HR CONNECT NEWSLETTER

SEPTEMBER 2026



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HOLIDAYS

September 7: Labor Day





REMINDER: OPEN ENROLLMENT

BENEFITS OPEN ENROLLMENT IS HAPPENING UNTIL SEPTEMBER 11TH!

THIS IS YOUR OPPORTUNITY TO REVIEW YOUR CURRENT BENEFITS AND MAKE ANY CHANGES TO YOUR HEALTH INSURANCE COVERAGE, INCLUDING ADDING OR REMOVING DEPENDENTS.

CHANGES CAN BE MADE THROUGH THE BENTEK WEBSITE: HTTPS://APP.MYBENTEK.COM

ALL CHANGES MADE WILL TAKE EFFECT ON OCTOBER 1, 2026.

PLEASE NOTE, WHEN OPEN ENROLLMENT CLOSES, NO CHANGES CAN BE MADE TO YOUR BENEFITS UNTIL THE NEXT OPEN ENROLLMENT IN 2027, UNLESS YOU EXPERIENCE A QUALIFYING LIFE EVENT.





HAPPY LABOR DAY

ON THE FIRST MONDAY OF SEPTEMBER, LABOR DAY IS CELEBRATED TO HONOR EMPLOYEES, RECOGNIZE THE ACHIEVEMENTS OF THE AMERICAN LABOR MOVEMENT AND HIGHLIGHT EMPLOYEE RIGHTS.

WISHING YOU AN ENJOYABLE AND RELAXING DAY AS WE CELEBRATE THE IMPACT AND CONTRIBUTIONS OF DEDICATED EMPLOYEES LIKE YOU!



SEPTEMBER RESET

A FRESH START FOR THE FINAL STRETCH OF THE YEAR: SEPTEMBER PROVIDES A NATURAL RESET. SUMMER WINDS DOWN, ROUTINES RETURN, AND THERE ARE A FEW MONTHS LEFT IN THE YEAR. USE SEPTEMBER AS AN OPPORTUNITY TO PAUSE, REFOCUS, AND MAKE A FEW INTENTIONAL ADJUSTMENTS.THIS MONTH, TRY A SEPTEMBER RESET IN FOUR AREAS OF YOUR LIFE:

TIME



ITS A GOOD TIME TO LOOK AT WHERE YOUR TIME IS ACTUALLY GOING.

TRY THIS:

- REVIEW YOUR CALENDAR AND RECURRING COMMITMENTS.
- IDENTIFY TASKS THAT ARE ESSENTIAL, OPTIONAL, OR CAN BE DELEGATED.
- CHOOSE 3 PRIORITIES FOR EACH WEEK.
- BLOCK TIME FOR IMPORTANT TASKS .
- PUT BREATHING ROOM IN YOUR SCHEDULE.

RESET QUESTION: AM I SPENDING MY TIME ACCORDING TO MY PRIORITIES—OR SIMPLY REACTING TO WHAT COMES UP?

SPACE



OUR SPACES IMPACT HOW WE FEEL AND FUNCTION. DECLUTTERING CAN CREATE MORE ROOM—LITERALLY AND MENTALLY.

TRY THIS:

- SPEND 15 MINUTES A DAY FOR ONE WEEK DECLUTTERING ONE SMALL SPACE.
- USE THE "KEEP, DONATE, DISCARD" METHOD TO MAKE DECISIONS QUICKLY.
- DELETE OLD FILES, PHOTOS, EMAILS TAKING UP DIGITAL SPACE.
- DESIGNATE HOMES FOR ITEMS.

RESET QUESTION: WHAT CAN I REMOVE FROM MY ENVIRONMENT TO MAKE LIFE EASIER?

SELF



RETURN TO ROUTINES THAT MAY HAVE SLIPPED DURING THE SUMMER.

TRY THIS:

- SET A CONSISTENT SLEEP AND WAKE SCHEDULE.
- PLAN MEALS AND KEEP HEALTHY, CONVENIENT SNACKS AVAILABLE.
- DO MOVEMENT THAT YOU ENJOY.
- DRINK MORE WATER.
- SCHEDULE TIME FOR HOBBIES, FRIENDS, AND FAMILY.

RESET QUESTION: WHAT IS ONE SMALL HABIT I COULD START THIS MONTH THAT MY FUTURE SELF WOULD APPRECIATE?

