

# Dr. Charles Best Secondary Newsletter

## Issue #10 – January 16, 2026

**2525 Como Lake Avenue, Coquitlam, BC V3J 3R8 604-461-5581**

**Website: <http://www.sd43.bc.ca/school/charlesbest/Pages/default.aspx>**

**Principal – David Cyr**

**Vice-Principals – Tara Sutherland, Kelly Fridge, and Michael Viveiros**

*Our school goal is to develop a culture of connectedness and belonging within the school, among school staff, students, and our parent community, in order to enhance opportunities for collaborative partnerships.*

### **UPCOMING EVENTS**

#### **Friday, January 16**

Last day of Semester 1 classes

#### **Monday, January 19 - Thursday, January 22**

School Wide Assessments/Events

#### **Tuesday, January 20**

French Artist Missy D performance  
for all French and Frimm students  
(1:00-3:00pm small gym)

#### **Tuesday, January 21**

Grade 8 Parent Information Night 6:00pm

#### **Thursday, January 22**

Gr. 9/10 Ski & Snowboard Club to Whistler  
Gr. 12 Capstone Presentations  
Last Day S2 course changes

#### **Friday, January 23**

Grade 8 Tour  
Coquitlam Express Hockey Game-Charles Best Night

#### **Monday, January 26**

School based Pro D Day

#### **Tuesday, January 27**

First day of Semester 2 classes  
S1 Final Reports published (end of day)

#### **Thursday, January 29**

Grade 12 Friendship Photo night

#### **Saturday, January 31**

Winter Essentials Drive Thru Donations (9:30-2:00)  
Delta Challenge Exams

#### **Sunday, February 1**

Delta Challenge Exams

#### **Tuesday, February 3**

Immunization Clinic #2

#### **Wednesday, February 4**

S2 Photos for New Staff and Students

#### **Thursday, February 5**

Grade 9-11 Course Planning Info. Night (7:00pm)

#### **Monday, February 9**

Club and Fall/Winter Team Photo Day

### **PRINCIPAL'S MESSAGE**

Happy New Year and welcome to 2026! I hope everyone is doing well and ready for the start of the second semester.

As we approach the end of Semester 1, I want to commend our students, staff, and families for their dedication and hard work. Semester 1 concludes on January 23rd, and Learning Updates will be posted to MyEd on January 27th. Semester 2 will begin on January 26th. This transition marks an exciting time as we look forward to new learning opportunities and continued growth. I am excited to share an update on our new 12-plex. Over the next few weeks, the exterior siding panels will be installed, marking a major milestone in the project. Once that work is complete, the focus will shift to the interior of the building. We are extremely optimistic that we will be able to begin walkthroughs before the end of the spring, bringing us one step closer to welcoming students into this much-needed learning space.

Thank you for recognizing the challenges that can exist in our parking areas during this construction. A reminder that when dropping off your child, please do not park in any of the stalls in front of our building or on the upper lot. This creates congestion as we have staff and students coming to the building and needing to start their day.

Let's get rolling with the second half!

Warm regards,



### **THANK YOU AND GOODBYE/GOOD LUCK**

We wish the following teachers all the best in the next phase of their careers.

Your time at Charles Best was invaluable to staff and students and you will be missed, thank you!

#### **Retirements:**

Karl Jovanovic

Michele Harding

#### **Moving On:**

Kelly Fridge

Kevin Smalcel

Dan Leusca-Dan would like to express his sincere thanks to all who made his stay at Best a very enjoyable experience.

## SCHOOL WIDE ASSESSMENTS/EVENTS REMINDER (JANUARY 19-23)

Please see the "Assessment Snapshot" published in our Dec. 5 and Dec. 19 newsletters.

