coated.
3. Cut your loaf of bread in half. Spread on the sun-dried tomato butter on both sides.
4. Layer on the ingredients in this order – cheddar cheese, turkey, basil leaves, avocado slices, slices pickles, and arugula. Over the top of the arugula, drizzle a little bit of extra virgin olive oil and a pinch of salt.
5. Fold the sandwich, then using a serrated knife, cut into as many sections as you like.
6. To take the sandwich to the beach, wrap the sections of sandwich in parchment paper and twine.
7. Enjoy! :)

# JUNE IS MEN'S HEALTH AWARENESS MONTH



Life expectancy at birth for males was 75.1 years in the first half of 2020, compared to 80.5 years for women.

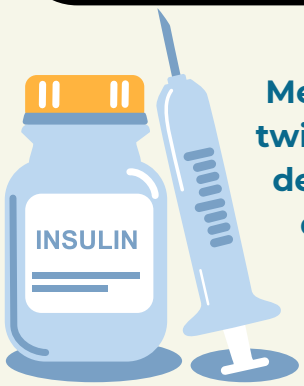


Heart disease is the leading cause of death among men in the US. On average, men develop health disease 10 years earlier than women.

ONE PERSON DIES FROM HEART DISEASE EVERY 36 SECONDS

## DID YOU KNOW?

Men are more likely to get kidney stones compared to women.




Men are almost twice as likely to develop type 2 diabetes as women

## CANCER

LUNG
COLORECTAL
PROSTATE
TESTICULAR

IT WAS ESTIMATED THAT THESE CANCERS ACCOUNT FOR 43% OF ALL CANCER DIAGNOSED IN MEN IN 2020



## BLOOD TEST

- CARDIAC RISK
- PROFILE DIABETES
- PROFILE CORTISOL
- TEST TESTOSTERONE
- PANEL LIPID PANEL
- PSA TEST



Making adjustments to diet, exercising, and preventative care can help to combat disease and potentially increase your life expectancy . Getting labs done regularly can help provide insight and give you a game plan to bettering your health

Name: _____ Date: _____

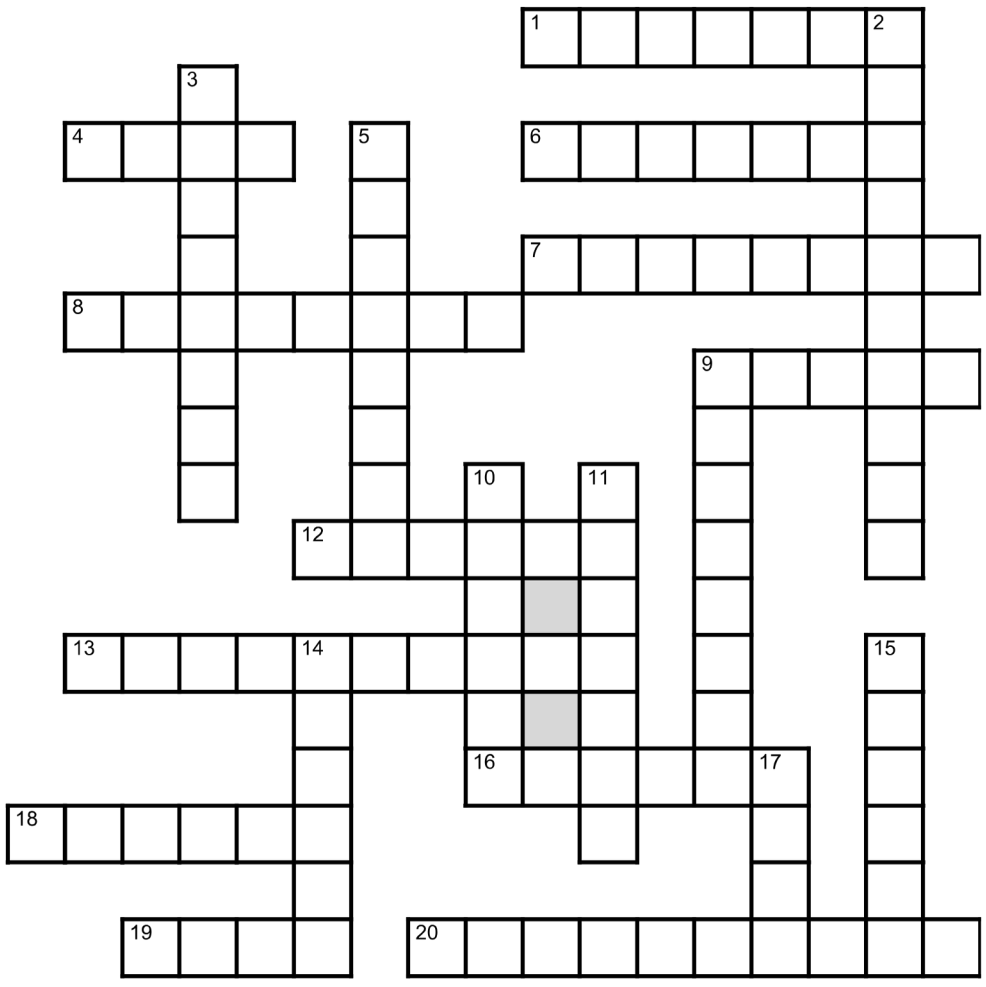



ACROSS

1. Marriage ceremony.
4. Celebrated on June 14th in the US: ___ Day.
6. Certificate presented at a graduation ceremony.
7. Cook outdoors on a grill.
8. Opposite of indoors.
9. June is the ___ month of the year.
12. Astrological sign for the start of June (twins).
13. Celebrated on June 19th to commemorate the ending of slavery.
16. Astrological sign for the end of June (crab).
18. He is celebrated on the third Sunday in June.
19. June 6th, 1944.
20. Red berry that is in season in June.

DOWN

2. Ceremony marking the end of the school year.
3. Time off from school.
5. Drink made from a yellow citrus fruit and sugar.
9. Longest day of the year: Summer ___.
10. Meal eaten outdoors.
11. Sport using a rod and a reel.
14. Number of days in June.
15. Season that begins in June in the Northern Hemishere.
17. Birth month flower for June.




| | |
|---|---|
| Barbecue | Outdoors |
| Cancer | Picnic |
| D-Day | Rose |
| Diploma | Sixth |
| Father | Solstice |
| Fishing | Strawberry |
| Flag | Summer |
| Gemini | Thirty |
| Graduation | Vacation |
| Juneteenth | Wedding |
| Lemonade | |

# Staff Summer Bingo

| | | | | |
|---|---|---|---|---|
| Visiting a Park | Pampering Myself at Home or at a Salon | Enjoying the Outdoors | Hanging Out with Another Staff Memeber | Eating Outside |
| Spending Time with a Child | Enjoying My Favorite Beverage | Exercising or Doing Yard Work | Doing a Craft or Project | Watching a Movie |
| Volunteering or Helping a Neighbor | Dressing Up to Go Out | FREE  | Shopping in a Store | Reading a Non- School Related Book |
| Trying Something New | Enjoying Time With My Family | Enjoying My Favorite Treat | In an Airport or On a Road Trip | Working on a Home Project |
| Being Spontaneous | Doing Absolutely Nothing | Sitting by a Pool. Beach. or River | Listening to music | Taking a Selfie with a Pet or Animal |

SUMMER VIBES!