

# Lifting Up Asian American and Pacific Islander Staff Voices



## **Nai Vern Saechao**

Martin Luther King Jr.  
Middle School  
Instructional Assistant

**Favorite Book:** The Four  
Agreements

**Favorite Food:** Tacos and  
Noodle Soups

**Ideal Dinner Guests:** Ayesha  
Curry, Angus Cloud, Brenda  
Song

**When Not Working:** I love to  
be outside camping, hiking,  
and backpacking.



"I am a first generation Mien-American and part of the Asian American Community. Mien people are not from just one country. The Mien culture is represented by people from China, Laos, Thailand, and Vietnam. My family is from Laos, however, I was born and raised in the Bay Area and now work at King Middle School. Growing up Mien was hard because everyone assumed I was Chinese. Although there may be some similarities, my culture was always misrepresented. I got made fun of because most of my peers did not look like me. Now that I'm older I like to share my culture as much as I can so that I can help bring awareness. Mien culture is full of beautiful customs and every aspect of our lives is steeped in cultural traditions.

Love yourself and who you are. Be proud of your culture, your name, and your community. Educate others on who you are and where you are from so that they too can appreciate you."

# AAPI Heritage Month

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