



CENTENNIAL TODAY

FRIDAY * FEBRUARY 4 * 2022

**MASKS ARE REQUIRED IN ALL AREAS OF THE BUILDING
THEY MUST BE WORN COVERING MOUTH AND NOSE PLEASE**

CAFETERIA CUSTOMER GUIDELINES

1. Masks are mandatory
2. Use hand sanitizer before entering
3. Have your payment ready (tap preferred)
4. No touching items that you are not going to buy
5. Only those buying permitted to enter the line up



8:15-9:45 am Breakfast

Assorted Baked Goods and Breakfast Sandwiches

Lunch- 11:00am - 12:45pm

Roasted Carrot Ginger (Vegan) \$2.00/\$3.00/\$5.00

BBQ Beef Burger \$5.00

Crispy Chicken Wrap w/ Spicy BBQ \$5.00

Grilled Cheese Sandwich - \$5.00

Sausage, Ham & Pepperoni Pizza \$5.00

Four Cheese Pizza \$5.00

Poutine \$6.00

Chicken Strips & Fries \$6.50

Korean BBQ Chicken Wings w/ Rice & Vegetables

ALL STUDENTS



MOVE4MANA is Back!
Feb 4th- March 4th

The RUTF packets earned will be sent to South Sudan

Join the challenge on the "Active for Good" app
with event code "CSSMOVES"

Get Active, Save Lives & Win Prizes!

Check out
@centm4m for more info



ATTENTION Students CURRENTLY in Grade 9, 10 and 11:

Applications are now open for next year's Jr. and Sr. Environmental Studies Academies. You can find them:

- 1) On the Centennial Website
- 2) On our Instagram @cent.es
- 3) Using the QR code below



Applications close **March 11th at 3:00pm**

NEXT WEEK IS WELLNESS WEEK!

Each day you will dress up for spirit points, participate in fun activities and learn how to improve your wellness! Follow @cent.es on Instagram for extra contexts and prizes!

Follow @centmentalhealth on Instagram for more information, contests, events and prizes!

Wellness Week!

CENTENNIAL SECONDARY

February 7th-11th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THEME	Intellectual	Emotional	Social	Physical	Spirit Day!
SPIRIT POINTS	Wear Green	Tie Dye/ Rainbow	PJ Day	Jersey Day! or Fav. Team Colours	Cent Gear! or Cent Colours
WELLNESS BLOCK	"Language Matters" & Amazing Race	Art/Music & Anxiety Workshop	Student Survey and TedTalk	"Happy Brain" with Leah Pells	Bamboozled and prizes!

Block Schedule

AM: 7:10-8:22AM

P1: 8:25-9:33AM

P2: 9:37-10:45AM

P3: 10:48-11:56AM

P4: 12:00-1:08PM

WELLNESS ACTIVITY BLOCK: 1:10-1:55PM

(stay with P4 class)

P5: 1:58-3:06PM

BLIND DATE WITH A BOOK IS GOING ON IN THE LIBRARY!

How does it work?

1. Pick a wrapped book from the display, with a description that matches your interests.
2. Bring it up to circulation desk to sign it out 😊



BLACK HISTORY MONTH

February is Black History Month. It is meant to honour the significant historic and ongoing contributions of Black Canadians in society. It is also meant to spotlight the enormous impact that these contributions have made in pushing civil rights forward towards a more inclusive society for all. In different pods in the school, you will find posters highlighting the contributions of Black Canadians. Scan the QR code below and follow the instructions to enter a weekly prize draw.



COURSE PLANNING 2022-2023

ATTENTION ALL STUDENTS RETURNING TO CENTENNIAL NEXT YEAR

Course Planning information is **NOW available** on the Centennial Website

You now have access to the [Course Planning Booklet](#) for 22-23, with course descriptions

In addition, an online [fillable course selection sheet](#) is available here: <https://mycentennial.sd43.bc.ca/courseplanning/>

Counsellors **STRONGLY** encourage all students to read through the course descriptions to make sure you are choosing wisely.

