

# **PULASARAQ**

A landscape photograph showing a muddy, rutted path leading through tall, dry grass and dense bushes. The path is dark and appears to have some water or mud on it. The vegetation is a mix of green and brown, suggesting an autumn or late summer setting. The sky is overcast with grey clouds. The overall scene is somewhat desolate and natural.

**Reinforcing Strong Yup'ik Minds**

# Introductions

## **Yurriq Nita Rearden**

KAYULI Grant Activities Facilitator

Lower Yukon School District

## **Assiingaaq Janet Johnson**

Yup'ik Language and Culture Director

Lower Yukon School District



**Pulasaraq**, a Yup'ik word, meaning a well-traveled path through tangled willows, alder, or cotton wood made by the hunters. **Pulasaraq** takes a hold of our youth and young adults' hand, and carefully, with loving and care, instruct them on a journey to reconnect Yup'ik language, values, and culture.

Metaphor: Working with our struggling students to guide them through their difficult lives through the ancestral path to reach their full potential. **STRONG YUP'IK MIND.**

# Social and Emotional Learning Competency Profile:

**Cellangaq/Self-Awareness:** A moment we feel what is going on.

**Elluancaq/Self-Management:** Allows us to reassess our emotions and behaviors.

**Murilkeluni/Social Awareness:** To understand the feelings of others and being able to take the role of personnel actions.

**Qinuunani/Social Management:** A way of handling emotions in a quiet manner with deep concern in the relationships of others, building upon the healthy way of living and being.



# Kayuli "Strong People"

**Our Goal: Provide Culturally Responsive Training to School Staff to Prevent Violence and Respond to Mental Health Situations.**

## Our Team

### Principals:

School protocols, policies, systems

### CHSP:

Training and support for staff, students, families

### Grant Team:

Professional development, coaching, and materials for CHSP and principals

### Bureau of Justice:

Funding and technical assistance



association of  
**ALASKA**  
school boards

**Objective 2: Yup'ik Mental Health Response and Referral Supports**

- \*Paraprofessional assessment and response tools
- \*Student mental health referral system
- \*Consultation with mental health provider
- \*Youth mental Health First Aid training

Yuuyaraq

Whole Human Being

Calricaraq

**Objective 3: Wrap Around Supports**

- \*CHSP & principal professional development
- \*School leadership team and planning
- \*Natural Helpers youth leadership
- \*Calricaraq supports for families
- \*Community dialogues

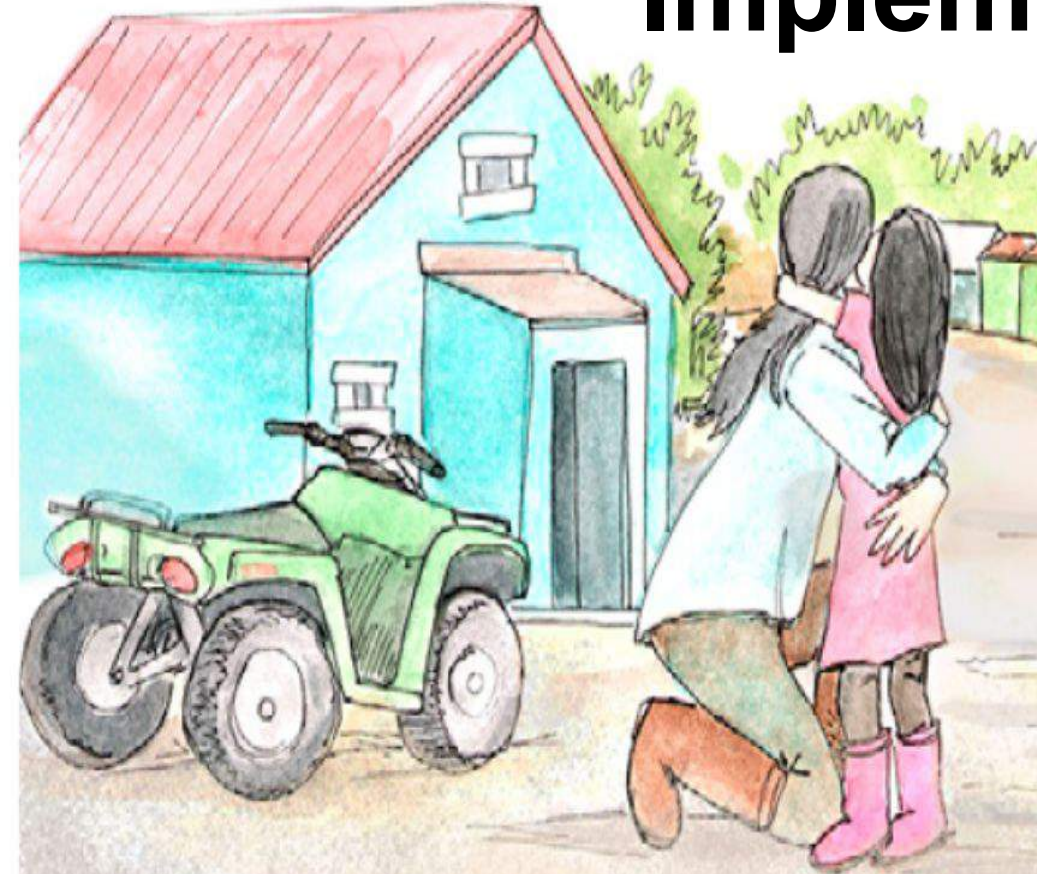
**Objective 1: Culturally Responsive SEL and Trauma Engaged Approaches**

