



HHS IN THE KNOW

Weekly Bulletin

Week of January 22, 2024

WINTER GUARD RESTAURANT FUNDRAISER: Come out and support the combined Heritage/Arapahoe Winter Guard team at Panera Bread (7301 S Broadway) on January 22nd from 4:00 - 8:00 pm. Be sure to mention the Winter Guard team when you order. You can also use code: FUND4U with an online or mobile order.

HHS MENS SWIM & DIVE: All interested swimmers and divers for the spring season should attend the Parent and Swimmer Meeting on Tuesday, January 23rd, at 7:00 pm in Room 3294 (behind the pool). Registration for spring sports is open and will close February 26th. Visit the [HHS Mens Swim and Dive Team website](#) for up to date information, including HHS Athletic Registration, Boosters Registration, and team gear. The first day of practice is February 20th.

CAREER TECHNICAL EDUCATION (CTE) CLASSES: Did you know that in addition to the great programs offered through LPS's EPIC, students have the opportunity to take classes outside of LPS that align with their career paths? Visit the [LPS CTE website](#) to learn more about the programs listed below. Students may apply [here](#) (note: limited space available and students must provide their own transportation), deadline to apply is March 15th. Please see your counselor for more information.

- Auto Tech hosted at Arapahoe Community College* (can take for one or two years)
- Broadcast Journalism hosted at Englewood HS*
- Criminal Justice hosted at Rock Canyon HS*
- Cosmetology hosted at Colorado's Finest HS* (two year program + summer)
- Emergency Medical Technician hosted at Rock Canyon HS*
- Esthetics hosted at Colorado's Finest HS*
- Fire Science hosted at Rock Canyon HS*
- ProStart 1 & 2 (Culinary) hosted at Englewood HS
 - *=Concurrent Enrollment opportunities available

WINTER SPIRIT WEEK INFO: 2024 Winter Spirit Week is coming! We are excited to announce that our theme this year is Jurassic Park! Click [here](#) to watch the promo video. We will once again have the *Battle of the Classes*. The Seniors - Tyrannosaurus Rex will compete against the Juniors - Velociraptor and the Sophomores - Pterodactyl will take on the Freshmen - Spinosaurus.

We are starting off our Winter Spirit Week on Monday, January 29th by showing "Jurassic Park" in the HHS Theater at 6:00 pm.

DRESS UP DAYS: Get excited for the start of our Winter Spirit Week dress-up days! Don't forget to help your class win SPIRIT POINTS by dressing up and getting counted each day in the **Main Entrance** from 7:55-8:15 am.

- Friday, 1/26 - Indominus Flex Day, dress in Extreme Heritage Spirit Wear
- Monday, 1/29 - Welcome to the Park Day, dress like a tacky tourist
- Tuesday, 1/30 - Dino-Snore Day, wear pajamas
- Wednesday, 1/31 - Extinction Day, wear a past trend that has gone out of style
- Thursday, 2/1 - Hybrid Day, wear your best Swinter outfit (summer & winter)
- Friday, 2/2 - [Class Colors / Pep Assembly Day](#), wear your class shirts or class colors (freshmen green, sophomores blue, juniors yellow, and seniors pink)

We are so excited for this year's winter spirit week and we hope you are too! Please check the HHS website,

[Winter Spirit Week webpage](#), and HHS social media for information and updates.

ATTENTION SENIOR ATHLETES: Have you signed or plan to sign to play a sport at the next level? National Signing Day is coming up on February 7th at 4:00 pm in the Main Gym. If you want to take part in National Signing Day on Wednesday, February 7th you must email Kate Moreland in the Athletics Office at kmoreland@lps.k12.co.us by Thursday, January 25th.

2024-2025 COURSE REGISTRATION: Students will begin the registration process for the 2024-2025 school year this month. Counselors will meet with individual classes during Advisory beginning on January 19th to present information and hand out materials. Juniors received their info on January 19th, Freshmen will receive theirs on January 22nd, and Sophomores on January 26th. Registration will occur in Language Arts classes beginning the week of January 29th. All presented information and handouts are available on the Heritage Counseling Website beginning January 19th.

TRACK & FIELD: There will be a mandatory virtual meeting for interested athletes and their parents on Wednesday, January 31st at 7:00 pm. Please use the QR code for access to the meeting. For additional questions, please contact Head Coach Shaw Gifford at sgifford@lps.k12.co.us.