Should you have any unanswered questions please contact your counsellor for further information

We will be providing a **Virtual Question & Answer Teams Meeting** for Students and Parents on **Feb. 2nd from 6:30-7:30 P.M.** Link to be provided on Centennial website.

Once you have completed your course selection sheet you are welcome to meet with your counsellor in person or virtually.

Stay tuned for more information about Counsellor Sign Up Appointments!

MYED PORTAL WILL OPEN ON FEB. 7TH AND CLOSE ON MARCH 1ST SO MAKE SURE YOU HAVE INPUT CORSES BY THE DEADLINE

SFU SELF-REPORTING FLOWCHART 2022

This form has been updated and instructions have changed slightly. [2022 Self Report Final.pdf \(sfu.ca\)](#)

PATHWAY TO TEACHER EDUCATION SCHOLARSHIP

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/scholarships/provincial-scholarships/pathway-to-teacher-education-scholarship>

The Pathway to Teacher Education scholarship (\$5,000) is awarded to **20 outstanding** high school graduates in BC who have demonstrated a commitment to and aptitude for a career in K–12 teaching. Details and criteria on link. DEADLINE: **FEBRUARY 15TH, 2022, 3:39 PM**

GRADE 12'S

CAREER CENTRE

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



@cent43careercentre

GREEN COLLAR CONFERENCE ***NEW***

The “green economy” is changing the face of the workplace in B.C. Are you a Grade 9-12 student in B.C.? [Learn more about the Green Collar Futures Career Conference](#). This next annual conference will be held remotely on Saturday, February 12, 2022.

[Click here to see what happened at the Green Collar Futures Career Conference.](#)

[register now](#)

APPLIED TO POST-SECONDARY? ***NEW***

Students are reminded to check their **student portals** and email accounts regularly for updates and ‘to-do’ lists.

BCeID# and STS ***NEW***

Grads - Be sure to complete these steps to have your GRADES sent to the institutions you have selected. They need to receive updates and final marks in July.

APPLIED to UVIC? ATTEND THE NEXT STEPS SESSION ***NEW***

Next Steps Events for applicants: uvic.ca/join-us

Self-reporting dates **Feb 15 - March 15** Online courses must be 50% done by March 15 and 100% complete by June 30. Tips: Estimate your final grades if necessary. Do not enter 0%. 100% will need school corroboration. You only submit once.

COQUITLAM FOUNDATION SCHOLARSHIPS AND BURSARIES – NEW LINK

<https://coquitlamfoundation.com/funds/> Deadline FEB 15.

EDUCATION PLANNER BC –SEARCH <https://www.educationplannerbc.ca/search>

Search your program of interest and institution – get a snapshot of admission requirements, tuition, length of program and a direct link to the program page.

VOLUNTEERS FOR SHORLINE PARK Cleanup/Port Moody

Looking for volunteers who don't mind getting dirty for a cleanup of invasive species at Shoreline Park this Sunda 9:30 – 11:30 am..

[More info here.](#)

FEB 15 SCHOLARSHIP DEADLINES

Coquitlam Foundation, Pathway to Teacher Education link for info: [HERE](#)

POST SECONDARY DEADLINES

Many deadlines for fall admission have now passed for university. Local colleges and institutes are still accepting applications. Apply now!

INFO SESSIONS

BCIT Big Info Feb 15-17, JIBC Law Enforcement Feb 16, SD43 TRADES Feb. 16 (students and parents welcome) link & info: [HERE](#)

ACADEMIC FOUNDATIONS FOR NURSING

Did you miss the fall application window for ACADEMIC FOUNDATIONS FOR NURSING at Douglas?

The deadline to apply for the WINTER CYCLE is approaching. Reminder: For students who missed the fall application window -

ACADEMIC FOUNDATIONS FOR POTENTIAL NURSING APPLICANTS

WINTER 2023 APPLICATIONS

Applications for Winter 2023 will open on Monday Feb. 7, 2022 at 9:00am and will close on Wednesday Feb. 9, 2022 at 4:00pm. Please see the Program Overview below for additional details.

