



CentTimes

NEWSLETTER

FEBRUARY 2021

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WHAT'S NEW?

IMPORTANT DATES!

QUARTER 3

February 3 - April 22

Q3 Block Flip March 8

Q3 Report Cards available on Parent Portal:

March 2 & April 30

QUARTER 4

April 26 – June 25

Q4 Block Flip May 28

Q4 Report Cards available on Parent Portal:

May 25 & June 29

For all other dates

click: [CALENDAR](#)

FAMILY DAY

FEB 15

SPRING BREAK

MARCH 22-APRIL 1

GOOD FRIDAY

APRIL 2

EASTER MONDAY

APRIL 5

VICTORIA DAY

MAY 24

PRO D DAYS

FEB 26

APRIL 23

MAY 21

LAST DAY FOR ALL STUDENTS JUNE 29

STUDENT LEARNING SURVEY 2020/2021

The Provincial Student Learning Survey is unique in its scope, size and usefulness to schools. It gathers information from parents/guardians/caregivers, teachers and students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

Early in **2021** the Student Learning Survey will be administered to students in grades 10 and 12, their parents/guardians/caregivers, and all school staff. We encourage parents/guardians/caregivers to participate in this survey, as the results are important in identifying and celebrating current strengths, as well as determining where the school needs to focus improvement. The surveys contain standard questions for the Province – in addition, questions from the school and/or district that focus on local conditions or issues may be included.

The survey can be completed electronically and can be accessed on the Internet at http://www.bced.gov.bc.ca/sat_survey. Any computer with an Internet connection can be used, and access to the e-survey is simple and secure. The survey can be accessed through the link with or without an anonymous logon code by selecting the school district and school name where your child attends school. Provincial, District and School Reports for previous years can be viewed at the same site under the *Results* section.

The e-survey site will be open until April 30th.

If you have any questions, please contact the school at 604-936-7205.

MY SCHOOL DAY APP

On your phone or tablet, go to the App Store or Google Play and search for “My School Day”. Install it – it’s free! Select BC, SD43 Coquitlam, Centennial Secondary from the list provided. Make sure to allow it to receive notifications if asked – we will send out important reminders, information, and alerts through notifications. This will provide you with up to date notifications about the school.

REPORTING ABSENCES

If you are reporting an absence or early dismissal please email centennialattendance@sd43.bc.ca. If you are unable to email, please call the school at 604-936-7205.

STUDENT PARKING

Students are not permitted to park in the staff parking lot, off Winslow Ave. You may obtain a parking pass from the office, in order to park in the designated student area at Vanier Centre, with access from Schoolhouse St. The passes are free of charge and will be revoked if students violate the parking code of conduct. Passes must be displayed on the dashboard and must match the license plate of the vehicle. Passes are non-transferable to another person’s vehicle.

DROP OFF/PICK UP

There are three one-way lanes off Poirier Street, between the Community Centre entrance and the Board Office. They are designed for safe pick-up and drop-off of students. Please do not enter the staff parking lot, off Winslow Ave, for pick-up or drop-off. Please also avoid waiting in the drop-off area near our front entrance. A school bus picks up some of our students between 2:50 and 3:20pm, and we must keep that area clear. We suggest that you have your child meet you at the Vanier Centre lot, accessed off Schoolhouse St. Alternatively, your child may be dropped off on Winslow Avenue or King Albert Avenue. Perhaps your child may meet you at the Dogwood Pavilion or Library parking lots, or you may wait there and then proceed to the school's pick-up zone at an agreed-upon pickup time.

We are requesting that students entering the school use the entrance doors nearest their first class and exit the buildings through the exit doors nearest their last class. The intent is to minimize student movement within the building and maximize physical distancing in the hallways.

NEWS FROM THE CAREER CENTRE

Several major (research) university admission deadlines have now passed. Smaller Institutions and colleges are still accepting applications.

2021
LOCAL SCHOLARSHIP APPLICATION PACKAGE & DISTRICT AUTHORITY AWARD APPLICATIONS
Will be available for eligible graduates prior to spring break.

Scholarship programs for 2021 graduates are ongoing. The Centennial Local Scholarship package and District Authority Applications will be sent out via email prior to spring break. Graduates are urged to continue checking the website, reading the Centennial Today and investigating external scholarship opportunities. The bulk of available funding will be released between February and May.

As we approach course selection time **Grade 11's** can be investigating program admission requirements, and sourcing potential volunteer, experiential or extra-curricular activities. Questions? Please email Mrs. Healey Wright at dhealeywright@sd43.bc.ca

Check the website:

<https://www.sd43.bc.ca/school/centennial/ProgramsServices/CareerCentre/Pages/default.aspx#/=>



Reminders:

SFU APPLICANT INFO SESSIONS - <https://www.sfu.ca/students/admission/campus-tours/applicant-info-session/sessions.html>

POST-SECONDARY BC VIRTUAL EVENTS - <https://www.postsecondarybc.ca/events/>

BCIT BIG INFO (AT HOME EDITION) Over 4 evenings Feb. 22nd – 25th 4 – 7 pm Register in advance:

<https://www.bcit.ca/about/visit/big-info/>

DOUGLAS COLLEGE - Academic Foundations for Potential Nursing Candidates Winter 2022 start. If you missed the fall deadline, the application opens from Feb 1. to Feb. 3 only.