SPRING SPORTS INFORMATION: Registration for Spring Sports is now open! If you plan on participating in a Spring Sport, please register on heritageagles.com by February 16th. NOTE - if you are interested in participating in Boys Volleyball, you will have to register on the Arapahoe Athletics website: <https://arapahoehs-ar.schooltoday.com/>.

FOR PARENTS:

HELP EARN REWARDS FOR HERITAGE AND LPS WHILE SHOPPING:

- HHS is enrolled in the **King Soopers Rewards Program**. Just log into your King Soopers Account, Community Rewards, and search for Heritage High School either by name or by MY380, and then click enroll. Money earned through this program will help support our Eagle Family Foundation program here at school which assists students and families in need.
- HHS is also enrolled in **American Furniture Warehouse's Year Round School Rewards Program**. When you shop at one of their stores, please mention Heritage High School at the time of purchase.
- **Office Depot** donates five percent of purchases back to us when you designate Heritage High School (School ID #70018158) at the time of purchase.

PHONE NUMBERS:

- **Heritage High School Main Office: 303-347-7600**
- **Heritage High School Attendance Line: 303-347-7630**
- **Safe2tell**, a toll-free, anonymous Colorado tip line answered by the State Patrol, is for anyone concerned about a threat to student and staff safety: **Statewide Tip Line: 1-877-542-SAFE**
- **HHS Tip Line** - The purpose of the phone tip line is to provide a confidential opportunity to give school officials information about use, possession, distribution or sale of drugs or alcohol, as well as any information regarding a dangerous situation. **HHS Tip Line: (303) 734-6730**
- **Colorado Crisis Services: 1-844-493-8255 or Text "TALK" to 38255**

- **LPS 24-Hour Security: 303-347-3420**

LINKS:

- **Heritage High School Website:** <http://heritage.littletonpublicschools.net/>
 - [Important Dates and School Calendars](#)
 - [Sports and Activities Calendar](#)
 - [Bell Schedules](#)
 - [Staff Directory](#)
- **Infinite Campus Portal:** <https://littletonco.infinitecampus.org/campus/portal/littleton.jsp>
- **Click this link to view all district-approved flyers posted to the LPS website.** [Flyers](#)
- **LPS Website - Community Resources:** <https://littletonpublicschools.net/community-resources>

SOCIAL MEDIA:

Like us and then follow us to get automatic messages when we update our news feeds:

- www.facebook.com/HeritageLPS
- <https://www.instagram.com/heritageeagles/>

The HHS In the Know Weekly Bulletin is emailed to students and parents/guardians and posted to both the "For Students" and "For Parents" pages of our website on **Friday** (for the following week) during the school year. To submit information to be included in the weekly bulletin, please email CLambert@lps.k12.co.us by **10 am each Wednesday**.

Littleton Public Schools does not discriminate on the basis of race, color, sex (which includes marital status), sexual orientation, religion, national origin, ancestry, creed, age, disability, or need for special education services.

The following individuals have been designated to handle inquiries regarding the nondiscrimination policies:

Dr. Sheri Charles, Assistant Superintendent of Human Resources or Carla Larson, Director of Special Education and Student Support Services; Littleton Public Schools - 5776 S. Crocker St. Littleton, CO 80120 - 303-347-3300

* Please scroll down to view Eagle Events and other attachment(s) for this week. *



Heritage 2023-24 Multiple Activities Schedule

(as of 01-18-2024)

