



CENTENNIAL TODAY

Friday, May 10 * 2024 - Day 1 *

In order to speed up the process of serving you at lunch:

- 1. Please leave your backpacks or bags in your locker or outside the cafeteria service area**
- 2. Please read the menu in the Centennial Today before entering the lineup**
- 3. Use hand sanitizer before entering**
- 3. Have your payment ready before you order**
- 4. No touching items that you are not going to buy**
- 5. Only those buying are permitted to enter the lineup. This will help speed up service.**
- 6. No cutting into the line. Please wait your turn and line up in an orderly manner.**

Bon appetit!



Menu

~ LUNCH ~

Bon appetit!



Soup of the Day: Tomato Basil

Small \$2.50, Medium \$3.50, Large \$5.50

A.M. Break

Ham, Sausage, Bacon Wrap \$3

Strawberry Banana Mango Smoothie \$2.50

Sandwiches

Grilled Cheese \$5.00

Buffalo Cauliflower Quesadilla \$5.50

Chicken Strips & Fries \$7.00

Clubhouse Wrap \$5.50

Entree

Beef Bulgogi Meatballs w/ Rice and Veggies \$7.00

Salads

Centennial Salad \$5.00 w/ Chicken \$7.00

Caesar Salad \$4.50 w/Chicken \$5.50



SHAWALLS

Summer Learning

2024

Elementary

Eight locations, Tuesday July 9 - Friday July 26 9:00am-12:00pm. K to 1 transition, English for Beginners, Visual & Performing Arts, French Immersion, Integrated studies, Math, Reading & Writing, Coding (Info tech), Outdoor Science, STEAM, and more! Free to all BC residents*.

Middle

Three locations, Tuesday July 9 - Friday July 26 8:45-11:45am. Band, Guitar, Creative Writing, Drama/Improv, English for Beginners, Guitar, Home Ec/Culinary, Integrated studies, English and French Immersion Language Arts, Mathematics, PE/Leadership, Coding (Info Tech), Outdoor Science, STEAM, Tech Ed, Visual & Performing Arts, and more! Free to all BC residents*.

Two locations. Tuesday July 9 - Friday July 26 8:30-11:30am OR 12:00-3:00pm. English, English for Beginners, IB Math & Science, Jazz & Concert Band, Science, Home Ec, Sewing, 2D Animation, Metal and Wood Tech Ed, Math, Coding (Info Tech), Skills for Success. Free to all BC residents*. These non-credit courses may be taken to review previously covered course content OR preview a course. Academic Completion 9/10 (earn a passing mark) also available, by referral.

Secondary Skill Building

Face-to-Face Advanced Credit OR Online Blended Fast Track
Two locations. Wednesday July 3 - Thursday August 8 8:00-11:30am OR 12:00-3:30pm. Biology 11,12; Career Life Education 10; Chemistry 11,12; EAL 10,11; English 10,11,12; English First Peoples 11,12; Mathematics 10,11,12; Physics 11,12; PHE 10; Socials 10,11.

Secondary Full Credit

Check out the SOYL full day program on our website!

Registration begins at 6:00am for ...
- Elementary: Tuesday April 30
- Middle & Secondary Skill Building: Friday May 3
- Secondary Full Credit: Wed. May 8
Phone 604-936-4261 for assistance.
*SD43 Residency requirements apply

To Register

WWW.SD43SUMMERLEARNING.CA / Phone 604-936-4261

Courses and locations listed above are subject to change



STYVING

NEW ITEMS:



May is **Asian Heritage Month**! *Asian Heritage Month* is an opportunity for all of us to learn, support, and uplift diverse Asian cultures, and acknowledge how their contributions have made Canada the country it is today.

The Social Justice & Equity Committee will be holding events throughout the month of May. Check out some of the amazing things happening around the school and stay tuned for more details!

Studio Ghibli Film Workshop with Special Guest Naoyori Murata from the Vancouver Japanese Language School

Date: May 14 (Ex Flex)

Place: B122 – Illing

Japanese Felt Doll Workshop with Ms. Illing

Date: May 21 (Ex Flex)

Place: B122 - Illing

Past Lives Screening

Date: May 27-28 (lunch)

Place: Theatre

Asian Heritage Night: A celebration of Asian heritage through food, dance, and musical performances. Ticket includes an assorted bento box, dessert, and performances.