**NEW! Assessment room placements, dates and times are posted in the main lobby. Students scheduled to write assessments are to check their school email which will advise them where and when to attend.**

**\*Students are expected to bring a fully charged laptop, charging cable, picture I.D. and pencil to their assessments.**

**PLEASE ARRIVE 15 MINUTES PRIOR TO YOUR ASSESSMENT START TIME.**

**NOTE: the school has a limited amount of laptops to loan out for assessments.**

**NEW! The schedule of events for the week has been posted in the main lobby, various stairwell bulletin boards and main floor exit doors. Students are encouraged to take a picture as a reminder which dates/times they are to attend.**

## NUMERACY 10 ASSESSMENT PREPARATION

ALL grade 10's will be writing their Provincial Numeracy Assessment during I-Week. It is important that students are familiar with the assessment, how to use the tools provided while writing, and practice questions to ensure they are able to demonstrate their knowledge. Please use this link to access the Numeracy Assessment website that includes videos, practice assessments, and information for parents.

[Grade 10 Numeracy Assessment | Building Student Success - B.C. Curriculum](#)

## LIBRARY BOOK RETURN

Students, if you haven't already done so, please return your overdue library books!

Thank you for taking care of this sooner than later.

## BLUE GYM LOCKERS

Final reminder to students who are using a blue gym locker in the gym hallway. Belongings and personal locks must be removed **by the end of the day Friday, January 16<sup>th</sup>** so they can be prepped for Semester 2.

**Starting Monday, January 19<sup>th</sup>** locks will be removed and belongings put in the lost and found bin.

## CAFETERIA CLOSURE

Students, please plan ahead for the week of January 19-23 as the cafeteria will be closed **from Monday, January 19, until Friday, January 23**, reopening on **Tuesday, January 27<sup>th</sup>**.

## SEMESTER II COURSE CHANGES

With semester II starting on January 27th, we want to make the transition as smooth as possible.

As classes are very full and it will be a busy January start up for counsellors doing programming at the middle schools, we are going to ask students to see their counsellors **ONLY** on the following dates for the following course related reasons: **Courses required for graduation and missing courses.**

**Requests for teacher changes or lunch block changes cannot be accommodated.**

**IN PERSON changes only from 9:00am to 3:00pm on your applicable date.**

**Grade 12- January 16<sup>th</sup>** (during your lunch or off block only)

**Grade 11- January 22<sup>nd</sup>** (before or after Capstone observations)

**Grade 10-January 19<sup>th</sup>** (before or after your assessment)

**Grade 9- January 20th** (before or after your digital literacy presentation)

**There will not be any schedule changes after January 22nd. Thank you!**

## GRADE 8 PARENT NIGHT/STUDENT TOUR REMINDER

Charles Best will be hosting a parent information night for incoming Grade 9's on **Wednesday, January 21<sup>st</sup> at 6:00pm** in the school gym. This has also been communicated to applicable catchment middle schools.

Grade 8 students within our catchment will be touring the school **on Friday, January 23<sup>rd</sup>**.

## SEMESTER 2 STUDENT SCHEDULES

Semester 2 schedules have been posted to MYED Portals. Please see the writeup below about the update to MYED student and family portals.

## UPDATE TO MYED STUDENT AND FAMILY PORTALS

The Ministry has introduced a new user interface for the Student and Family Portals in MyEducation BC.

This updated design offers a fresh look while maintaining all the functionality parents and students are familiar with.

### **Access and Login**

The next time you log in to the [MyEducation BC website](#) using your current login ID and password from a desktop, tablet, or smartphone, you'll notice the homepage looks different.

### **Key Features**

- **Student Portal:** View schedules and class details.
- **Family Portal:** Access schedules, attendance, and published reports such as Learning Updates.
- **Account Options (top right icon):** Update preferences, manage your email and password, or switch to the full site anytime.

### **Trouble Logging In?**

Try the "**Trouble logging in?**" option on the login page if you forgot your password. Your login should begin with **43-** followed by the email address where you received this message—unless you've set up access through your **BC Services Card**. Switching to this method of sign in can be set up using the "Log in with another provider", after your first successful sign in.

If you still experience issues, please email [080-secretary@sd43.bc.ca](mailto:080-secretary@sd43.bc.ca) or call the school directly for assistance.

## HONOURS STANDING INFORMATION

The end of semester 1 marks are the first set of marks to determine Honours Standing for students in grade 10 – 12. Please see previous newsletters ( from Dec. 5th and 19th) for the criteria, further details, and information.