Activity	Time	Versus	Location	Location Detail	Comments
MONDAY, JAN 22, 2024					
Odd Period Classes			Heritage		
Belles - Practice	6:20am-7:50am		Heritage High School - Main Gym		
Belles - JV Practice	6:30am-8:00am		Heritage High School - Auxiliary Gym		
Swimming/Diving - JV Practice	6:30am-8:00am		Heritage High School - Pool		
Wrestling - Weight Lifting	7:00am-8:00am		Heritage High School - Weight Room		
Baseball - Morning Workouts	7:00am-8:00am		Heritage		
Baseball - Morning Workouts	7:00am-8:00am		Heritage High School - Weight Room		
Advisory - Freshman Registration	9:52am-10:22am		Heritage High School - Theater		
Admin Team Meeting	10:00am-12:30pm		Conference Room - Main Office		
Ice Hockey: Varsity Game	3:10pm	Denver East	South Suburban Ice Rink		
Drama - Musical Rehearsal	3:35pm-6:00pm		Heritage High School - Choir Room, Heritage High School - Theater		
Key Club Meeting	3:35pm-4:30pm		Heritage High School - Room 2841		
Department Chair Meeting	3:40pm-5:00pm		Library - Flight Room - 1664C		
Swimming/Diving - Varsity Practice	3:40pm-5:40pm		Heritage High School - Pool		
Basketball - Girls V/JV Practice	3:45pm-6:00pm		Heritage High School - Auxiliary Gym		
Basketball - Boys V/JV Practice	3:45pm-6:00pm		Heritage High School - Main Gym		
Book Study	3:45pm-4:45pm		Conference Room - Main Office		
Wrestling - Practice	4:00pm-6:00pm		Heritage High School - Turf Room Rm 0590, Wrestling Room		
Soccer - Girls Kick Around	4:00pm-7:00pm		Heritage High School - Field - Football (Artificial Turf)		
Cheer Practice	5:00pm-9:00pm		Heritage High School - Gym - C Climbing Wall Rm 2480x		
Band - Winter Percussion	5:00pm-8:00pm		Heritage High School - Band Room		
Basketball: Girls ⁶ Level Game	5:30pm	ThunderRidge	Heritage High School		(Cancelled)
ACES Swim Club practice	6:00pm-8:00pm		Heritage High School - Pool		
Basketball - Boys Sophomore Practice	6:00pm-7:30pm		Heritage High School - Auxiliary Gym		
Baseball - Workout	6:00pm-8:00pm		Heritage High School - Turf Room Rm 0590		
Baseball Parent & Player Meeting	6:30pm-8:00pm		Heritage High School - Theater		
Belles - Booster Meeting	7:00pm-8:30pm		Community Room - 1631		
Basketball: Boys Freshman Game	7:00pm	ThunderRidge	Heritage High School		
TUESDAY, JAN 23, 2024					
Even Period Classes			Heritage		
Belles - Practice	6:20am-7:50am		Heritage High School - Main Gym		
Swimming/Diving - Varsity Practice	6:30am-8:00am		Heritage High School - Pool		
Shadow Day	7:30am-10:30am		Heritage High School - Room 2843, Heritage High School - Theater		

Activity	Time	Versus	Location	Location Detail	Comments
FBLA Club Meeting	9:00am-9:30am		Room 1317		
Counseling - SIT Team Meeting	2:10pm-3:00pm		Conference Room - Main Office		
Drama - Musical Rehearsal	3:35pm-6:00pm		Heritage High School - Choir Room, Heritage High School - Theater		
Bits and Bytes Club Meeting	3:35pm-4:15pm		Room 1751X		
Knitting Club	3:40pm-4:40pm		Room 2139		
Art Express Club	3:40pm-4:35pm		Room 1771X		
Swimming Girls Varsity Dryland	3:40pm-4:40pm		Heritage High School - Weight Room		
Swimming/Diving - JV Practice	3:40pm-5:00pm		Heritage High School - Pool		
Film Club Meeting	3:40pm-5:00pm		Room 2135		
Basketball - Girls C-Level Practice	3:45pm-6:00pm		Heritage High School - Main Gym		
Basketball - Boys Freshman Practice	3:45pm-6:00pm		Heritage High School - Auxiliary Gym		
Book Study	3:45pm-4:45pm		Conference Room - Main Office		
Cheer Practice	4:00pm-7:00pm		Heritage High School - Gym - C Climbing Wall Rm 2480x		
Speech & Debate Club Meeting	4:00pm-5:00pm		Heritage High School - Room 2951		
Wrestling - Practice	4:00pm-6:00pm		Heritage High School - Turf Room Rm 0590, Wrestling Room		
Basketball: Boys JV Game	4:00pm	ThunderRidge	ThunderRidge High School		
Basketball: Boys Sophomore Game	4:00pm	ThunderRidge	ThunderRidge High School		
Basketball: Girls JV Game	4:00pm	ThunderRidge	ThunderRidge High School		
Swim & Dive: Girls Varsity Meet	4:30pm	Arapahoe	Heritage High School	Pool	
Swim & Dive: Girls JV Meet	4:30pm	Arapahoe	Heritage High School	Pool	
ACES Swim Club practice	5:30pm-8:30pm		Heritage High School - Pool		
Basketball: Girls Varsity Game	5:30pm	ThunderRidge	ThunderRidge High School		
Lacrosse - Boys Film	5:30pm-7:00pm		Heritage High School - 3rd Floor Lecture Hall		
Incoming Freshmen Registration Night	6:00pm-8:00pm		Heritage High School - Theater		
Wrestling Youth Practice	6:00pm-7:30pm		Wrestling Room		
Lacrosse - Girls Workout	6:00pm-7:15pm		Heritage High School - Turf Room Rm 0590		
Swimming - Boys Information Night	6:45pm-8:15pm		Heritage		
Basketball: Boys Varsity Game	7:00pm	ThunderRidge	ThunderRidge High School		
Swimming/Diving - Boys Meeting	7:00pm-8:30pm		Heritage High School - Room 3294 - Health		
Lacrosse - Boys Workout	7:15pm-8:30pm		Heritage High School - Turf Room Rm 0590		

