

CANVAS THE HEIGHTS




SEMESTER THREE • MAY-AUG 2025


WELCOME

to your third semester at Canvas. Join us in celebration, relaxation and exploration over the following months. Download the **MY CANVAS APP** for any extra events we'll be adding to your calendar.


05 MAY - ALL DAY EXAM SURVIVAL KITS Reception

 Grab your free survival kit to help power through exam season.


12 MAY - ALL DAY MENTAL HEALTH AWARENESS WEEK Reception

 Take a break with mindfulness moments & relaxing crafts.

17 MAY - 7PM-12AM EUROVISION PARTY Common Room

 Celebrate the drama & music of Eurovision with snacks & friends.

28 MAY - 1PM-6PM HEIGHTS FEST Courtyard

 Celebrate the end of the year with food, drinks & good vibes.


31 MAY - 7PM-10PM CHAMPIONSHIP FINAL Common Room

 Pub-style snacks, darts & live football – don't miss the final.

04 JUN - 6PM-8PM WINE & CHEESE NIGHT Common Room

 Celebrate National Cheese Day with wine & tasty pairings.


11 JUN - 4PM-7PM RETRO GAMES NIGHT Common Room

 Go old school with gaming classics like Super Mario & GTA.


21 JUN - 4PM-6PM YOGA TO UNWIND Yoga Room

 Stretch, breathe & relax at this peaceful guided yoga session.


27 JUN - 6PM-8PM POOL TOURNAMENT Common Room

 Take your shot in the final pool competition of the year.


07 JUL - ALL DAY WORLD CHOCOLATE DAY Reception

 Sweeten your day with a free chocolate treat from Reception.


16 JUL - SEE RECEPTION STUDENT-LED EVENT See Reception

 Got an idea? Run your own event – submit by 31st May.


23 JUL - 1PM-3PM HEIGHTS FITNESS CHALLENGE Gym

 Compete for the title, the trophy & a special prize.


30 JUL - 12PM-3PM INTERNATIONAL FRIENDSHIP DAY Common Room

 Join us for an afternoon of chats, refreshments & good company.

05 AUG - 3PM-6PM PING PONG TOURNAMENT Courtyard

 Serve, smash & score in our annual ping pong showdown.

13 AUG - 12PM-3PM SUMMER FEST Courtyard

 Celebrate summer with a BBQ, ice cream & sunny vibes.

KEY



COMMUNITY
& CREATIVITY



CAREER &
DEVELOPMENT



EQUALITY &
DIVERSITY



MINDFULNESS
& WELLBEING



LIFE WORKS

