



CENTENNIAL TODAY

Tuesday April 23* 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: Cheesy Cauliflower

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

A.M. Break

Sausage, Egg , Cheese Breakfast Sandwich \$3

Sandwiches

Grilled Cheese \$5.00

Pulled Pork Enchilada Verde \$5.50

Beef Lasagna \$5.50

Pesto Chicken Panini \$5.50

BBQ Pulled Pork Sandwich \$6.00

Pork Schnitzel Burger \$6.00

Add Potato Salad \$1.00

Salads

Centennial Salad \$5.00 w/ Chicken \$7.00

Caesar Salad \$4.50 w/Chicken \$5.50



STWALLS

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

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

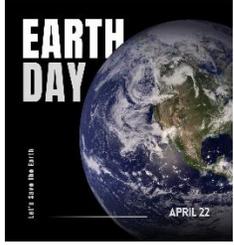
WWW.SD43SUMMERLEARNING.CA / Phone 604-936-4261

Courses and locations listed above are subject to change



STWALLS

ALL STUDENTS



Happy Earth Day! Commit to Taking Action to Fight Climate Change

Today is the first day of the Earth Day Eco-Week Challenge. Everyone is invited to submit their Climate Action Commitment for a chance to win 1 of 100 individual prizes!

The Climate Change Commitment:

I am committed to doing my part when it comes to mitigating climate change. I will take the following actions to help reduce my impacts and the school district's carbon emissions.

How to enter: Scan the QR Code



- TUESDAY: Use less electricity. Unplug appliances, chargers that are not in use. Turn off the lights during the day and enjoy the natural light.
- WEDNESDAY: Turn down the heat... if you are chilly wear a sweater!
- THURSDAY: Reduce waste... bring lunch in a reusable container, bring your own cutlery to reduce reliance on disposable forks & spoons!
- FRIDAY: Walk, Bike, Ride or Transit to school! Let's see fewer car trips coming to Centennial this week

NEW ITEMS:

CENT HELPING YOUTH
access youth

SPRING DONATION DRIVE

PERSONAL HYGIENE ITEMS

- DEODORANT
- SUNSCREEN
- BODY SOAP
- FACE WASH
- ETC.

APRIL 23RD - MAY 3RD

BRING IN DONATIONS TO YOUR BLOCK 2 CLASS!

CENT HELPING YOUTH

DONATION DRIVE

Personal Hygiene 1pt

- toothpaste
- toothbrushes
- sanitary products
- deodorant
- moisturizer

GOAL: 30PTS/CLASS

Class with most points on May 3rd wins: class prize and random draw for 5 cafeteria coupons

special items 5pts

- sunscreen (\$1cash=1pt)
- summer clothes
- sunglasses

CENTHELPINGYOUTH

*Personal Hygiene items should be unopened/unused. items in a pack will be counted individually.
item examples listed; other items & cash also accepted

Thank you for participating! - all proceeds go to ACCESS Youth!

access youth

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!



JOIN
TECH LEADERSHIP!
2024-25

- LEARN ABOUT TECHNOLOGY AND SUPPORT WITH TECHNOLOGY
- GET INVOLVED WITH THE CENTENNIAL COMMUNITY
- DEVELOP A VARIETY OF SKILLS THAT WILL HELP YOU IN ANY FUTURE OPPORTUNITIES
- GO ON TECH-RELATED FIELD TRIPS- E.G., THE MICROSOFT HEADQUARTERS
- BE PART OF AN AMAZING TECH TEAM!

Register through QR code or link in Instagram bio

@cent_tech_leadership

Free Books in the Library

The Library has a large number of books that have been removed from the collection which students may take, keep and enjoy! The books cover a wide range of subjects (fiction and non-fiction) and are on three carts (two double-wide and one single) in the Library. Bring your backpack or a box and help yourself!

International/ELL students

Korean International Fee-Paying Students

Please come to a meeting on Wed May 1st in E210 for a meeting with Ms Sousa and Ms. Jeong during flex time. (If you came to meet on April 17th no need to attend)

Field Trip opportunity May 6th 11:30am-3pm

Rocky Point Kayak - we will have a guided kayak tour. Please get a form from Ms. Sousa in E210/E206 Mon/Tues/Friday mornings 8:30-8:55am or during lunch/flex times. There is a limit of 30 students and a cost associated with this trip. First priority sign up for International students until April 15th. After this any ELL student can hand in their forms if there is space available. Rocky Point Kayak also requires a waiver - it's online: <https://go.theflybook.com/Manage/BFCHQM#/lite>

LIBRARY POET-TREE

Hey Centaurs!