WEDNESDAY, JAN 24, 2024

Even Period Classes			Heritage		
Swimming/Diving - JV Practice	6:30am-8:00am		Heritage High School - Pool		
Belles - Practice	6:50am-8:50am		Heritage High School - Main Gym		
Belles - JV Practice	7:00am-9:00am		Heritage High School - Auxiliary Gym		
Wrestling - Weight Lifting	7:00am-8:00am		Heritage High School - Weight Room		
Baseball - Morning Workouts	7:00am-8:00am		Heritage High School - Weight Room		
Baseball - Morning Workouts	7:00am-8:00am		Heritage		

Activity	Time	Versus	Location	Location Detail	Comments
Soccer - Girls Kick Around	7:30am-8:30am		Heritage High School - Turf Room Rm 0590		
Counseling - PLC Meeting	8:00am-9:20am		Conference Room - Main Office		
FCA Club Meeting	8:30am-9:25am		Heritage High School - Room 3294 - Health		
Chess Club	9:00am-9:15am		Heritage High School - Room 3135		
Counseling - Department Meeting	1:30pm-3:30pm		Conference Room - Main Office		
LINK - Meeting	3:30pm-4:00pm		Conference Room - Main Office		
Drama - Musical Rehearsal	3:35pm-6:00pm		Heritage High School - Choir Room, Heritage High School - Theater		
Eagle Outreach Club Meeting	3:35pm-5:00pm		Heritage High School - Room 2957		
Swimming/Diving - Varsity Practice	3:40pm-5:40pm		Heritage High School - Pool		
Thespian Club	3:45pm-4:15pm		Heritage High School - Theater		
Rock Climbing Club	3:45pm-5:00pm		Heritage High School - Gym - C Climbing Wall Rm 2480x		
Basketball - Girls V/JV Practice	3:45pm-6:00pm		Heritage High School - Auxiliary Gym		
Basketball - Boys V/JV Practice	3:45pm-6:00pm		Heritage High School - Main Gym		
Book Study	3:45pm-4:45pm		Library - Flight Room - 1664C		
Distance Track - Weights	3:45pm-5:00pm		Heritage High School - Weight Room		
Wrestling - Practice	4:00pm-6:00pm		Heritage High School - Turf Room Rm 0590, Wrestling Room		
Hockey - Meeting	4:30pm-6:00pm		Heritage High School - 3rd Floor Lecture Hall		
Hockey - Weights	5:00pm-7:00pm		Heritage High School - Weight Room		
Wrestling Youth Practice	6:00pm-7:30pm		Wrestling Room		
ACES Swim Club practice	6:00pm-8:00pm		Heritage High School - Pool		
Basketball - Boys Fr/So Practice	6:00pm-8:30pm		Heritage High School - Main Gym		
Wrestling: Boys JV Dual	6:00pm	Arapahoe	Heritage High School	Main Gym	
Basketball - Girls C-Level Practice	6:15pm-9:00pm		Heritage High School - Auxiliary Gym		
Wrestling: Boys Varsity Dual	7:00pm	Arapahoe	Heritage High School	Main Gym	