GOALS



CONSIDER WHERE YOU WANT TO BE AT THE END OF THE YEAR

TRY THIS:

- REVIEW THE GOALS YOU SET AT THE BEGINNING OF THE YEAR. CELEBRATE WHAT YOU'VE ACCOMPLISHED.
- CHOOSE 3 PRIORITIES FOR LAST QUARTER.
- BREAK LARGE GOALS INTO SPECIFIC ACTIONS. WHAT DO YOU WANT TO START, STOP, AND CONTINUE?
- PICK 1 PERSONAL GOAL AND 1 PROFESSIONAL GOAL FOR THE QUARTER.

RESET QUESTION: WHAT WOULD I FEEL PROUD TO HAVE ACCOMPLISHED BY DECEMBER?

HISPANIC HERITAGE MONTH

SEP 15 - OCT 15

HAPPY HISPANIC HERITAGE MONTH!

WE JOIN IN CELEBRATING HISPANIC HISTORY AND CULTURE AND APPRECIATING THE IMPACT AND CONTRIBUTIONS OF HISPANIC EDUCATORS, ARTISTS, SCIENTISTS, MILITARY SERVICE MEMBERS, WRITERS, HEALTHCARE PROFESSIONALS, ENTREPRENEURS AND OTHER PROFESSIONALS!



A FEW WAYS TO CELEBRATE...

HISPANIC HERITAGE

SUPPORT BUSINESSES:

SHOP AT LOCAL LATINO-OWNED RESTAURANTS, GROCERY STORES, AND BOOKSTORES. PURSCHASE ART, CRAFTS, CLOTHING, AND GOODS FROM HISPANIC CREATORS.

READ AND WATCH:

READ BOOKS WRITTEN BY HISPANIC AND LATINO AUTHORS. WATCH FILMS AND DOCUMENTARIES ON HISPANIC AND LATINO HISTORY.

ATTEND EVENTS:

VISIT LOCAL CULTURAL FESTIVALS, ART EXHIBITS, AND PARADES.
LOOK ONLINE FOR VIRTUAL EXHIBITS AND EDUCATIONAL EVENTS.

EXPLORE FOOD AND MUSIC:

COOK TRADITIONAL DISHES LIKE EMPANADAS, TACOS, OR RICE AND BEANS. LISTEN TO AND DANCE TO GENRES LIKE SALSA, MERENGUE, MARIACHI, AND REGGAETON.



BLACK BEAN & VEGGIE TOSTADAS

INGREDIENTS

- TOSTADAS: 8 STORE-BOUGHT SHELLS OR CORN TORTILLAS BRUSHED WITH OIL.
- BLACK BEANS: 1 CAN (15 OZ) DRAINED AND RINSED, OR REFRIED BLACK BEANS.
- VEGETABLES: 1 DICED BELL PEPPER, 1 DICED ZUCCHINI, 1/2 CHOPPED RED ONION, AND 1 CUP CORN.
- SEASONING: 1 TBSP OLIVE OIL, 1/2 TSP SALT, 1/2 TSP CUMIN, AND 1/2 TSP CHILI POWDER.
- TOPPINGS: SHREDDED CHEESE (OPTIONAL), CILANTRO, DICED AVOCADO, AND LIME JUICE.

INSTRUCTIONS

TOSS CHOPPED BELL PEPPER, ZUCCHINI, ONION, AND CORN WITH OLIVE OIL, SALT, CUMIN, AND CHILI POWDER. SPREAD ON A BAKING SHEET AND ROAST AT 400°F FOR 30 MINUTES UNTIL TENDER AND BROWNED.
IF USING PLAIN CORN TORTILLAS, BRUSH/SPRAY BOTH SIDES WITH OIL AND BAKE AT 425°F FOR ABOUT 10 MINUTES
HEAT BLACK BEANS OR REFRIED BEANS ON THE STOVETOP UNTIL WARM.
SPREAD A LAYER OF BEANS ONTO EACH SHELL. TOP WITH A SCOOP OF ROASTED VEGETABLES. ADD CHEESE, THEN PUT BACK IN THE OVEN FOR A FEW MINUTES IF YOU WANT THE CHEESE MELTED.
GARNISH WITH FRESH CILANTRO, AVOCADO, AND A SQUEEZE OF LIME JUICE.