## MATH SUPPORT AVAILABLE FOR GRADES 9 & 10

The Charles Best Tutoring Service Executive Team is excited to introduce a new initiative launching in 2026 to support student success in mathematics. Beginning Semester 2, Charles Best student tutors will be available during **Blocks 2–4 in the Math Tutorial Room**, offering extra help for **Grade 9 and 10 students** who may benefit from additional math support. This initiative is designed to provide students with a welcoming space to ask questions, strengthen their understanding, and build confidence in their math skills. We encourage parents, students, and teachers to take advantage of this free academic support and spread the word to students who may find it helpful.

## COURSE PROGRAMMING FOR 2026-2027 SCHOOL YEAR

From Feb 2-27, students currently in Grades 9-11 will meet with school counsellors for course programming for the 2026-2027 school year. Course requests are done online through the MYED portal and supporting information has been uploaded to our Dr Charles Best website homepage.

Please discuss programming options and carefully review course selections with your children to ensure they are making suitable choices and meeting all graduation requirements. Feel free to check in with counsellors for programming advice.

**Counsellors will be hosting a Parent Information Night on Thursday, February 5<sup>th</sup> at 7 pm, in the school Library, to go over the course planning process for grade 9-11 students.**

The MyEd portal for Grade 9 -11 course entry will be open from February 9<sup>th</sup> – March 1<sup>st</sup>.

All grade 11's are required to meet individually with their counsellor between February 16<sup>th</sup> and February 27<sup>th</sup> (details coming soon).

## UPCOMING IMMUNIZATION CLINICS

Our remaining Immunization clinics will take place on **Feb. 3rd, Feb. 23rd, & April 21st**.

While the focus of these immunizations is Gr. 9's, these dates are also available for any other grades in which students are not up to date with their vaccinations. If you are unsure whether you are up to date, please contact your local Public Health unit or google: <https://immunizationconsent.gov.bc.ca/s/>

## STUDENT PICK UP AND DROP OFF

This is a reminder that during student pick-up and drop-off at Charles Best Secondary, vehicles must **not** stop or wait in the following areas:

- staff parking stalls (we have staff with delayed start times)
- fire lanes (upper parking lot curbs and the east facing lane in front of the school).
- The back of the building (the space is very restricted and reserved for special programs pick up/drop off)

These areas must remain clear at all times to ensure safety and to allow staff, students, and community members to move through the parking lot without obstruction. Stopping in these locations creates safety risks and significantly impacts traffic flow. Thank you for your cooperation in keeping our school community safe and accessible.

## STUDENT PARKING

Grade, 11 and 12 Students,

Happy new year to you! A reminder about our parking lot and expectations as we roll in to 2026.

Parking in our upper school lot is reserved exclusively for Grade 12 students who have been issued a valid parking pass. Passes must be clearly displayed at all times when vehicles are parked. If the main lot is full, overflow parking is available at Coquitlam Alliance Church. Please make use of this option when needed and understand that the school hosts events from time to time and we appreciate student's flexibility with this.

No vehicles should be parked along any curbs. First responders may be requiring that vehicles be towed if they inhibit clear access for emergency vehicles.

Grade 12 passholders are reminded they could lose the privilege of the student parking lot if they fail to follow the expectations on their signed registration form.

Grade 11 students who will be driving to school are to park at the overflow parking lot at the Coquitlam Alliance Church as all passes for this school year have been assigned..

Grade 11 students who park on school property will lose the opportunity to obtain a parking pass in the future as those license plates are recorded and submitted to the office.

The construction project has created parking challenges for all, but having the church become a willing partner in supporting our community has been exceptional.

Thank you for your cooperation with this matter. Enjoy the start to 2026!

## TICKETS NOW ON SALE



Tickets are now on sale for our Grade 11 Parent/Guardian Dinner and Dance on **Saturday, February 28th** at the Port Moody Legion!

All BEST Parents, Guardians and Friends are welcome! This 90's themed dinner and dance is aimed at building the Charles Best community and raise funds for our 2027 Grads.

It is the only fundraiser that Grade 11 families hold to support Grad celebrations.

Please follow the link below to purchase your tickets.