THURSDAY, JAN 25, 2024

Odd Period Classes			Heritage		
Belles - JV Practice	6:30am-8:00am		Heritage High School - Auxiliary Gym		
Swimming/Diving - Varsity Practice	6:30am-8:00am		Heritage High School - Pool		
Heritage Activities Cabinet	7:40am-8:10pm		Heritage High School - Room 3294 - Health		
Eagles in Faith	7:45am-8:15am		Heritage High School - Room 2667		
Mock Trial Club	7:45am-8:10am		Heritage High School - Room 2953		
Math League Club	7:50am-8:15am		Heritage High School - Room 3753		
Advisory - Mental Health Advisory	9:50am-10:22am		Library - Flight Room - 1664C		
Faculty - Meeting	10:22am-12:30pm		Conference Room - Main Office		
Counseling - SIT Team Meeting	10:25am-11:15am		Conference Room - Main Office		
Drama - Musical Rehearsal	3:35pm-6:00pm		Heritage High School - Choir Room, Heritage High School - Theater		
GSA Club Meeting	3:35pm-4:35pm		Room 3977		
Creative Writing	3:40pm-4:20pm		Heritage High School - Room 2845		

Activity	Time	Versus	Location	Location Detail	Comments
Diversity Club	3:40pm-4:45pm		Heritage High School - Room 2136		
Swimming Girls Varsity Dryland	3:40pm-4:40pm		Heritage High School - Weight Room		
Swimming/Diving - JV Practice	3:40pm-5:00pm		Heritage High School - Pool		
Math Diagnostic Exam	4:00pm-5:30pm		Heritage High School - 2nd Floor Lecture Hall		
Wrestling - Practice	4:00pm-6:00pm		Heritage High School - Turf Room Rm 0590, Wrestling Room		
Basketball: Girls ^C Level Game	4:00pm	Ponderosa	Ponderosa High School		(Cancelled)
Basketball - Boys Fr/So Practice	4:00pm-7:00pm		Heritage High School - Auxiliary Gym		
Basketball - Boys V/JV Practice	4:00pm-6:00pm		Heritage High School - Main Gym		
Cheer Practice	5:00pm-9:00pm		Heritage High School - Gym - C Climbing Wall Rm 2480x		
Band - Winter Percussion	5:00pm-8:00pm		Heritage High School - Band Room		
ACES Swim Club practice	5:30pm-8:30pm		Heritage High School - Pool		
Basketball: Girls JV Game	5:30pm	Ponderosa	Ponderosa High School		
Lacrosse - Boys Workout	5:30pm-7:00pm		Heritage High School - Field - Football (Artificial Turf)		
Lacrosse - Girls Workout	6:00pm-7:15pm		Heritage High School - Turf Room Rm 0590		
Unified Basketball: All Levels Game	6:30pm	Littleton High School	Heritage High School	Main Gym	
Basketball: Girls Varsity Game	7:00pm	Ponderosa	Ponderosa High School		
FRIDAY, JAN 26, 2024					
Even Period Classes			Heritage		
Belles - Practice	6:20am-7:50am		Heritage High School - Main Gym		
Belles - JV Practice	6:30am-8:00am		Heritage High School - Auxiliary Gym		
Swimming/Diving - JV Practice	6:30am-8:00am		Heritage High School - Pool		
Baseball - Morning Workouts	7:00am-8:00am		Heritage		
Baseball - Workout	7:00am-8:00am		Heritage High School - Turf Room Rm 0590		
WSW Tshirt Sales	8:00am-3:30pm		Outside of Main Office		Tshirt sales will be before school, during A and B lunch and Thursday after school only!
Meeting	9:00am-10:00am		Conference Room - Main Office		
Advisory - Principal's Advisory Committee Meeting	9:52am-10:22am		Heritage High School - 3rd Floor Lecture Hall		
Advisory - Sophomore Registration	9:52am-10:22am		Heritage High School - Theater		
Counseling - SIT Team Meeting	10:30am-11:30am		Conference Room - Main Office		
Drama - Musical Rehearsal	3:35pm-6:00pm		Heritage High School - Choir Room, Heritage High School - Theater		
Eagles for Choice	3:35pm-4:15pm		Room 3977		
D & D Club	3:35pm-5:00pm		2nd Floor Study Center		
Swimming/Diving - Varsity Practice	3:40pm-5:40pm		Heritage High School - Pool		
Distance Track - Weights	3:45pm-5:00pm		Heritage High School - Weight Room		
Cheer Practice	4:00pm-7:00pm		Heritage High School - Gym - C Climbing Wall Rm 2480x		
Wrestling - Practice	4:00pm-6:00pm		Heritage High School - Turf Room Rm 0590, Wrestling Room		
Basketball: Boys Freshman Game	4:00pm	Ponderosa	Heritage High School	Main Gym	
Basketball - Girls V/JV Practice	4:00pm-6:00pm		Heritage High School - Auxiliary Gym		
Swim & Dive: Girls JV Meet	5:00pm	Away vs. Multiple Schools	Regis Jesuit High School		C League Championships - Swim Only

