



A Day in the life of the
Healthy Asian Pacific Islander
Youth Empowerment Program
at Magnolia High School

WHAT IS HAPI-YEP?



HAPI-YEP is a collaboration between CSUF, Orange County Asian and Pacific Islander Community Alliance (OCAPICA), and Anaheim Union High School District.



ocapica



HAPI-YEP GOAL: Improve health and higher educational access for Asian, Pacific Islander and other students at Magnolia High School.



WHAT IS THE HAPI-YEP AFTERSCHOOL PROGRAM?

- 3 times a week (Tuesday, Wednesday, Thursday) from 3:00pm-6:00pm.
- Provides afterschool support to students through workshops, health activities, tutoring, and mentoring.
- A lunchtime extension is held on Tuesdays.



Personal & Cultural Development



Team Building



10 Minute Recess



Health Workshops





Academic Support and College Mentors



THURSDAY AT HAPI-YEP (HEALTH)

	Thursday
3:00 pm	<ul style="list-style-type: none"> •Laser Eyes •Journal
3:30 pm	<ul style="list-style-type: none"> •Health Tip/ Mental Wellness Exercise/Healthy Food Series •Brain Boostin' Boogie •Pass out snack
4:00 pm	•Homework Assistance & Mentoring
4:30 pm	•Homework Assistance & Mentoring
5:00 pm	•Homework Assistance & Mentoring
5:30 pm	<ul style="list-style-type: none"> •Homework Assistance & Mentoring •Clean up
6:00 pm	•Program Concludes

Journal:

Describe 3 qualities that you feel every adult should have as role models.

Healthy Food Series:

Curry Cucumber
Pita Sandwiches



Health Tip of Week:

Start slow and make small changes to your eating habits over time. If you drink 2 sodas a day, cut it down



Mental Wellness

Exercise:
Guided Meditation



OTHER PROJECT IDEAS...

Community
Tours

Photovoice
Projects

Leadership
Development
through Art

Oral Histories

Academic
Success &

Social Media

Support –
Student-led
parent

College and
Museum Field
Trips

Fun
Cultural
Games

conferences

And So MUCH MORE!!





KEEP
CALM
AND
BE
HAPIY



Check out our website www.hapiyep.wordpress.com