- Staff Training & Professional Development:**
- \*Yuuyaraq and Pulasaraq/Pulayaraq
  - \*SEL and Trauma Informed Schools

Pulasaraq/Pulayaraq

# Implementing:

- At your tables, find a partner.
- Read the Yup'ik value if you know how to read in Yup'ik. If not, read the meaning of it and the description.
- Maybe come up with the same value in your language.
- Relate what you read to your own culture.
- Come up with an activity in your culture to strengthen the value you are learning about or know of.
- Share with the group.

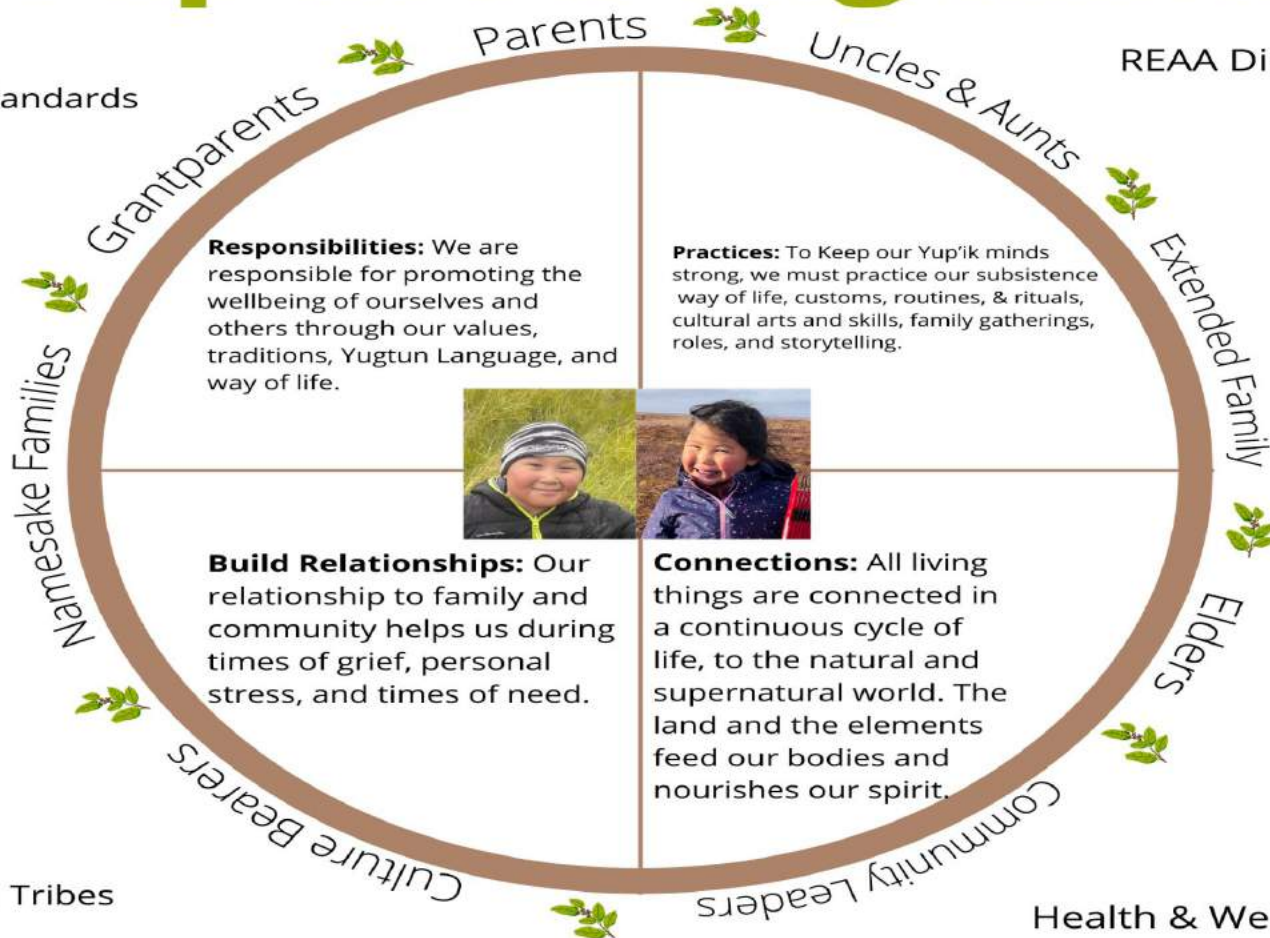




# Yup'ik Strong Mind

Alaska Cultural Standards

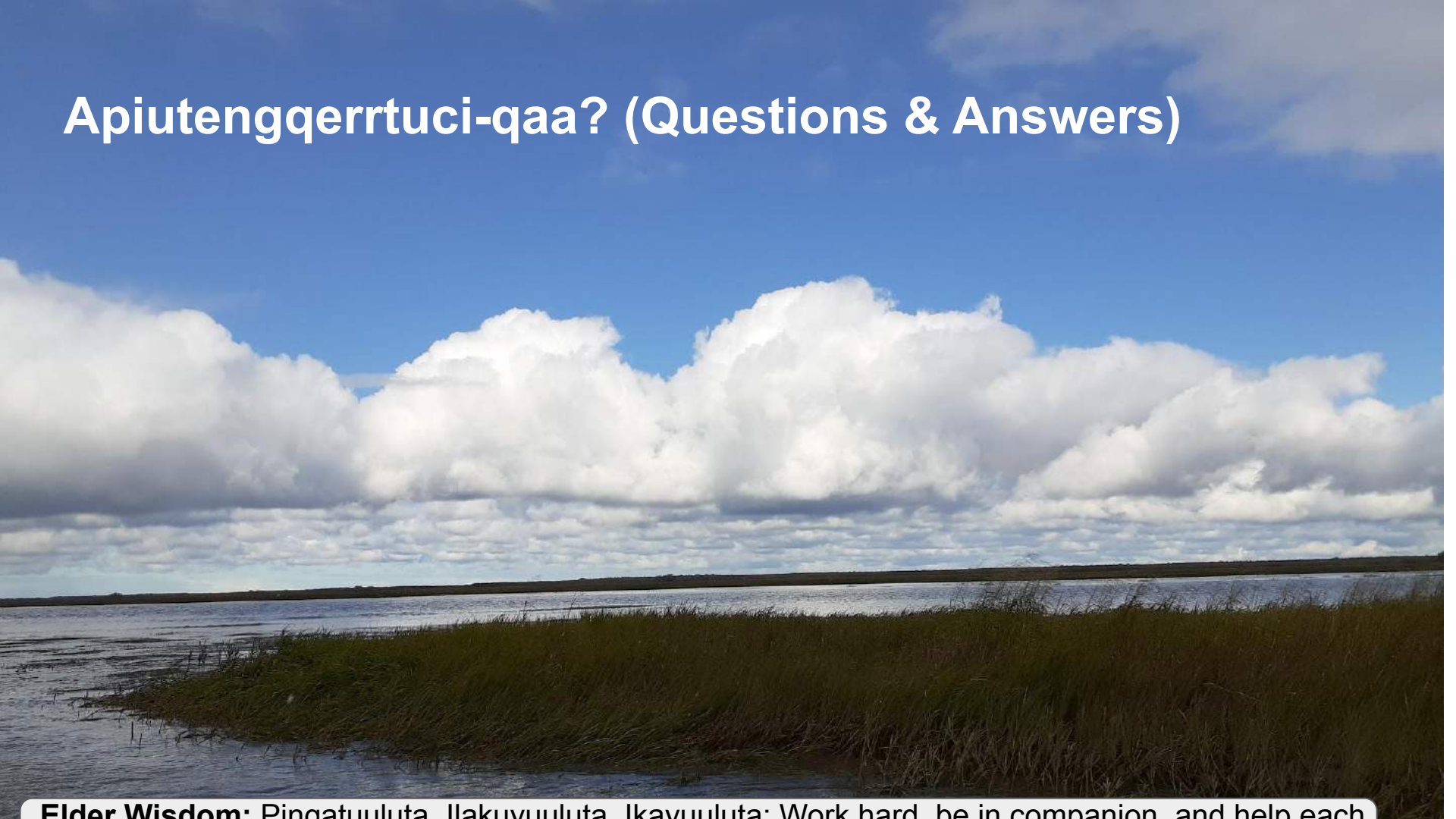
REAA Districts & Schools



Local & Regional Tribes

Health & Wellness Programs

# Apiutengqerrtuci-qaa? (Questions & Answers)



**Elder Wisdom:** Pingatuuluta, Ilakuyuuluta, Ikayuuuluta: Work hard, be in companion, and help each