



CENTENNIAL TODAY

WEDNESDAY * OCTOBER 9 * DAY 1

IN THE CAFETERIA:



SOUP

Cream of broccoli \$3

ENTRÉE

\$4 special - pork schnitzel with braised red cabbage

Soy glazed chicken wings with vegetable chow mein \$6

BBQ pulled pork sandwich \$5

SANDWICH / PIZZA

Pesto chicken panini \$4.50

ALL STUDENTS

TICKETS FOR THE HALLOWEEN SCAVENGER HUNT & MOVIE NIGHT

KCC (ELL/International Student Leadership Class) are now selling tickets for the Halloween Scavenger Hunt & Movie Night taking place on **Monday October 21st**. The scavenger hunt will take place starting at 9am with the Halloween movie and pizza happening at 3:30pm. Leadership students will be going to all ELL classes to sell tickets. The tickets are \$2 and includes, movie snacks, pizza and refreshments! For more information, send a direct message on Instagram to @KCCleadership.

CAREER OFFICE

The office is closed today and will re-open on Thursday.

VOLUNTEER OPPORTUNITY!

Big Brothers representatives will be in the foyer during period 3 on Thursday, October 10th to provide information on how to become a Big Brothers volunteer! The commitment is only one hour a week at an elementary school close by. Please go visit Shey from Big Brothers on Thursday for more information!

RED CROSS STUDENT MOVEMENT 'HUMANITARIANS IN TRAINING' CONFERENCE

This annual conference will be held on NOV. 16th at UBC. Cost is \$15. We can have fees waived for 3 students. Speak to Ms. Chambers or Mrs. Healey Wright. Students can register (by Nov. 3rd) directly here:

https://docs.google.com/forms/d/e/1FAIpQLSc2N7CD4GSOLvsQKt0ZdH68kT4_htAe82F1yq_6AjFNmC8deg/viewform or visit <https://www.humanitariansintraining.com/register.html>

LANGUAGE COURSE CHALLENGE

Students who have exceptional ability in French 11/12, Japanese 11/12, Korean 11/12, Mandarin 11/12, Punjabi 11/12 or Spanish 11/12, and have **not** previously received credit for these courses, have the opportunity to challenge a language course for credit. Go to <http://web.deltasd.bc.ca/content/schools/secondary/challenge-exams/> (or google "Language Challenge Exams"); fill in the application before printing out the application package. Completed applications including photos must be turned in to your counsellor for review and signature **before** 3:30pm on Friday, November 1st.

SCHOOL STORE

Thank you for your patience as the cage on our store entrance is broken. We will be open period 3 every day for now. Stay tuned for our other hours. Come see the new T-shirts and long sleeve shirts the fashion industry class designed! We have snacks, school supplies, and other spirit gear. We are located downstairs by the band room. See Mrs. Baldwin for any questions!

BCIT BIG INFO SESSION

Will be held on Nov. 16th at the Burnaby campus. Interested Students are urged to **register in advance** [HERE](#)

TRI-CITIES VOUNTEER JOB FAIR - OCTOBER 20, 11AM - 6PM



BCIT MARINE DAY OPEN HOUSE

Explore a career at sea. Attend this open house at the North Van. Campus on Friday Oct 18th from 10 am to 7 pm. Register and get more information here: <https://www.bcit.ca/pp/marineday/> See live demos, check out simulators, meet industry employees.

APPLICATIONS FOR SHAD ARE NOW OPEN! GRADE 10 & 11 STUDENTS

Students who are interested in STEAM are urged to apply to this outstanding month-long program. Funding is available. Shad looks for diversity and well-roundedness in Shad participants with an over-arching commitment to excellence. Students with a strong academic foundation, who are natural go-getters, curious about the world, community-minded, creative and engaged are the type that excel at Shad. If that sounds like you, please apply. Visit: <https://www.shad.ca/who-can-apply/>

INTERESTED IN THE ENVIRONMENT? SFU IS HOSTING AN EVENT

Calling all **grade 11 and 12** students! You are invited to join Simon Fraser University professors and current students at the Burnaby Campus for a **free**, fun, and informative event on **Friday, October 25th** 10:00am-2:00pm. Through hands-on mini-lectures and lab activities, you will get to experience why the Faculty of Environment is so much more than you think. Spend your Pro-D day with us – lunch is included! <http://www.sfu.ca/fenv/students/prospective-students/events/>

MATH CONTEST: OCTOBER 15TH

The first of six math contests run by the Canadian National Mathematics League will occur on October 15th at 3:30pm in Room B204. The contest is free, only 30 minutes long, and will be supervised by Mr. Petersen. Email for details or to sign-up: gpetersen@sd43.bc.ca

GRADE 12

INTERESTED IN U OF T - ATTEND AN INFO SESSION!

Sunday, October 27th at 2:00 PM until 4:00 PM **Vancouver Convention Centre, West Meeting Rooms 1055 Canada Pl, Vancouver, BC**
[REGISTRATION FOR OUR PROSPECTIVE STUDENT INFO SESSION IN VANCOUVER](#)

REMINDERS FOR GRADE 12'S – EVENTS THIS WEEK!

SFU AND UBC are holding an **INFO SESSION** here in the Theatre **this THURSDAY OCT 10th** from 7 - 9 pm. Parents welcome. Bring your questions!

CANADIAN UNIVERSITIES EVENT AT GLENEAGLE SECONDARY

THIS WEDNESDAY 6 - 8 PM. Annual walkabout and **mini-fair with information** about Universities from 50 Universities from across Canada. Meet representatives and ask questions!! Parents welcome. <https://www.cuebcevents.ca/schedule-of-events/>

U OF T NATIONAL BOOK AWARD

(one nomination per school – brag sheet required by Oct 10th. See your counsellor) <https://future.utoronto.ca/scholarships/national-book-award/> Student can submit regardless of what Post-Secondary Institution they are applying to. Winners will be asked to apply for a National Scholarship.

