VI DEPARTMENT OF EDUCATION

HR CONNECT NEWSLETTER

NOVEMBER 2026

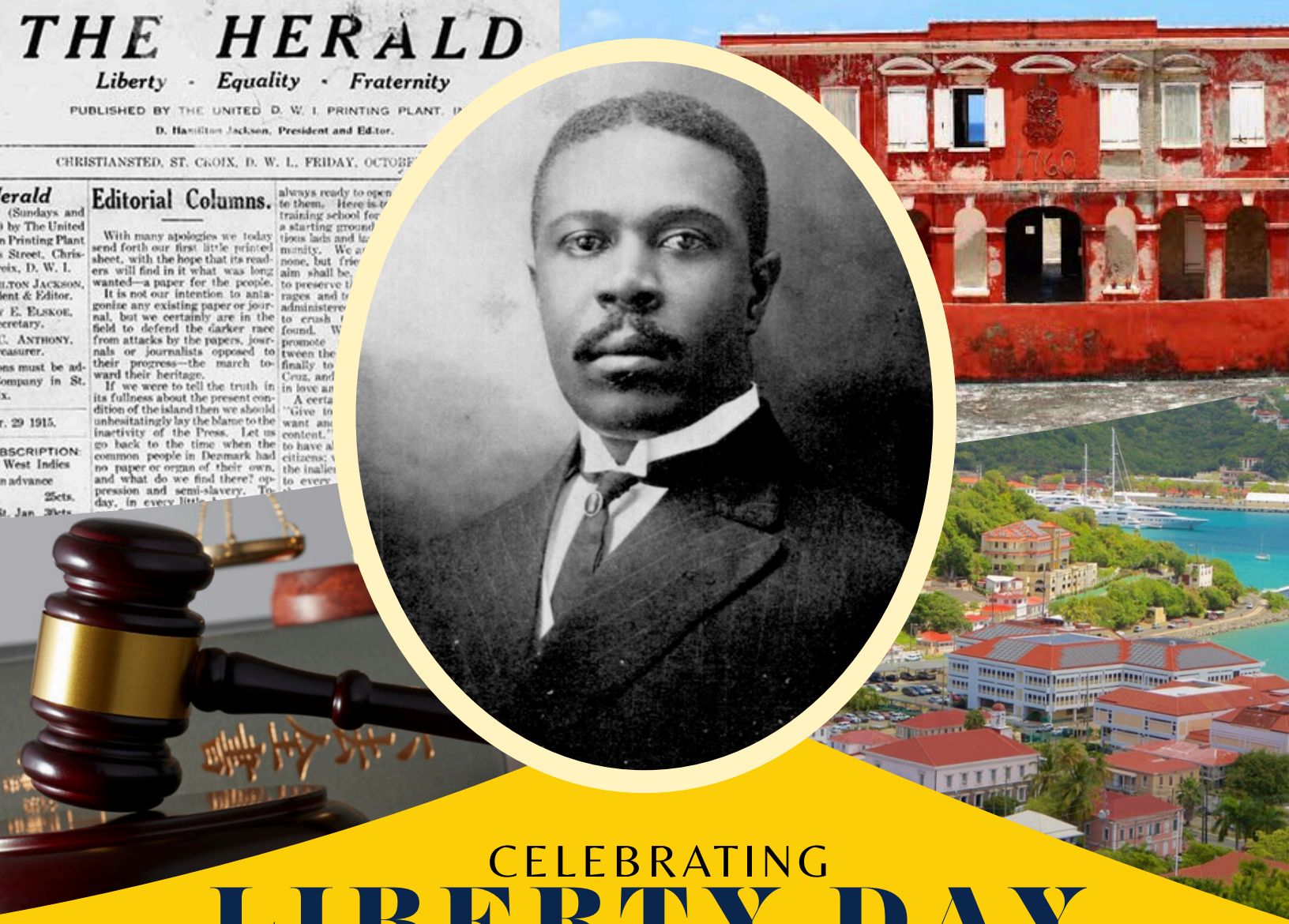


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CELEBRATING

LIBERTY DAY

IN HONOR OF

DAVID HAMILTON JACKSON

EACH NOVEMBER 1ST, THE US VIRGIN ISLANDS CELEBRATES LIBERTY DAY TO HONOR THE LEGACY OF DAVID HAMILTON JACKSON, A CRUCIAN LABOR LEADER, JOURNALIST, JUDGE AND CHAMPION OF THE PEOPLE. HIS COURAGE AND VISION LAID THE FOUNDATION FOR A BETTER VIRGIN ISLANDS.