Tickets: 15\$ through [myschoolcashonline](https://myschoolcashonline.com) until May 22.

Date: May 29 (6-8 pm)

Place: Red Gym

If you have any questions, comments, or concerns regarding Asian Heritage Month or the events happening, please reach out to Ms. Razzell (arazzell@sd43.bc.ca) or Keira Wong (076-kwong1@sd43.bc.ca)

Our very own Vocal Jazz Ensemble Won Top Awards at Cantando!

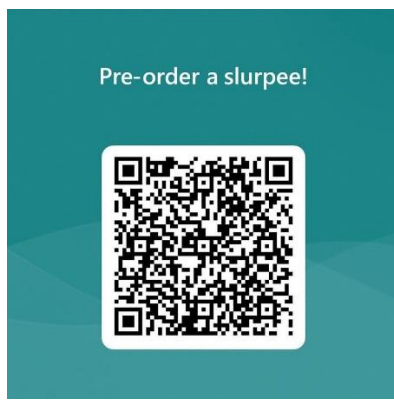
[Coquitlam student music group turn heads at Whistler festival - Tri-City News \(tricitynews.com\)](https://tricitynews.com)

Peer Tutoring and Open Tutoring will take place in the foyer today (Tuesday) only due to an exam in the library!

Pumpkin Growing Contest

Centennial has been entered in a Sd43 giant pumpkin growing contest for the Fall of 2024. The winner with the largest pumpkin will receive \$200 for sustainability initiatives for their school. We require team members to participate in this contest. If you are competitive and care about sustainability and environmental issues and want to participate, please see Mr. Jonas in the culinary kitchen, before or after school, or email adjonas@sd43.bc.ca.

Paws Rescue Society will be having a Slurpee sale on May 10th (Thursday) at lunch in the foyer. We will be also be accepting pre orders through the QR code online . We will also have a table set up for in person pre orders through May 6-9th in the foyer during lunch.



Staff and Students: Please come audition for our student-produced TV show! Email 076-dayres@sd43.bc.ca or 076-emcaffer@sd43.bc.ca to sign up and get more information.



Congratulations to the Centennial STEAM Team for placing 3rd at the District Sustainability Fair last Friday! 6 of our club members were able to represent our club's Sustainability Project and brought home \$250 in prize money for the project.



Registration open again for the Tech Leadership 10/11/12 course now!

Contact Ms. Hothi if you have any questions about this course or would like to join the team next year!



Social Justice/Equity Committee IDS

Are you passionate about social justice issues and making a difference throughout your community? Join the **Social Justice/Equity Committee IDS** (Independent Directed Studies – Foundations of Inquiry) course for 2024-2025! Students in this committee can work independently or with other group members to delve into issues important to them and organize activities and events throughout the year. Examples of past and upcoming events include Asian Heritage Month activities and Asian Heritage Night event, a Pride Month event, the Red Dress Day Project display, Truth and Reconciliation assembly and activities, and more. It's a great opportunity to get involved and have an impact on our community! If you're interested, please fill out the form using the QR code or contact Ms. Razzell.



Grade 12 Students

CAREER CENTRE

CAREER CENTRE

Visit the online Centennial Career Centre Page



@cent43careercentre

Employment/volunteering – Post Secondary Information-Scholarships & Awards – Trades Training -

Mrs. Healey Wright, your Post-Secondary and Career Advisor, is on site Monday, Wednesday Thursday and Friday 8:00am – 3:30 pm.