Activity	Time	Versus	Location	Location Detail	Comments
Basketball: Boys JV Game	5:30pm	Ponderosa	Heritage High School	Main Gym	
ACES Swim Club practice	6:00pm-8:00pm		Heritage High School - Pool		
Basketball - Girls C-Level Practice	6:00pm-8:00pm		Heritage High School - Auxiliary Gym		
Baseball - Workout	6:00pm-8:00pm		Heritage High School - Turf Room Rm 0590		
Basketball: Boys Varsity Game	7:00pm	Ponderosa	Heritage High School	Main Gym	
Ice Hockey: Varsity Game	8:30pm	Chatfield	Edge Ice Arena (East)		
SATURDAY, JAN 27, 2024					
Basketball - Girls All Levels Practice	8:00am-1:00pm		Heritage High School - Main Gym		
Basketball - Boys All Levels Practice	8:00am-1:00pm		Heritage High School - Auxiliary Gym		
Drama - Musical Tech Day	8:30am-3:00pm		Heritage High School - Choir Room, Heritage High School - Theater		Saturdays
Wrestling: Boys Varsity Tournament	9:00am	Legend	Legend High School		Continental League Championships
Wrestling: Boys JV Tournament	9:00am	Legend	Legend High School		Continental JV League Championships
Swim & Dive: Girls JV Meet	9:00am	Multiple Schools	Heritage High School	Pool, Room 3294 - Health	B League Championships - Swim Only
Baseball - Workout	9:00am-2:30pm		Heritage High School - Turf Room Rm 0590		
Band - Winter Percussion Rehearsal	9:00am-1:00pm		Heritage High School - Band Room		
Basketball - Girls Team Dinner	11:00am-2:00pm		Heritage High School - Student Center		
Ice Hockey: JV Game	11:30am	Dakota Ridge	Family Sports Center - Hamilton		
Volleyball - Boys Open Gym	2:00pm-4:00pm		Heritage High School - Main Gym		
Ice Hockey: Varsity Game	5:20pm	Chaparral	Family Sports Center - Hamilton		
Ice Hockey: JV Game	6:30pm	Palmer	World Ice Arena		



Heritage HS Cheer

Invites YOU to be our Valentine
and Cheer alongside us...



ON THE COURT!



Please join Heritage High School Cheer for our Spring
Junior Cheer Clinic and a chance to perform during halftime at one of our

Girls Varsity Basketball Games!

Game Date: Friday, February 2nd

Clinic Details

Where: Heritage High School
1401 W. Geddes Avenue
Littleton, CO 80120

When: Wednesday, January 31st & Thursday, February 1st
From 5:00PM to 6:30PM

Program will include: T-Shirt, Pom Poms,
Snacks, and a Drink

Pre-K (4/5) to 8th Grade – Registration Fee \$60 via Zelle

To Sign up please scan the QR Code or follow the attached link to
complete the google signup doc
using the link below.

Click [HERE](#) to follow the
Heritage Junior
Cheer Sign-Up Link

I love
Cheer



JOIN NOW!

Virtual Parent Meeting
1/31/2024 (Wednesday) @7:00pm

Any questions, please email Head Coach Shaw at
sgifford@lps.k12.co.us

Heritage Track & Field

Goals: Sculpting young leaders through work ethic, discipline, and teamwork.

Expectations: Show up on time, prepared to work, and have required gear.

Fees: \$175 Sign up fee paid to the Athletics Office, and medical clearance

Practice Time: Every day after school 3:45pm (First Practice is 02/29/2024)



Please scan to enter google track and field meeting.
meet.google.com/rux-eavt-bmh