Tickets are already 30% sold so don't miss out on this Charles Best tradition!

<https://www.zeffy.com/en-CA/ticketing/dinner-and-dance-for-guardians-of-grad--2027>



Looking to get involved in making the Grade 11 Dinner and Dance a memorable event?

Please email [bestgrad2027@gmail.com](mailto:bestgrad2027@gmail.com).

Please join us and help make next year's Grad one to remember!

We are also putting out a request to the Best community for Silent Auction donations. If you can assist or know of someone who can please email us

[bestgrad2027@gmail.com](mailto:bestgrad2027@gmail.com).

[Best Gr11 Dinner Dance 2026 | Coquitlam BC facebook.com](#)

<https://www.instagram.com/bestgrad2027>

## YOUTH WORKER CORNER

For more information about any of the topics below, please email Heather Bjornson @ [hbjornson@sd43.bc.ca](mailto:hbjornson@sd43.bc.ca) or call 778-840-6091, thank you.

### **WINTER ESSENTIALS DRIVE #2**

We will be holding another winter clothing drive on **Saturday, January 31<sup>st</sup>** from 9:30am-2:00pm at the front of our school. Items most requested are tarps, blankets, sleeping bags or shelters. Kindly keep clothing donations to coats, scarfs, gloves, boots and warm socks, thank you.

**Naloxone Training**- if you or anyone you know, especially your children, would like to attend an hour-long presentation on Naloxone training in March around 6:30 pm please email your name and number to Heather Bjornson before February 1<sup>st</sup>.

**Vaping Information**- vaping among students has increased in the last few years and we really don't have all the facts on the long-term health effects. One group, The Foundry, will be starting their work in Coquitlam around Feb 1 and has offered to come and give students and families information on this issue. If you are interested in attending this information night, please email me with your name before March 1 (actually the sooner the better) and I will set this up.

**Soups/Muffins**- our Leadership students and other students have been helping me make soups, biscuits and muffins for the homeless. I am looking for any ingredients I can put in muffins (muffin mixes), soups etc. If you know of any stores or companies that have seconds I would appreciate it. This endeavor is really eye-opening for our students and I want it to continue.

## CLASSROOM NEWS

Ms. Leslie and Social Justice 12 students would like to thank MP Zoe

Royer for inviting us to her Women in Politics event before Winter Break and the opportunity to meet

Julie Dabrusin, the federal Minister of the Environment, Climate Change and Nature.



## ATHLETICS



Dr. Charles Best Secondary Athletics  
Home of the Blue Devils  
@charlesbestscho  
charlesbestathletics.weebly.com



For secondary sport updates and information...



@cssaasd43

[Follow Charles Best Athletics on Instagram here](#)

Follow the 2025-2026 Senior Girls Basketball team here: <https://sites.google.com/view/bestsportshub/home>

### JUNIOR BOYS BASKETBALL

The Junior Boys basketball team has had an excellent start to the season. The team prepared thoroughly by participating in pre-season prep, camp and tournaments, allowing them to begin league play strong and confident.

They have recently played their first three league games and currently hold an impressive 3–0 record. This includes back-to-back victories last week (Wednesday 7th and Thursday 8th) against Port Moody and Riverside, followed by another win on Monday the 12th against Gleneagle.

This success has been a true team effort, with contributions from the entire roster. We would like to highlight strong performances from Zach V., Noah M., Dylan L., and Bardia K. And special recognition goes to Tiger W. for a standout performance against Gleneagle, scoring 17 points.

The next home game will be a big matchup against league rival Centennial on **Wednesday, January 21st**.

Come out and support the team. This game promises to be an exciting and highly competitive matchup.

### SENIOR GIRLS BASKETBALL

The senior girls basketball team is heading to the Kodiak Klassic January 16-17 where their first match up is at 7:00pm vs. Lord Tweedsmuir. Come support the team on Tuesday, January 20th for their first home league game at 7:30pm vs. Heritage Woods! Be sure to follow along on our sports hub here <https://sites.google.com/view/bestsportshub/home>

### BEST CAREER CENTRE NEWS Follow our Career Centre on Instagram [@bestcareercentre](#)

#### OPPORTUNITIES FOR ALL STUDENTS

##### PAID EMPLOYMENT WITH PRO WORKS PAINTING TRI-CITIES

Motivated and friendly door-to-door marketers are wanted for the Spring/ Summer season. Introduce services, provide basic information, and generate leads for the ProWorks sales team. Flexible hours, \$20/hour plus commission.