DAVID HAMILTON JACKSON FOUGHT FOR FAIR LABOR PRACTICES, BETTER WAGES, ACCESS TO EDUCATION AND OPPORTUNITIES. HIS SERVICE CREATED THE ORGANIC ACT OF 1936, GUARANTEEING CIVIL RIGHTS THAT THE REVISED ORGANIC ACT OF 1954 IS BASED ON. HE ALSO LOBBIED FOR U.S. CITIZENSHIP AND SELF-GOVERNANCE FOR VIRGIN ISLANDERS.

HEALTH HUDDLE



OUR HEALTH AND WELLNESS BEGINS WITH EVERYDAY CHOICES. TAKING CARE OF YOUR HEALTH IS AN INVESTMENT IN YOUR QUALITY OF LIFE. WITH WORK, FAMILY, AND DAILY RESPONSIBILITIES, IT CAN BE EASY TO PUT OURSELVES LAST. SMALL, CONSISTENT STEPS CAN MAKE A DIFFERENCE.

AS A NEW YEAR QUICKLY APPROACHES, ASK YOURSELF:

HAVE I BEEN SLEEPING WELL? HAVE I MADE TIME FOR PHYSICAL ACTIVITY? HAVE I SCHEDULED THE CARE I NEED? IS THERE SOMETHING ON MY MIND THAT I SHOULD TALK ABOUT?

FIVE HABITS TO PRIORITIZE:

1. **SCHEDULE PREVENTIVE CARE.** KEEP UP WITH ROUTINE CHECKUPS AND DISCUSS CONCERNS WITH YOUR DOCTOR.
2. **KEEP MOVING**. FIND ACTIVITIES YOU ENJOY, SUCH AS WALKING, CYCLING, SWIMMING, OR STRENGTH TRAINING.
3. **GET YOUR SLEEP**. ESTABLISH A CONSISTENT BEDTIME AND AIM FOR AT LEAST 7-8 HOURS OF SLEEP.
4. **MANAGE STRESS.** TAKE BREAKS, SPEND TIME OUTDOORS, AND MAKE TIME FOR ACTIVITIES TO HELP YOU RECHARGE.
5. **TALK ABOUT MENTAL HEALTH**. TALK TO SOMEONE YOU TRUST OR QUALIFIED PROFESSIONAL WHEN YOU'RE OVERWHELMED WITH STRESS, ANXIETY, OR SADNESS.



NOVEMBER IS DIABETES AWARENESS MONTH



DID YOU KNOW?

ACCORDING TO DATA COLLECTED IN 2023, 16.6% OF PEOPLE IN THE USVI ARE LIVING WITH DIABETES.

Diabetes is a chronic disease that affects how the body regulates blood glucose (blood sugar). It can affect people of all ages and backgrounds, however Black, Hispanic, Native American and Asian people have a higher risk. Diabetes can cause damage to blood vessels in the heart, eyes, kidneys and nerves. Diabetics also have a higher risk of developing heart attacks and strokes. Some people experience symptoms, while others may have no noticeable signs. Risk factors include being overweight, physical inactivity, having high blood pressure and a family history.

