

Updates from Hōkūpa'a

Welcome to the first newsletter of 2021! (We took a holiday break in January.)

If you're new or looking for a refresher on Hokupa'a, check out our <u>About Page</u>. Previous newsletters are in the <u>Archive Page</u>.

What We've Done & What We're Working On



Featured Project: Youth Summit Planning

We're working with an amazing group of organizations, educators, and students to plan a virtual summit for local youth.

Do you work with youth or know someone who does? We want to hear from as many youth as possible during planning so we can create an event around their input — youth are also welcome to join us in planning! Our next meeting will be [date]

Email us if you'd like to join or learn more

Virtual Career Events with Hawai'i Dept. of Education



The pilot was so well-received that we're helping the DOE hold two more events this semester: one for high school, and another for middle school. Events are now open to public charter school students, as well!

If your organization is interested in presenting at a future event, go sign up for the ClimbHi portal! In addition to helping our planning team easily find diverse local presenters, you will also get the chance to connect with teachers looking for guest speakers, internships, job shadowing, and more for their students.

Read more about the ClimbHi portal Inquire about signing up



Post-High Resources for Families

We took some of the information from our <u>blog</u> and <u>resource page</u> that would be most helpful for families of young people.

We're hoping these post-high resources will benefit those trying to help students figure out their pathway after high school.

Visit Families' Page

Continuing teacher encouragement!



Let's keep spreading the "Cup-o-Cheer" to show teachers how much aloha the community has for them. We held our latest event for Kealakehe Intermediate School last month, and served 30+ awesome educators!

Mahalo to the DOE, Delta Kappa Gamma, Neighborhood Place of Kona, and

Office Max (donations) for your continued support of the project!

Check out pictures from the event on our Facebook page

Read about the first event, and get in touch about how to do your own event or donate to one of our future events

Send us an encouraging message to pass on to teachers

Links & Resources from our Network

EVENTS & OPPORTUNITIES

- <u>Hawai'i Dept. of Health</u> **DBT Skills Group for Teens** Dialectical Behavior
 Therapy-based skills like mindfulness, distress tolerance, interpersonal skills, and more. Beginning 2/17/21, Wednesdays from 3:30PM-5:00PM. <u>Call</u> or <u>Email</u> to register
- <u>TAP808</u> "Behind the Post" & "Amor del Bueno" movie night and peer-led discussion on healthy relationships. 2/18/21 from 4:00PM-5:00PM. <u>Register</u>
- <u>Hawai'i Children's Action Network</u> **Champions for Children** nominations. Deadline: 2/19/21 at 11:59PM. <u>Nominate</u>
- <u>University Center West Hawai'i</u> <u>UH Online/Hybrid Degrees Workshop</u> on bachelor, post-bac, and graduate options. 2/23/21 from 12:00PM-1:00PM, and again from 5:00PM-6:00PM. <u>Register</u> or <u>More Info</u>
- <u>TeenLink Hawaii</u> **Virtual "Tools for Teens: A Resource Tookit for Health and Wellness" workshop**. 2/24/21 at 3:00PM. <u>Register</u>
- Hawai'i State Coalition Against Domestic Violence- Teens Talk TDV panel discussion on relationship issues. 2/24/21 from 4:00PM-5:00PM. Register
- <u>Center for Tomorrow's Leaders</u>- (mini) Emerge webinar on student mental health, for high school students and teachers. 2/26/21 from 11:30AM-12:30PM. <u>Register</u>
- <u>Hawai'i Youth Conservation Corps</u>- **KUPU internship** applications are open. Deadline: 2/26/21. <u>Learn more & Apply</u>
- <u>Liliu'okalani Trust</u> Mana Media: Creative Media Powered by Youth Voice program for youth ages 14-18 to create social media campaigns around local issues. 3/1/21 thu 3/12/21, Mondays-Fridays from 3:00PM-5:00PM. <u>Register</u>
- **Just Futures Youth Summit** connecting youth voice with legislators and community advocates to discuss what post-pandemic Hawai'i should be like. 3/6/21 from 2:00PM-5:00PM. Register

- Hawai'i Children's Action Network Keiki Talk: Ending Racism, Starting with Kids. 3/9/21 from 9:00AM-10:00AM. Register
- West Hawai'i Community Health Center- Self-paced **Teen Vaping Class** in collaboration with Stanford Medical School for ages 11-18; Starbucks gift card + raffle entry for completion. Deadline: 3/12/21.
- Waipahu Community School for Adults Kona Campus- Spring Term II for ELA, Adult Basic Education, Workforce Development Diploma Program, Adult Secondary Education, and Individualized Career Achievement Network is open for registration. Deadline: 4/2/21. Register
- Hawai'i Association for Health, Physical Education, Recreation, and Dance ALOHA PE Project physical fitness video competition for Hawai'i Island middle and high school students. Deadline: 4/16/21. Learn more
- West Hawai'i Community Health Center Feel-Good Fridays social and self-care
 Zoom sessions are continuing into 2021. Fridays, 12:00PM-1:00PM. <u>Call or Email</u>
 for info

RESOURCES

- Policy & Advocacy Training recordings for civics education and engagement.
 View
- <u>Public Access Room</u> Learn About the Legislature virtual workshops scheduled and tailored to your group. Contact by e-mail or phone to set up a session. Website
- 808 Volunteers Student-created website to connect students with virtual and local volunteer opportunities. Website
- **Maestros Vibe podcast** about school, hosted by West Hawai'i teachers. Look for Maestros Vibe on your favorite podcast site/app, or check out their <u>Facebook</u>
- <u>Keiki Heroes</u>- multilingual keiki kits for COVID-19 safety and empowerment, now in Cebuano, Chinese, Chuukese, Hawaiian, Ilocano, Japanese, Korean, Kosraean, Marshallese, Russian, Spanish, Tagalog, and Vietnamese. <u>View and download</u>
- <u>Hawaii Afterschool Alliance</u>- <u>Afterschool & School Day Support Database</u> of programs for students. <u>Website</u>

Reach out!

- Get in touch using our contact page.
- Let us know if you have resources, events, or other opportunities that you'd like us to share in the next newsletter or within our networks.

Click here to get in touch



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