

# NATIVE YOUTH PROGRAM NEWSLETTER

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## Staying Active

This month, our theme is focused on being active and moving. It's important to keep your body moving, and as school comes to an end, we want to encourage all the youth and their families to stay active this summer.

Avoid staying inside all summer. It's good to get out and get some sunshine on your skin. Go to any parks, or if it's too hot, you can go to rec centers near you as well.

You don't have to do some strenuous hike or activity; even just doing something like walking around your neighborhood is also good. It will help with both your physical and mental well-being.

***Remember to always stay hydrated when being active.***

## Upcoming Events

**Monthly Theme: Staying Active**

- **May 1-2:** Kayenta Native Arts Market, Ivins, UT.  
Friday: 4-5 pm  
Saturday: 12-1 pm
- **May 7:** WCSD Graduation Night, Blackridge Singers, 6 pm
- **May 16-18:** Whiterocks Bear Dance Trip  
Elders/Youth
- **May 21:** Millard & WCSD  
LAST DAY OF SCHOOL
- **May 22:** Sevier & ICSD  
LAST DAY OF SCHOOL

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

## Learning Paiute

Let's learn how to say, "How are you?" in Paiute. Try and practice this phrase with your friends and family.



# Hud'ah, aye ah?

(ahd-eye-ahnee-ah)

If you'd like to learn more words or phrases, you can find a digital copy of The Paiute Language Book at <https://pitu.gov/pitu-language-book/> (Our flashcards may differ slightly)

As a bonus, here's how you might respond saying, "I'm fine, and you?"



# Aye'yea yun, eem oov'eye

(eye-yahn, ee-moo-vai)

## Grad Season!

We are now entering graduation season! Attending school is very important. We know it can be a challenge, so congratulations to all of our PITU high school and college graduates.

Keep a look out on the PITU social media for all of the graduate spotlights!



## 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.