VACANCIES @ VIDE



ST. THOMAS/ST. JOHN

COORDINATOR OF PUPIL SERVICES
CUSTODIAL WORKER
DIRECTOR OF FEDERAL GRANTS
FINANCIAL CONTROL OFFICER
FOREIGN LANGUAGE TEACHER
LANGUAGE ARTS COORDINATOR
PHYSICAL EDUCATION TEACHER
PROGRAM ASSISTANT
RECEIVING OFFICER
SCHOOL NURSE
SCHOOL NURSE SUPERVISOR
SECONDARY MATH TEACHER
SECONDARY TEACHER - ENGLISH
SECONDARY TEACHER - COMPUTER
SECONDARY TEACHER -SCIENCE
SECONDARY TEACHER -SOCIAL SCIENCES
SOCIAL STUDIES COORDINATOR
SPECIAL EDUACTION TEACHER
SUBSTITUTE TEACHER
SYSTEM ANALYST II

ST. CROIX

CUSTODIAL WORKER
ELEMENTARY TEACHER - MUSIC
PHYSICAL EDUCATION TEACHER
SCHOOL NURSE
SECONDARY MATH TEACHER
SECONDARY TEACHER - COMPUTER
SECONDARY TEACHER - ENGLISH
SECONDARY TEACHER - SCIENCE
SECONDARY TEACHER SPANISH
SUBSTITUTE TEACHER

TERRITORIAL

INTERNAL AUDITOR

APPLY NOW



NATIONAL PREPAREDNESS MONTH



LAUNCHED IN 2004, NATIONAL PREPAREDNESS MONTH (NPM) IS FEMA'S NATIONAL ANNUAL PREPAREDNESS CAMPAIGN. IT AIMS TO EDUCATE AND EMPOWER AMERICANS TO PREPARE FOR AND RESPOND TO ALL EMERGENCIES, FROM NATURAL DISASTERS TO TERRORIST ATTACKS.

4 ACTIONS TO PREPARE FOR ANY DISASTER:

KNOW YOUR RISK

KNOW OF THE DISASTERS THAT ARE POSSIBLE IN YOUR AREA. THIS HELPS YOU LEARN WHAT YOU NEED TO DO TO STAY SAFE. YOU CAN EXPLORE VARIOUS DISASTERS AND EMERGENCIES ON WWW.READY.GOV.

MAKE A FAMILY EMERGENCY PLAN

MAKING AN EMERGENCY PLAN EARLY CAN SAVE YOU MONEY AND GIVE YOU PEACE OF MIND. WITH YOUR HOUSEHOLD, DISCUSS HOW YOU'LL RESPOND TO VARIOUS EMERGENCIES. PRACTICE AS MANY ELEMENTS OF THE PLAN AS POSSIBLE. PLAN WHAT TO DO IN CASE YOU ARE SEPARATED DURING AN EMERGENCY. DESIGNATE AN OUT-OF-AREA EMERGENCY CONTACT PERSON.

