Paiute Indian Tribe of Utah

Youth Program Activity Calendar

November 2026

EVENTS ARE SUBJECT TO CHANGE

440 North Paiute Drive, Cedar City, Utah 84721

Phone: 435-586-1112

Fax: 435-876-2659

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Tribal Council Title VI Parent Meeting	3 Admin	4 Iron County College Fair 10am-12:30pm	5 Washington County College Fair 10am-12:30pm	6 *Compliment Fridays: Compliment a person to boost their and your self esteem*	7
8	9 Family History Night 5-7pm PITU Front Conference Rm.	10 Richfield 4-5pm Beading	11 Washington County Title VI Drum	12 *Read for 20 min.*	13 *Compliment Fridays: Compliment a person to boost their and your self esteem*	14
15	16 Iron County Keyleader Meeting (ICPC)	17 School Visit	18 L.R.I.S. presentation Identity	19 Shivwits Gym Beading 4pm-5pm	20 *Compliment Fridays: Compliment a person to boost their and your self esteem*	21
22	23 Fillmore Elementary School Assembly	24 *Read for 20 min.*	25 *Do a 30-minute physical activity (exercise)*	26 Thanksgiving	27	28
29	30 Cedar City Beading 4-5pm					

NOTES

This program focuses on Addiction Prevention, Cultural Activities, Nutrition & Physical fitness, & Supporting Youth Victims of Crime. To fully benefit from the program please register & attend often.

The Youth Program is funded by ITCA, Dept. of Justice OVC, IHS, BIA, Utah DHHS, and the Tribe.

If you have any questions, please contact Everson Nakai, Youth Program Coordinator (435) 586-1112 ext. 3314, Gissella Garcia, Youth Advocate ext. 3315 or Elissa Aguayo, Youth Advocate ext. 3316

· Reading is crucial for students as it expands vocabulary, enhances critical thinking, improves comprehension, and provides access to new knowledge, vital for academic success. (not required but best practice)
· Physical activity is good for children in many ways. Benefits include improved academic performance, brain health, muscular fitness, heart and lung health, cardiometabolic health, long-term health, bone strength, and measures of healthy weight. (not required but best practice)
· When students are "working on self-esteem and mindfulness," they are actively engaging in practices designed to improve their self-worth and awareness of their thoughts, feelings, and present moment experiences, often through techniques like mindful breathing, positive self-talk, and reflection on personal strengths, helping them manage stress and develop a more positive outlook on themselves.