[More info.](#)

Hard working, motivated individuals are wanted to join their spring/summer painting team. Must have a license and a vehicle (changing work sites), must be able to work full-time for most of Summer Break. Average pay is \$28/hour. [More info.](#)

##### WESTERN IVEY BUSINESS CASE COMPETITION

Students in grades 10-12 can get an understanding of the “case” method of learning for which the Ivey Business School is well recognized. Students are given a case describing a real-world situation in which some type of business problem is being faced, and they will work as a team to implement an action plan. [Apply](#) by February 23 to participate in this free one-day event at Mulgrave School in Vancouver, **Sat, April 18, all day.**

##### SFU SCIENCE ALIVE: EXPLORING AI: THE GOOD, THE BAD, & BEYOND

In this free online workshop series, Grade 8-12 students will explore artificial intelligence (AI), while learning more about generative AI, ethics of AI, and real-world uses of AI in STEM fields, while learning more about coding! Some experience in text-based coding is recommended. **Saturdays, Jan 17 – March 7, 10 am – noon.** [Register.](#)

##### UBC SAUDER CAP CASE COMPETITION

The UBC Commerce Advocate Program (CAP) is inviting high school students to participate in an immersive, full-day business case competition hosted at UBC’s Sauder School of Business. Experience what business education at the university level looks like and network with Sauder student volunteers. Work in a team to analyze a real-world business case, develop strategic solutions and present your idea to judges. **Saturday, January 31st, 9.30 am – 5.30 pm.** Cost: \$10 (includes food during the event). [Sign up here.](#)

##### ROTARY ADVENTURES IN CITIZENSHIP

150 students between 16-18 will be able to learn more about our federal government (May 24-27). There is ONE SPOT available for a Coquitlam student. Participation is fully sponsored by the Coquitlam Rotary Club incl. travel to Ottawa, accommodation at U of O, food, etc. **Apply by Sunday, February 22,** [details here](#). Selection criteria include academic standing, demonstrated leadership, community service.

##### SPRING BREAK VOLUNTEER OPPORTUNITY

Rainforest Adventure Camps is providing outdoor-based camps for ages 5-12 and other programs in the Tri-Cities. They are looking for kind, patient, and respectful volunteers for their Spring Break programs. [More info.](#)

## **POST SECONDARY EVENTS**

### **PROGRAM PATHWAYS: DISCOVER HEALTH SCIENCE CAREERS**

University of Alberta is hosting virtual sessions **January 13 - 23** covering program options to become a doctor, dentist, pharmacist and more — all hosted by faculty program experts who can answer all your questions. Learn more and register [here](#).

### **CAPILANO UNIVERSITY INFO EVENTS**

- Legal Administrative Assistant program: **January 20**, 7-8 pm. [Sign up](#)
- Paralegal (degree and diploma) programs: **January 20**, 7-8 pm. [Sign up](#)
- Bachelor of Tourism Management & Tourism Co-op Education Diploma, **January 21**, 6-7 pm. [Sign up](#)
- Outdoor Recreation Management, **January 22**, 6.30 – 7.30 pm. [Sign up](#)

### **BCIT MARINE MECHANICAL PROGRAMS**

Jobs like Marine Technician, Shipyard Technician, and Marine Diesel Mechanic offer excellent pay, strong job prospects, and the chance to work hands-on with small boating craft and complex mechanical systems.

Learn more on **January 20**, 6 pm. [Sign up](#).

### **FAIRLEIGH DICKINSON UNIVERSITY VANCOUVER**

Learn more about FDU's Vancouver campus, program highlights, admission requirements and application process, scholarship opportunities for international students, and Post-Graduation Work Permit (PGWP) eligibility.