CREATE AN EMERGENCY SUPPLY KIT

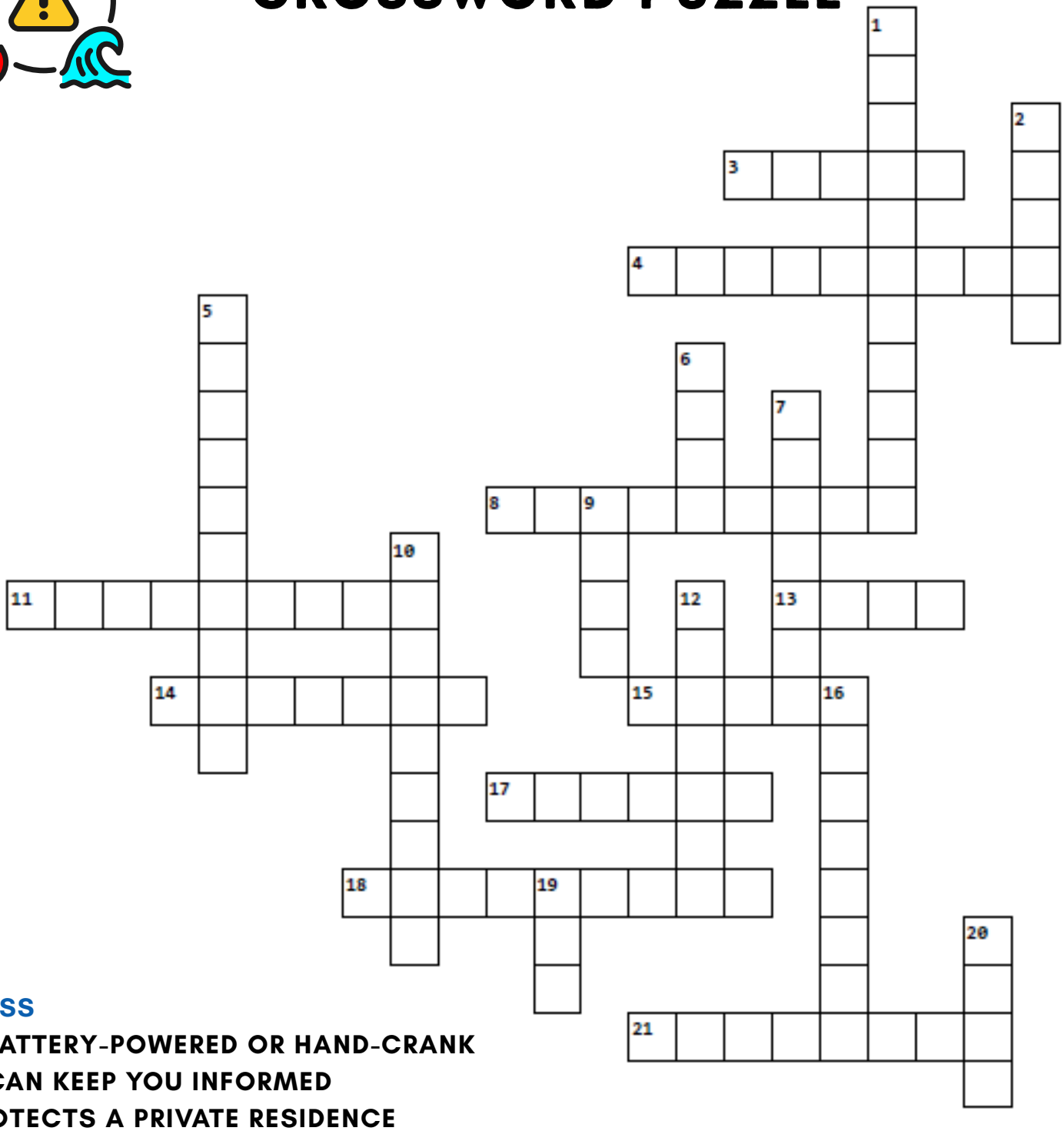
HAVING SUPPLIES CAN HELP YOU STAY SAFE AND COMFORTABLE UNTIL HELP ARRIVES. RECOMMENDED ITEMS INCLUDE A RADIO, CANNED FOOD, WATER, FLASHLIGHTS, FIRST AID KIT, FACE MASKS, GARBAGE BAGS, AND SANITATION ITEMS.

GET INVOLVED

TAKE ACTION TO PREPARE FOR EMERGENCIES. TAKE COURSES ON FIRST AID, CPR, SAFETY AND EMERGENCY PREPARATION TECHNIQUES.



NATIONAL PREPAREDNESS CROSSWORD PUZZLE



ACROSS

3. A BATTERY-POWERED OR HAND-CRANK ONE CAN KEEP YOU INFORMED
4. PROTECTS A PRIVATE RESIDENCE AGAINST STRUCTURAL DAMAGE
8.ITEM NEEDED TO GIVE DEVICES POWER
11. POWERFUL STORM WITH SWIRLING WINDS OF AT LEAST 74 MILES PER HOUR
13.LARGE SHEET OF WATERPROOF MATERIAL USED TO COVER AND PROTECT
14. GO HERE IF YOU NEED TO EVACUATE
15.ONE GALLON PER PERSON PER DAY
17.NON-PERISHABLE ITEMS THAT REQUIRE NO COOKING OR REFRIGERATION
18.RECORDS, INSURANCE POLICIES, IDS
21. PROTECTIVE COVERS INSTALLED OVER WINDOWS AND DOORS

DOWN

1. SUPPLY OF CRITICAL PRESCRIPTIONS
2.USE ME TO SANITIZE YOUR HANDS
5.BRIGHT LIGHT SOURCE
6.FIRST MONTH OF HURRICANE SEASON
7.A LOUD SIGNAL FOR HELP
9.FOR QUICK FIXES, SEALING, OR REPAIRS
10.SUPPLIES POWER TO BUILDINGS
12. HELPS TO RETAIN BODY HEAT
16.A WATERPROOF GARMENT
19.PRINTED PAPER OF AN AREA
20.USE ME WHEN THE ATMS DON'T WORK