

NATIVE YOUTH PROGRAM NEWSLETTER

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Trick or Treat!

October's theme is "Don't be a Zombie!" We want to encourage youth – and their whole community – to get out there and be more active.

Halloween is coming up, which means plenty of events going on! These can get everyone up and moving (even if it's for a bunch of candy).

A popular event that happens during this month are Trunk or Treats. There are lots around town, so be sure to be on the lookout. It takes a community to make these happen so remember to say thank you to all those who put them together.

Speaking of Trunk or Treats, there will be one held here at the Paiute Indian Tribe of Utah Admin Building on Oct. 27 from 6-7:30 pm.

Come join us for a fang-tastic time!



Upcoming Events

Monthly Theme:
Don't be a Zombie!

- **Oct 8:** Title VI: Rattles, 6-8 pm, Coral Cliffs PLC, St. George
- **Oct 9-13:** WCSD Fall Break
- **Oct 13:** Indigenous People's Day, buildings closed
- **Oct 17-20:** ICSD & Sevier School District Fall Break
- **Oct 20-22:** Millard School District Fall Break
- **Oct 27:** PITU Trunk or Treat, 6-7:30 p.m., Tribal Offices, Cedar City
- **Oct 30:** Zombie Run/Walk, 6 pm, PITU Admin Building, Cedar City
- **Oct 31:** HAPPY HALLOWEEN!

See full calendar of events at [PITU.gov/Native-Youth/](https://pitu.gov/Native-Youth/)

Healthy Body, Healthy Mind

It is important to keep your brain healthy. Mental health is just as important as your physical health.

Here are some habits for a healthy body and healthy minds:

- Get adequate rest
- Drink plenty of water
- Take a walk outside
- Stimulate your brain by doing puzzles, playing brain games, or learning new things



Upcoming Paiute Government Class

Starting in January, there will be a Paiute Government class offered online that will be available to 9th-12th grade students in the following counties: Washington, Iron, and Sevier. The class will be worth half an elective credit, and it's open to any interested students. Keep an eye out for the flyer!

Pageants



With the Thanksgiving Powwow and Pageant coming up, we want to encourage more of our youth to participate. We will be helping out any girls who want to participate in the upcoming pageant with things such as their speech or talent. We will be dedicating some of our meeting/activity times for this.



Youth Book Club

Just a reminder, our next youth book club meeting is on Oct. 22!

The times are as follows:

5-8 years old - 4 pm

9-12 years old - 4:30 pm

13-18 years old - 5 pm

We hope to see you there!!

Remember, everyone who attends will be entered into a prize drawing held at the end of December.



Youth Registration

Please ensure that all Native youth are registered, as it is required for participation in the activities. To register, visit our website at <https://PITU.gov/Native-Youth> or use the QR code below.