It is National Poetry Month, and the Poet-Tree in the Library has started to bloom! Come in during the month of April to write a poem, ode, lyrics, haiku, a prose - whatever speaks to you, and add it as a leaf to our Poet-Tree. Every entry gets a candy, and the chance to win one of four free lunches in the Centennial Cafeteria! We also have Magnetic Poetry happening on a two-sided white board, so stop by to express your creativity!



Our second winner for the Poet-Tree contest is: Ella Richter!
Come pick up your prize at the library circulation desk 😊

Congratulations!

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.

IDS: Foundations of Inquiry

Would you like to earn course credit for learning about your subject of choice? Foundations of Inquiry is the course for you! Offered during CENT time, you will be guided through the process of developing an inquiry question around your passions and supported as you explore and meet your goals for learning. For more information, please see Mrs. Caldwell in the library on Friday.



Grade 12 Students

CAREER CENTRE

U OF T - GRADES 9,10, 11 AND PARENTS ARE INVITED TO AN INFO SESSION – REGISTER BELOW

DATE:	Sunday, April 28
LOCATION:	The Westin Bayshore, Vancouver, 1601 Bayshore Drive, Vancouver, BC
TIME:	10:00 AM - 11:30 AM (PST)
CHECK-IN:	9:30 AM

REGISTRATION DETAILS

CAREER CENTRE

Visit the online Centennial Career Centre Page [HERE](#)



[@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

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

Grade 12

THEATRE SOCIETY LEGACY FUND

The POCO Foundation offers the Theatre Society Legacy Fund (TSLF) as follows: \$2000 AWARDS

AVAILABLE FOR STUDENTS ENTERING THE ARTS. *It includes drawing, painting, sculpting, photography, digital art, performance art, dance, music, poetry, prose, theatre, and culinary arts.* **DEADLINE EXTENDED**

TO APRIL 22 (11:59 PM)

NEW SCHOLARSHIPS POSTED – VISIT [Career Centre - Centennial Secondary School \(sd43.bc.ca\)](https://www.sd43.bc.ca/Career-Centre)

CTA TRADES, ARTS AND EQUITY SCHOLARSHIPS ONLY FOR SD43 GRADS

Website [Scholarships – Coquitlam Teachers Association](https://www.coquitlamteachers.com)

[scholarship-application-form-TradeArtsEquity-revisedJan2024.pdf \(coquitlamteachers.com\)](https://www.coquitlamteachers.com/scholarship-application-form-TradeArtsEquity-revisedJan2024.pdf)

Trades & Arts Scholarship (2 x \$1500)

– these scholarships will be awarded to students in SD43 pursuing a career in Trades or a career in Visual Arts or Fine & Performing Arts. Criteria: Secondary school coursework in the areas of **Trades or Fine & Performing Arts**. One page paper outlining why the applicant wants to pursue a career in Trades, Visual Arts or Fine & Performing Arts. Applicants are encouraged to include any information demonstrating financial need.

Equity Scholarship (4 x \$1500)

– these scholarships will be awarded to students who identify as **Indigenous, Black, a person of colour, LGBTQ2S+, or a person with a disability**.

Criteria: one page paper outlining what their chosen field is and why the applicant has chosen to pursue a career in that field. Applicants are encouraged to include any information demonstrating financial need.

Deadline to apply directly via CTA website June 1st 2024

REMINDER -Coquitlam Optimist – Robert Simms Memorial Scholarship only for sd43 STUDENTS

Various awards of \$500 only for SD43 students – Pursuing post-secondary, acceptable academic standing, financial need, community engagement. Due April 25th.

For graduating students: [Vocational & Technical Education Scholarships - Horatio Alger Association Canada](https://www.vocationalandtechnical.ca)

Theatre Society Legacy Fund (POCO Foundation)

<https://pocofoundation.com/> (website). \$2,000 awards in a full range of ‘arts’ - Deadline extended to April 22.

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

This week our SR and JR team had games against Terry Fox and Archbishop Carney. Congratulations to the SR team winning against Carney (6-5) and our JR team was able to beat both schools 8-3 (Terry Fox) and 9-2 (Carney). Further congratulations to the JR girls' players for only losing 1 out of 12 of their games. Next week will be the last game of the season before Districts, go Cent!!

Soccer Intramurals



CENTENNIAL DRAGON BOAT TEAM



PRACTICE THIS WEEK will be on Tuesday, April 23rd at Barnett Marine Park at the Lotus Sport Clubhouse from 4:30-6pm.

Please bring the 3 waiver forms signed and completed with \$10 for insurance.

We will be in the dragon boat on the water!

Please dress appropriately for weather and getting wet!

See Mr. Asano for more information!

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