LORAN AWARD

Students *can still apply* for this award as Direct Pool applicants – **DEADLINE: Oct. 25th/19**. Visit <https://loranscholar.ca/>

CLUBS, ACTIVITIES AND PROMOTIONS

ESPORTS CLUB AND TEAM IS STARTING UP!

The focus in SD43 this fall is League of Legends and Smash Brothers. In the spring it will be Overwatch and Smash Brothers. SD43 is also looking at having both Co-Ed and Girls only divisions for Smash Brothers. Come to an important and brief meeting today after school. The first SD43 Smash Bros. meetup is happening this Thursday afterschool at Riverside Secondary. We need 2 boys and 2 girls to represent Centennial at the meetup and you will need to get a parent permission form signed before you can participate. First to return their permission forms will be the ones who get to participate in this weeks SD43 smash bros meetup. Also, for those who don't end up going to the SD43 meetup, the first club day for playing/practicing will be after school on Thursday.

MOVE4MANA CLUB

Hey Centaurs, we are looking for students interested in taking part in a spectacular student initiative called Move 4 Mana! Move 4 Mana was originated to donate Ready-to-Eat Therapeutic Food to severely acute malnourished children across developing countries. Our first meeting is on Wednesday October 9th at 3:15 P.M. in room E212. Join and help us spread Cent love to those in need! If you are interested in becoming a part of our team, please email us at @076-obalogun@sd43.bc.ca, 076-vvekslyer@sd43.bc.ca, or 076-iurbani@sd43.bc.ca.

GETAWAY YOUTH CENTRE, 620 POIRIER ST.

- ❖ **LEARN TO COOK FRIDAY - GRILLED CHEESE WITH BACON!** - Friday Oct. 11th, 6:00pm start. Cost: Free. Location Poirier Youth Centre. Grilled cheese is generally considered to be the greatest sandwich, now just imagine how much greater it would be if you add bacon! Plus, glow in the dark dodgeball!
- ❖ **DIY SANDWICHES - SATURDAY OCT. 12TH**, 6pm Start. Cost: Free. Location: Poirier Youth Centre. Come check out the Poirier youth centre on Saturday and learn to make (and eat) a melt in your mouth mini apple crisp. Come warm up with this delicious and adorable, foodie fall treat.

MATH CLUB!

Do you like solving interesting problems? Do you want to meet other people who think math is RADICAL? Then don't be a square, come to math club! Wednesdays starting October 9th in room B204.

SPORTS

GRADE 9 GIRLS VOLLEYBALL TEAM

The Grade 9 Girls Volleyball Team played Port Moody Senior Secondary yesterday, winning the first 3 sets and therefore winning the game!

GIRLS FIELD HOCKEY

The Field Hockey team beat Riverside in a convincing 3-0 match yesterday! The first goal was scored within the first minute of the game by Bella Meers off a great sequence of passes. Jamie Vanstone scored the next two goals within the next five minutes. The entire team shared playing time with all players contributing to a solid team performance. Cameo Zarillo earned her third shutout of the season. Next game vs. Gleneagle on Thursday at TC West!

SR. BOYS SOCCER TEAM

The Sr. Boys Soccer team lost a tough one yesterday to Terry Fox by a score of 2-1. The Centaurs were down 1-0 after an early Fox goal, but the team battled back and Dante Bandiera flicked home a header to tie the game at 1-1 with 15 minutes to go. JoJo Reis continued his strong start to the season up front and played the ball over top of the defence for Bandiera to finish the equalizing goal. However, a bit of a defensive lapse allowed the Ravens to have a clear shot on net from 25 yards out and with the ball struck well on a very firm turf, the shot squeaked by goalie – Dom Parolin. Playing very well in the loss were centre backs Liam Haysom and Nico Porretti, while Elijah Quinto and Ethan Solito were work-horses in the middle of the park. The Centaurs now sit 3rd in the standings and play a tough Arch Bishop Carney team on Thursday at 3:30 pm at Coquitlam Town Centre North Field.

SENIOR GIRLS VOLLEYBALL

Reminder that next practice is Wednesday October 9 at 6:30pm in the Blue Gym. Next HOME match is on Thursday October 10 at 6:00pm for the Senior Girls vs. Charles Best Secondary.

CROSS COUNTRY

Practice this Wednesday, October 9th at 3:30pm in the usual location at Mundy Park. Reminder to all runners - a week this Wednesday on October 16th is the district championships. We all need to be at Mundy Park at 3:30pm on Wednesday, October 16th. Good running!!

BOYS BASKETBALL TRYOUTS

Grade 9 Boys: Friday @ 7:00 AM in Blue Gym

Grade 10 Boys: Thursday @ 7:30 PM at Como Lake

Senior Boys: Friday @ 3:30 PM in Blue gym

GIRLS BASKETBALL TRYOUTS

The first tryout for any girls in grades 9-12 interested in playing basketball this year will be Thursday from 6:00 - 7:30pm at Como Lake Middle. All girls are encouraged to attend.

VOLLEYBALL GRADE 9 GIRLS' GAMES

- Thursday, October 10th 3:45 PM we have a home game against Charles Best

- Thursday, October 17th 3:45 PM we play at Heritage Woods

- Tuesday, October 22nd 3:45 PM we have a home game against Riverside

- Thursday, October 24th 3:45 PM we play at Terry Fox

The district championship will be held at Archbishop Carney and will take place:

Monday, October 28th 3:45pm

Tuesday, October 29th 3:45pm

Wednesday, October 30th 3:45pm