Support is available for all students! Appointments & Drop-in visits available in the counselling area or email dhealeywright@sd43.bc.ca

General

RCMP NATIONAL YOUTH ADVISORY COMMITTEE

Applications for next year 24/25 will open on May 13th 2024. 125 students from across Canada will form the committee. The National Youth Advisory Committee members meet on a moderated, private online forum to discuss youth trends, RCMP programs, as well as youth crime and victimization issues. This commitment requires approximately two to four online hours per month, from October to June. [National Youth Advisory Committee | Royal Canadian Mounted Police \(rcmp-grc.gc.ca\)](#)

ADULTING 101: PERSONAL FINANCE FOR STUDENTS PREPARING FOR UNIVERSITY HOSTED BY UVIC GUSTAVSON VIA ZOOM

The workshop will be delivered on Zoom, and there are two dates to choose from: **Monday, May 27th or Tuesday May 28th** [CLICK HERE TO REGISTER FOR THE SESSION](#)

Contact Recruitment Manager, Daniel Nair, at

bizrecruit@uvic.ca for more information [Meeting Registration - Zoom](#)

TRI-CITIES MENTORSHIP PROJECT – ALUMNI PANEL SERIES (Virtual)

Are you curious about what different degrees/programs have to offer? Want to learn more about how to get into a particular field? Are you interested in learning more about the different pathways available to you after high school? Do you have a field or degree that you're curious about, but you're not sure what it's like or how to get there? Don't worry, you're not alone - we've all been there too.

Join us for a **VIRTUAL** panel series where **SD43 alumni** will discuss their high school & post-secondary journeys and answer your questions!

Medical School: Thu, May 16 (7-8 PM)

Bachelor of Arts: Thu, May 23 (7-8 PM)

Business: Thu, May 30 (7-8 PM)

RSVP here: bit.ly/tricitiesalumnipanel

VOLUNTEERS NEEDED FOR ALDERSON ELEMENTARY CARNIVAL

We are looking for student volunteers for our upcoming **ALDERSON SPRING CARNIVAL**. If your child is able to volunteer, please fill out the form below. Parents will need to arrange transportation to and from Alderson Elementary School. Date of event **Friday May 24, 2024. Time: 2:20PM-6:00PM (1:45PM Early dismissal for volunteers)**

Address: Alderson Elementary School- 825 Gauthier Ave, Coquitlam DEADLINE for submissions: Monday, May 13. APPLICATIONS ON THE CAREER CENTRE - [Career Centre - Centennial Secondary School \(sd43.bc.ca\)](https://sd43.bc.ca)

BC CHILDREN'S HOSPITAL ORTHOPAEDIC EVENT FOR FEMALE STUDENTS GRADES 10-12

Details for this June 6th event can be found here https://ubc.ca1.qualtrics.com/jfe/form/SV_c15fpTzizv2RcjQ

VOLUNTEER THIS SUMMER WITH SD43 SUMMER LEARNING

Coquitlam School District's Summer Learning program is pleased to once again offer a volunteer opportunity for our students. Last year we placed fifty students into SD 43 Summer Learning classrooms. Successful volunteers will be placed in local classrooms and earn necessary volunteer hours as well as a letter of reference from their sponsor teacher.

Summer Learning Website: <https://ce43.augusoft.net//info/landing/summer-learning>

Application Form: [FORM](#). **Due May 31ST**

The Canadian Marine Careers Foundation (CMCF) Virtual Info Session

Speak with employees working in ship and shore roles in British Columbia's vibrant marine sector. Discover firsthand what it takes to pursue dynamic, well-paying careers as a port or vessel captain, naval architect, or marine service technician. **B.C. Virtual Career Event 9:20 AM-10:35 AM PST Friday, May 24th, 2024 Register [Microsoft Virtual Events Powered by Teams](#)**

CURRENT VOLUNTEER OPPORTUNITIES POSTED ON THE CAREER CENTRE: [Career Centre - Centennial Secondary School \(sd43.bc.ca\)](https://sd43.bc.ca)

Children's Festival 2024 Key Volunteers (Feb.) and other volunteers needed May 27th to June 2nd 5/27/2024

TEDDY BEAR PICNIC 6/5/2024

BC Highland Games - volunteers needed June 13, 2024 6/13/2024

Volunteer at Place des Arts this Summer apply by June 14th 6/14/2024

GOLDEN SPIKE DAYS VOLUNTEER CALL OUT 6/28/2024

OUAC (ONTARIO Universities Application Centre) VIRTUAL INFO SESSION

MAY 22 5-7PM ET. A great opportunity for grade 10 and 11 students considering Ontario schools.