<https://www.douglascollege.ca/program/ctafpn>



CENTENNIAL FOOTBALL COFFEE SALE

The Centennial football team is having a coffee sale to support their efforts! If you would like to support this, please order through the Kev school cash system. <https://sd43.schoolcashionline.com/>

CALENDAR

You can access the school calendar any time by following this link:
<http://www.sd43.bc.ca/school/centennial/Lists/Calendar/calendar.aspx#/=>

Important Calendar Dates for 2020- 2021

Event	Date
Grade 9/10 Orientation Day	Thursday, September 10 (9 am/1 pm)
Grade 11/12 Orientation Day	Friday, September 11 (9 am/1 pm)
First Full Day of Classes	Monday, September 14
Pro-D Day	Friday, September 25, 2020
Thanksgiving Day	Monday, October 12, 2020
First Report Card for Quarter 1 Available Online	Tuesday, October 14, 2020
Mid Quarter Block Flip	Friday, October 16, 2020
Pro-D Day	Friday, October 23, 2020
Photos	Thursday, October 29 & Friday, October 30, 2020
Remembrance Day	Wednesday, November 11, 2020
End of Quarter 1	Tuesday, Nov. 17, 2020
Start of Quarter 2	Wednesday, Nov. 18, 2020
Final Report Card for Quarter 1 Available Online	Friday Nov. 20, 2020
First Report Card for Quarter 2 Available Online	Wednesday Dec. 16: 2020
Schools Close for Winter Vacation (last day in session)	Friday, December 18, 2020
Winter Vacation Period	Monday, December 21, 2020- Friday, January 1, 2021
Schools Re-open after Winter Vacation	Monday, January 4, 2021
Mid Quarter Block Flip	Monday, January 4, 2021
End of Quarter 2	Friday, January 29: 2021
Pro D Day	Monday, February 1, 2021
Start of Quarter 3	Tuesday, February 2, 2021
Final Report Card for Quarter 2 Available Online	Friday, February 5, 2021
BC Family Day	Monday, February 15, 2021
Pro-D Day	Friday, February 26, 2021
First Report Card for Quarter 3 Available Online	Friday, March 5, 2021
Mid Quarter Block Flip	Monday March 8, 2021
Schools Close for Spring Vacation (last day in session)	Friday, March 19, 2021
Spring Vacation Period	Monday, March 22 – Thursday, April 1, 2021
Good Friday	Friday, April 2, 2021
Easter Monday	Monday, April 5, 2021
Schools re-open after Spring vacation	Tuesday, April 6, 2021
End of Quarter 3	Thursday, April 22, 2021
Pro-D Day	Friday, April 23, 2021
Start of Quarter 4	Monday, April 26, 2021
Final Report Card for Quarter 3 Available Online	Friday, April 30, 2021
Pro-D Day	Friday, May 21, 2021
Victoria Day	Monday, May 24, 2021
First Report Card for Quarter 4 Available Online	Tuesday, May 25, 2021
Mid Quarter Block Flip	Friday, May 28, 2021
End of Quarter 4 (Last Day of Classes)	Friday, June 25, 2021
Last Day of School for all Students	Tuesday, June 29, 2021
Final Report Card for Quarter 4 Available Online	Tuesday, June 29, 2021
Administrative Day	Wednesday, June 30, 2021



Free Evidence-Based Anxiety Relief

Is anxiety getting in the way of your life? MindShift™ CBT uses scientifically proven strategies based on cognitive behavioural therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

Get the tools to tackle:

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MindShift™ CBT Features:

CBT-BASED TOOLS

Interactive cognitive-based tools to help you re-orient your thinking, and behavioural strategies to help you take action and make lasting positive change.

THOUGHT JOURNAL

Transform your worries into balanced and helpful thoughts by identifying and challenging thinking that keeps you trapped in anxiety.

COPING CARDS

Ease your anxiety in the moment by re-adjusting your thinking with helpful coping statements.

BELIEF EXPERIMENTS

Learn how to set up experiments to test out beliefs that fuel anxiety.

HEALTHY HABITS

Tips to set the stage to better manage anxiety by taking better care of yourself.

CHECK-IN

Keep track of your anxiety and mood over time with graphs and journal entries.

QUICK RELIEF

When you need anxiety help fast, use these quick and easy tools to help you take a breath, ground yourself, shift your thinking, and take steps to cope.

GOAL SETTING

Tools and tips to help you set and accomplish important life goals and keep anxiety in check. Reminders to keep you motivated and on track.

FACING FEARS

Overcome your fears by gradually facing them in small manageable steps.

EXPANDING YOUR COMFORT ZONE

Build your confidence by consistently doing new and challenging things.

CHILL ZONE

Listen to audio recordings of guided relaxation and mindfulness meditations to help you get, and stay, in a more relaxed and mindful headspace.



Scan to
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Available in English and French

anxietycanada.com
604 620 0744