



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.



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.



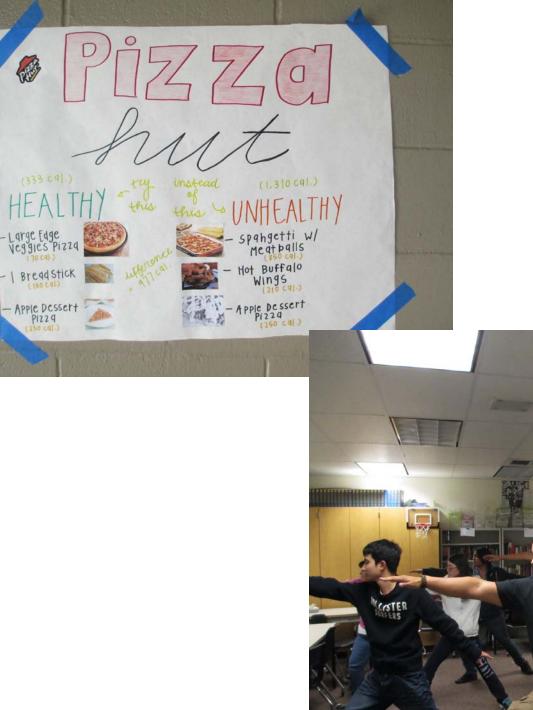




Personal & Cultural Development

Team Building

10 Minute Recess



Health Workshops





Academic Support and College Mentors



THURSDAY AT HAPI-YEP (HEALTH)

	Thursday
3:00 pm	•Laser Eyes
	•Journal
3:30 pm	•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	Homework Assistance & MentoringClean up
6:00 pm	Program Concludes
6.00 pm	•Frogram Concludes

<u>Journal:</u> qualities that you feel every adult

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

<u>Healthy Food</u> <u>Series:</u> Curry Cucumber Pita Sandwiches



Mental Wellness Exercise: Guided Meditation

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







OTHER PROJECT IDEAS... Community Leadership **Photovoice** Tours **Development Projects** through Art **Oral Histories Academic** Success & **College and** Support – **Social Media Museum Field** Student-led **Trips** Fun parent Cultural conferences Games

And So MUCH MORE!!





Check out our website www.hapiyep.wordpress.com