SUMMER JOBS ARE BEING POSTED

[Available Summer jobs near Coquitlam, BC \(with Salaries\) | Indeed.com](#)

[British Columbia Summer Jobs | Canada Government Jobs](#)

[Summer jobs in Vancouver, British Columbia | Summerjobs.ca](#)

VOLUNTEER FOR THE TEDDY BEARS PICNIC – JUNE 9 AT TOWN CENTRE PARK

HOURS ARE BETWEEN 9AM AND 6PM

Areas:

Set up

Take down (these shifts will be until 6pm)

Stage volunteers/wranglers

Open and close barricades in parking lot

Clean picnic tables in food area

Grounds maintenance

Collection of recyclables

End of line place holders for face painters, etc. at end of day

APPLICATIONS ON THE CAREER CENTRE/VOLUNTEERING

JOB SEARCH ENGINES

- [INDEED Job Search – part time COQUITLAM](#)
- [BC jobs Coquitlam part time](#)
- [WorkBC](#)

Be sure to check the [Career centre website](#) for more information and resources.

GRADE 12 CAREER CENTRE INFO



SD43 Trades Hiring Fair

Looking for a job?

Bring your resume

Meet employers from a variety of skilled trades such as:
carpentry * plumbing * electrical * mechanics * sheet metal * welding * landscaping * ironworking

43careers.com * careerprograms@sd43.bc.ca

Wednesday
June 5th
5-7pm
Centennial Sec.
(foyer & gym)
570 Poirier St.
Coquitlam

Grade 12

HAVE YOU WON A SCHOLARSHIP, BURSARY OR AWARD. SHARE YOUR NEWS IN THE COMMENCEMENT PROGRAM:



<https://forms.office.com/r/zUfei9rn3Y>

ADMITTED TO UBC? Interested in a Info Session or in-person tour?

See the Tours and Events page: [UBC events](#)

UBC First Year Engineering - Ask me anything [UBC event details](#) **Who should attend**

You are welcome to attend this event if you are:

- Deciding whether to accept your offer from UBC
- Accepting your offer of admission to UBC

LOTUS LIGHT CHARITY SCHOLARSHIP

Due May 15th. Applicants are assessed on scholastic excellence and community volunteer involvement.

JEAN LUMB AWARDS

Due May 20th – Students in grades 9-12 with Chinese Heritage. 12 awards of \$1,000 in various categories.

NUPGE SCHOLARSHIP PROGRAM 2024

Applications are now open for these awards. [Scholarship FAQ - NUPGE](#) Due June 30th

SPORTS

Badminton Intramurals



Badminton Intramurals
May 14th - 23rd

Badminton Intramural Sign Up

Register your team by May 10th using the QR code

Centennial Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55
BLOCK 1 9:00-10:12	BLOCK 1 9:00 – 10:02	BLOCK 1 9:00-10:12	BLOCK 1 9:00 – 10:02	BLOCK 1 9:00 - 10:12
BLOCK 2 10:16-11:28	ExFLEX 10:06 – 11:11	BLOCK 2 10:16-11:28	CENT TIME 10:06 – 11:11	BLOCK 2 10:16-11:28
Lunch 11:28 – 12:13	BLOCK 2 11:15 – 12:17	Lunch 11:28 – 12:13	BLOCK 2 11:15 – 12:17	Lunch 11:28 – 12:13
BLOCK 3 12:13 – 1:25	Lunch 12:17 – 1:05	BLOCK 3 12:13 – 1:25	Lunch 12:17 – 1:05	BLOCK 3 12:13 – 1:25
ADVISORY/FLEX 1:29 – 1:59	BLOCK 3 1:05 – 2:09	FLEX 1:29 - 1:59	BLOCK 3 1:05 – 2:09	FLEX 1:29 - 1:59
BLOCK 4 2:03 - 3:15	BLOCK 4 2:13 - 3:15	BLOCK 4 2:03 - 3:15	BLOCK 4 2:13 - 3:15	BLOCK 4 2:03 - 3:15