**January 21**, 5-6 pm. [Learn more and register](#).

### **CONCORDIA UNIVERSITY VIRTUAL OPEN HOUSE**

Interested in studying in Montreal? Learn more about programs, how to apply, housing options, student life, etc.

**Thu, January 22**, 5-8 am, or 2-5 pm PST. [Sign up](#).

### **LANGARA COLLEGE INFO WEEK**

Feb 2- 6 is your chance to learn how Langara College can get you on your way to your academic/ career goals: Health (incl. Kinesiology and Food & Nutrition), Arts (incl. Theatre, Music Production, Design, Journalism), Arts & Humanities, Business, and Science. Attend an info session or a trial class, connect with recruiters/ faculty/ student services, and get your questions answered. [Register and attend](#) to apply for free and to potentially win a \$250 Nike giftcard.

### **KPU WILSON SCHOOL OF DESIGN OPEN HOUSE**

Calling all creative grade 11 & 12 students. Learn more about KPU Wilson School of Design and the eight offered programs on **Tue, February 3rd** (5:30pm – 7:30pm) at the KPU Richmond Campus. Optional portfolio reviews will also be available for the degree programs to help students prepare a strong application, as well as campus tours!

[Register to attend](#).

## **SCHOLARSHIP INFORMATION**

### **DAVID LAM ENGLISH LANGUAGE LEARNERS' SCHOLARSHIP**

If you completed at least one English language (ESL) course in grades 9-12 you might be eligible for a \$4,000 scholarship. Must be planning to attend a B.C. post-secondary institution and must have documented school or community service.

[Apply here](#) by **January 31**.

### **TEAL REFUGEE SCHOLARSHIPS**

4 x \$4,000 are awarded to a refugee who has shown courage and determination while adapting to a new language and new culture in Canada. Must have studied ESL in British Columbia (preferred) or elsewhere in Canada and is planning to study in a vocational or academic program at a post-secondary institution in B.C. Must have documented school and/or community volunteer service. [Apply here](#) by **January 31**.

### **BCSTA STUDENT CITIZENSHIP AWARDS**

Awarded to graduating BC students for their outstanding contributions to school and community. 3 x \$750 (one is reserved for Indigenous students). [Apply here](#) by **February 15**.

### **DISCOVER UNIVERSITY OF ALBERTA BURSARIES**

Up to 30 awards are available, up to \$8,000/year. Open to Canadian students, PR or refugees, based on demonstrated financial challenges and barriers to attending university. [Apply here](#) by **February 15**.

### **QUEEN'S MAJOR ACCESS AWARDS**

Financial aid for the highest-need applicants so that they are empowered to accept their offer of admission to Queen's. \$10,000–\$18,000 per year (depending on program) for a recipient's four years of study to help them complete their degree. [More here](#). **Deadline: February 15**.

### **PATHWAY TO TEACHING SCHOLARSHIPS**

The B.C. Ministry of Education is awarding \$5,000 to 20 outstanding high school graduates who have demonstrated a commitment to and aptitude for a career in K–12 teaching. **Due by February 17, 3 pm**.

[More here](#).

## GRADE 12 INFORMATION

### CAPSTONE DAY JANUARY 22

Students, the organizing committee has arranged to have 2 food trucks on site this day, so you have options if you forget to pack a lunch. Bring cash in case service is spotty!

### FRIENDSHIP PHOTO NIGHT

Dr. Charles Best Secondary, it's time to get ready for your Grad Friendship Group Sessions!

We're looking forward to seeing you for your Grad Friendship Group Sessions!

Photo Date: January 29, 2026

First Appointment: 4:30 PM

Location: In the Cafeteria

[artona.com/bookings](http://artona.com/bookings) Students may visit our website to book an appointment or if they would like more information on the event: [Artona Grad Groups Photos](#).

### CAP AND GOWNS \*TIME SENSITIVE

Grade 12's, with your parents please check SCO (School CashOnline) accounts ASAP to see if you have an outstanding Commencement Fee item (Cap and Gown) to be paid. There are over 150 outstanding still unpaid and they need to be ordered by the end of January. It's important we have the proper sizes ordered for each grad. Thank you!

