

NATIVE YOUTH PROGRAM NEWSLETTER

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Healthy Habits

January is the start of the new year! That means a new year and new goals, but instead of focusing on the goal part, we want to focus on habits and routines that help us achieve those goals. Healthy habits are important for youth as these habits create routines that will help with well-being in the present and future. It also helps when parents and guardians encourage these habits, such as making sure the youth eat breakfast in the morning. Make it fun and start with one habit at a time.

Here are some healthy habits that help youth with their physical and mental development:

- Eating healthy
- Physical activity, especially outdoor activities
- Getting enough sleep during the night
- Making sure they brush their teeth twice a day
- Managing screen time
- Respecting others and learning to respect themselves

Upcoming Events

Monthly Theme:
Healthy Habits

- **Jan. 1:** Happy New Year!
- **Jan. 7:** Title VI:
Astronomy, 6-8 pm, Coral Cliffs PLC, St. George
- **Jan. 14:** LRIS Visit
- **Jan. 19:** No school
- **Jan. 21:** Youth Book Club meeting (meeting times on next page)
- **Jan. 27:** MAPP Playwright Meeting

**See full calendar of
events at
PITU.gov/Native-Youth/**

Native American Flute

As we focus on healthy habits this month, we also want to focus on habits that include our culture. These can be things such as:

- Listening to traditional music or even playing the drum to help reduce stress and strengthen cultural identity
- Practicing gratitude and remembering our blessings

To get a start on these habits, we will be learning how to play the Native American flute for our January activity.



Playwright Program

In November, we had our first Playwright Program meeting. Thank you to all of the youth who showed up and to the members of MAPP. It was a fun and creative process. We will be having our next meeting on Jan. 27 from 4-6 pm.

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.



If you are signed up for our **Youth Book Club**, we will be having our next virtual meeting on Jan. 21, 2026.

Here are the times for each age group:

- 5-8: 4 pm
- 9-12: 4:30 pm
- 13-18: 5 pm

