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December 8, 2021

Aloha parents and educators,

University Laboratory School would like to share an upcoming opportunity with H-PEP, the Hawaii Positive Engagement Project. Funded by the USDOE Native Hawaiian Education Program, H-PEP is offering FREE well-being cohorts, open to our school's education staff and parents of students who attend our school. This program is designed to support your personal well-being and flourishing!

Highlights:

- H-PEP is looking for a cohort of 60 participants this round and there will be 4 other opportunities to join different cohorts, pending grant funds (fall 2022, spring 2023, fall 2023, and spring 2024).
- Three online retreats- Team building, adaptive work, reflective practices. Designed to be experiential and fun- not "one way" learning where you sit passively for long periods of time.
- 10 weeks of Positive Psychology activities designed to increase your personal well-being, delivered asynchronously via [Slack](#), an online community. **January 22- April 2, 2022.**
- Be a part of a team and meet educators and parents from around the state.
- Work with a peer coach who is there to support you and your personal journey.
- Learn and practice SHELLS bookmaking, an activity based process that encourages positive engagement and conversation.
- Receive a stipend of up to \$325 for your participation and attendance.
- Create your own Call to Action Plan to bring well-being and/or literacy support back to our school! Receive up to \$500 per participant to bring your project to reality. Groups of participants from University Laboratory School may combine plans and money for larger projects. Plans need to be approved by school admin and H-PEP.
- Optional- Attend an in-person SPARK Celebration to celebrate your cohort's accomplishments!
- Gain access to additional resources and scholarship opportunities.

Drop In Zoom Informational Sessions

No RSVP required- just log in anytime during the times below. Project Director Dr. Naomi Rombaoa Tanaka will answer your questions answered at these informal talk story sessions. Learn more and see if this is something you want to join!

<https://coehawaii.zoom.us/my/zoomnaomi>

Meeting ID: 591 220 5893

- Session 1: Tuesday, 12/14, 5:30-6:30 pm
- Session 2: Saturday, 12/18/21, 10:00- 11:00 am
- Session 3: Monday, 12/20/21, 7:00- 8:00 pm

To Apply:

- For more information and links to apply, see the attached flyer or H-PEP's website <https://cds.coe.hawaii.edu/hpep/>
- Wednesday, 12/22/21: Early bird deadline
- Saturday, 1/8/22: Applications due