## SUPPORT OUR GRADE 12 GRADS

### AFTERGRAD PLANNING UPDATE

The AfterGrad committee met last week and have made plans for more fundraisers such as Pub Night and our second online silent auction. The Decorations and Entertainment committees will be meeting tonight to finalize details. The Bottle Drive on Saturday was a success, thank you all for your contributions. Our next meeting will be in **February** so please stay tuned for the date. Please join us to help make this AfterGrad party a blast for our grads!!

If you would like to receive more information or wondering how you can help, please email us at

[bestgrad2026@gmail.com](mailto:bestgrad2026@gmail.com). Stay informed on all the latest AfterGrad news; follow us at BestGrad2026 on Facebook & Instagram or email us at [bestgrad2026@gmail.com](mailto:bestgrad2026@gmail.com).

## DONATIONS TO SUPPORT AFTERGRAD

Are you a Best family who would like to support the AfterGrad? Do you have a Best grad student but you are unable to volunteer your time and are looking for a way to support the AfterGrad fundraising? Here are a couple of great ways you can still help:

1. Make a donation through the SCOL @ <https://sd43.schoolcashionline.com/>.

2. If you own a business or know someone who does, please consider donating to the AfterGrad Online Silent Auction or for AfterGrad prizes. Interested families please email [bestgrad2026@gmail.com](mailto:bestgrad2026@gmail.com) to request the donation marketing letter. Thank you for your support!

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# RETURN-IT RECYCLING PROGRAM

## DR. CHARLES BEST SECONDARY

1. PACK YOUR RETURNS IN A LARGE CLEAR BAG.
2. TAKE TO YOUR LOCAL RETURN-IT DEPOT.
3. USE KIOSK CODE 514-777-8865 TO PRINT LABEL AND STICK ON BAG. THAT'S IT!

SIGN UP FOR AN ACCOUNT THAT DONATES YOUR RETURNS TO OUR FUNDRAISER HERE:  
[HTTPS://APP.RETURN-IT.CA/DRCHARLESBESTSECONDARYSCHOOL  
AFTERGRAD2026](https://app.return-it.ca/drcharlesbestsecondaryschool/aftergrad2026)

OR USE THIS QR CODE TO SIGN UP

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**Return-It**  
It's Worth It.

DONATE YOUR DEPOSIT REFUND TO OUR GRAD CLASS OF 2026 AFTERGRAD!

You can easily donate your refundable containers using the Return-It App — it's one quick stop that makes a big difference in creating a fun, safe, and unforgettable After Grad 2026 celebration.

Every bottle, can, and carton counts!

Your support helps us make this special night one to remember for the Class of 2026.

#### **How to help:**

1. Download the **Return-It App**.
2. Use our After Grad 2026 account when you drop off your containers.
3. That's it — your refunds go directly toward our After Grad event!

Thank you for supporting our grads! 💙 🎓

## PAC CORNER

Happy New Year Everyone! We hope you all had a restful, fun break!

Please join us for our next Parent Advisory Council (PAC) meeting on **Monday, February 23rd, 2026 at 7pm** in the school library. All parents and caregivers are welcome! Principal Dave Cyr will also be in attendance to provide school updates and answer questions.

Please check out the PAC website for more information on how your PAC works for you and how you can get involved: <https://bestpaccomms.wixsite.com/drcharlesbestpac>. OR contact us at [bestpacchair@gmail.com](mailto:bestpacchair@gmail.com) for any questions. For updated news please follow us at charlesbestpac on Instagram or Facebook. We look forward to seeing you at our next meeting!

**Did you know?** You can **DONATE TO THE PAC ONLINE!** Parent donations to the Charles Best PAC help to support various aspects of your student's educational experience. Each year, the PAC provides much-needed funds to support activities such as extracurricular clubs, AfterGrad, teacher appreciation, and student scholarships. Login to your student's portal on the SchoolCash Online system to make your PAC donation today!