WARNING SIGNS INCLUDE:

1. INCREASED THIRST
2. FREQUENT URINATION
3. UNUSUAL TIREDNESS
4. BLURRY VISION
5. SUDDEN WEIGHT LOSS
6. CUTS/SORES THAT HEAL SLOWLY
7. FREQUENT INFECTIONS
8. NUMBNESS OR TINGLING IN HANDS AND FEET
9. DARK PATCHES OF SKIN, ESPECIALLY ON THE NECK, ARMPITS OR GROIN

HEALTHY HABITS TO PROMOTE PREVENTION

1. 30 MINUTES OF EXERCISE DAILY
2. EATING A DIET FILLED WITH FRUITS AND VEGETABLES
3. DRINKING WATER INSTEAD OF JUICE AND SODAS
4. REDUCING ALCOHOL CONSUMPTION
5. AVOIDING SMOKING TOBACCO



VETERANS DAY · NOVEMBER 11

Each Veterans Day we recognize, honor and thank the courageous men and women who have served in the United States Armed Forces. On this day, we recognize their service and acknowledge their sacrifices. Show your appreciation for our veterans by thanking them, listening to their experiences and supporting veteran-owned businesses and veteran service organizations.

TO EVERY VETERAN, THANK YOU FOR YOUR SERVICE, YOUR DEDICATION, AND YOUR CONTRIBUTIONS TO OUR COMMUNITIES.



INTERNATIONAL MEN'S DAY

Celebrating Men Who Make a Difference

November 19



International Men's Day gives us the opportunity to recognize the positive contributions men make to their families, workplaces, and communities. It also encourages conversations about positive male role models, healthy relationships, and men's health and well-being. In the workplace, we see these contributions through mentorship, teamwork, leadership, and the willingness to support others.

Think of a male colleague, mentor, friend, or family member who has made a positive difference in your life, family or community. Take a moment to commend and thank him.

VIRGIN ISLANDS DEPARTMENT OF EDUCATION

EMPLOYEE APPRECIATION HOLIDAY GALA

The Golden Gala

DECKING THE HALLS WITH 5-STAR BRILLIANCE!

SAVE THE DATE

ST. CROIX DISTRICT

DECEMBER 5, 2026

Starlight Lounge

7:00 P.M. – 12:00 A.M.

ST. THOMAS - ST. JOHN DISTRICT

DECEMBER 12, 2026

Mark C. Marin Center, Antilles School

7:00 P.M. – 12:00 A.M.

Breaking Barriers, Setting Records, Becoming 5-Stars.

HAPPY THANKSGIVING

WE WISH YOU A WONDERFUL
THANKSGIVING BREAK
WITH YOUR FAMILY AND FRIENDS!



SMALL BUSINESS SATURDAY: NOVEMBER 28, 2026

LET'S SUPPORT SMALL BUSINESSES ON SMALL BUSINESS SATURDAY. SMALL BUSINESSES ARE AN IMPORTANT PART OF OUR LOCAL ECONOMY. SMALL BUSINESS SATURDAY ENCOURAGES US TO SUPPORT INDEPENDENT BUSINESSES DURING THE HOLIDAY SHOPPING SEASON. EVERY PURCHASE, RECOMMENDATION, AND POSITIVE REVIEW CAN HELP A LOCAL SMALL BUSINESS TO THRIVE.

WAYS TO SUPPORT SMALL BUSINESSES

- SHOP LOCAL FOR HOLIDAY GIFTS
- VISIT INDEPENDENT RESTAURANTS
- PURCHASE FROM LOCAL ARTISTS
- RECOMMEND A SMALL BUSINESS
- LEAVE A POSITIVE REVIEW OF A SMALL BUSINESS



CULTIVATING GRATITUDE: EMBRACE THE POWER OF THANKFULNESS



As Thanksgiving approaches, we reflect on the people, experiences, and moments that we're thankful for. Showing appreciation doesn't have to involve grand gestures. A sincere and thoughtful thank you or recognition for a job well done can help people feel valued and strengthen our connections. Let's create a habit of giving gratitude. Appreciation is most powerful when it is and shared throughout the year, not just during the holidays.

Great Ways to Practice Gratitude:

- Gift someone who helped you.
- Recognize someone for great work.
- Write down 3 things you appreciate.
- Celebrate a team achievement.
- Connect with someone who matters to you.



Workplace Gratitude Challenge

This month, thank three people who have made your workday better. Be specific about what they did and why it mattered.