## COMMUNITY BULLETIN BOARD FOR SD43 FAMILIES

[Gotta Sing! Gotta Dance! Musical Theatre Program](#)

[Fraser Health: keep your child healthy during winter](#)

[The Snow Angels Program](#)

[All Ages Poetry Slam](#)

[Imagine This Musical Theatre Workshops](#)

## SD43 FAMILY AND COMMUNITY LEARNING SERIES

**Session 3: "Sleep Health for Children & Youth in a Digital Age" (Microsoft Teams)**

Contact: Paul McNaughton, [pmcnaughton@sd43.bc.ca](mailto:pmcnaughton@sd43.bc.ca)

Meeting Date: **Wednesday, Jan. 21, 2026**

Time: 6:30 – 8:00 pm PST

Topics to be discussed include:

- How Screen Time Use Can Impact Sleep
- Why Screens Disrupt Sleep
- Recommendations for Improved Sleep Habits with Children & Youth

**Presenter:** Dr. Elizabeth Keys is a registered nurse with experience in child, school, and community health. She works at the School of Nursing at UBC Okanagan. She leads the SLUMBER research lab, which focuses on promoting healthy sleep and mental well-being for families. Elizabeth is also part of the Canadian Sleep Research Consortium and co-leads projects that explore sleep across the lifespan and sleep health equity. Her work is all about partnering with communities to create practical, real-world solutions that help families thrive.

**Audience:** Open to all community members and parent/caregivers. This documentary is valuable viewing for parents of children in Kindergarten to grade 12.

[Register here for this event.](#) You will receive a confirmation email with a calendar invite (ical) to add to your personal calendar and also the TEAMS presentation link. Email any related questions to [familylearningseries@sd43.bc.ca](mailto:familylearningseries@sd43.bc.ca).

For more info, go to the [SD43 Family & Community Learning Series website](#).

[FCLS 3 – Sleep Health](#)

## COQUITLAM EXPRESS HOCKEY TEAM HOSTING DR. CHARLES BEST

FRIDAY, JANUARY 23RD IS  
**CHARLES BEST**  
SPIRIT NIGHT

COQUITLAM EXPRESS

**7:00PM**

POIRIER SPORT & LEISURE COMPLEX

On January 23rd, the Coquitlam Express will be taking on the Chilliwack Chiefs, and they've declared this game

"**Dr. Charles Best Night.**" This game is open to all students and families of Charles Best!

Earlier this season, the team successfully hosted Centennial Night and Port Moody Secondary Night, and the response from students, staff, and families was excellent. The team is thrilled to offer the same opportunity to our school!

Students, check your school email from January 14<sup>th</sup> for the link to your **FREE** ticket.

- students are encouraged to wear school colours or apparel

- school sports teams are encouraged to attend together and wear their team jerseys

- Interested in singing *O Canada*?

Please contact Tali Campbell @

[tali@coquitlamexpress.ca](mailto:tali@coquitlamexpress.ca)



## JOIN THE TRI-CITY EAGLES FIELD HOCKEY CLUB - REGISTER NOW

### U10 MINI & MITE FIELD HOCKEY

The U-10 Mini & Mites Field Hockey Program is open to girls and boys born between 2016 and 2021 and is a great way to learn, play, and have fun on the field.

The season fee is **\$155** — register before **February 1** and **save \$20** on your season fee! Registration for the Spring season closes **March 31**.

All games and practices are held at Cunnings Field at Town Centre in Coquitlam.

### U11 - U18 JUNIORS

Girls born 2008-2015 can join U-11 to U-18 teams in the Greater Vancouver Junior Field Hockey League, playing a fun, exciting, and competitive season from late March to June.

Sign up before **February 1** and **save \$20** on the **\$190** season fee!

### U11 - U14 BOYS

The Junior Boys Program is open to players born 2012 – 2015, while younger boys born 2016 - 2021 can join our Mini & Mite programs.

### REGISTER NOW

REGISTER NOW AT [TCFIELDHOCKEY.COM](http://TCFIELDHOCKEY.COM)

Early Bird Pricing:

**Save \$20** if you register by February 1, 2026

Regular Price:

**\$155** for Minis/Mites and **\$190** for Juniors  
Practices begin immediately following Spring Break

Don't wait – secure  
your spot and join the  
fun this season!