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



SFU CAMPS 2022 – VOLUNTEER RECRUITMENT

VISIT THE LINK FOR MORE DETAILS: [Volunteer Opportunities - SFU Camps - Simon Fraser University](#) OR [HERE](#)

Application Period: **February 11, 2022 - April 19, 2022** - ALSO PLAN TO ATTEND OUR SD43 INFO SESSION (VIRTUAL) ON MARCH 3rd at 5pm.

BCIT BIG INFO SESSION FEB. 15-17 AT HOME EDITION

REGISTER IN ADVANCE – CHOOSE YOUR PREFERRED SESSION - [Big Info – BCIT](#)

CONGRATULATIONS

DELIA PAN is the successful applicant for our **SCHULICH LEADER NOMINEE - CLASS OF 2022!**

ROGINA HAJI-MAHMOODZADEH is the successful applicant for our **BC EXCELLENCE NOMINEE - CLASS OF 2022!**

PEDALHEADS SPRING BREAK BIKE CAMP – VOLUNTEERS AND PAID INSTRUCTORS NEEDED

2-week program for kids in our community (Coquitlam Como Lake) and various other areas (Burnaby, Hastings-Sunrise etc)

Instructor Application: <https://pedalheads-bike-camps.breezy.hr/p/c369e20ef196-spring-break-instructor-gvrd> (16 or 17 years old)

Volunteer Application: <https://pedalheads-bike-camps.breezy.hr/p/669603ba95ae-volunteer-application-spring-break-only>

SFU CAMPS – Save the date – Information session **March 2** at 5 pm online. Link TBD. [More volunteering](#) links and info [HERE](#)

U of T – EXPERIENCE ENGINEERING

online presentation designed for **Grade 9 & 10** students. The first 30 minutes of the event will be an overview of our Engineering programs, opportunities, academic requirements, and community. After the presentation, there will be a Q&A period led by an Engineering Recruitment Officer where they will answer any questions you have about applying to, and studying at, U of T Engineering. [Experience Engineering January 24](#) [Experience Engineering February 10](#)

SEARCHING FOR FUNDING?

QUICK LINK TO THE ONLINE CAREER CENTRE – FINANCE AND AWARDS PAGES: [HTTP://BIT.LY/2XZDRkU](http://bit.ly/2xzDRkU)

Students should read the Centennial Today and access the online career centre for up-to-date career and post-secondary information.

LOCAL SCHOLARSHIP PACKAGE & DISTRICT AUTHORITY AWARDS

APPLICATIONS WILL BE AVAILABLE FOR ELIGIBLE 2022 GRADS PRIOR TO SPRING BREAK



COQUITLAM FOUNDATION FUNDING
DON'T DELAY! APPLY TODAY FOR THESE **COMMUNITY SCHOLARSHIPS/BURSARIES!**
\$500 – \$2,000 More info on the Career Centre
DEADLINE IS FEBRUARY 15TH
<https://coquitlamfoundation.com/bursaries/>

Gr. 12 SCHOLARSHIP SEARCH TIPS

Not finding any [#scholarships](#) you qualify for?

- Remember, scholarships open and close throughout the entire Grade 12 year.
- CHECK the website regularly
- Check websites and search engines often.

Career and Education planning resources:

my **Blueprint**

<http://www.myBlueprint.ca/sd43>

Log in with your school email and password

EMILY CARR SUMMER ART INSTITUTE

This pre-university, immersive, one-month experience attracts high school students from across Canada and around the world. Through studio practice, guest artist talks and class discussions you'll develop your skills + technique and create new work for your portfolio. If you are between 16 and 18 (or will have finished Grade 10 by July), join us and ready yourself for further education at an art and design university. <https://www.eventbrite.ca/e/info-session-2022-summer-programs-for-teens-tickets-224375612497> Other Teen programs: <https://www.ecuad.ca/academics/teen-programs>

BCIT PATHWAY TO SUCCESS AWARDS NOW POSTED

3 x \$3,000 Awards for SD43 Grads planning to attend a program at BCIT. (Students must have applied to a full time first year technology, technical studies, or trade program (excluding Apprentice) and have a BCIT student number before being considered for an award. Award specific information and criteria is listed: <https://www.sd43.bc.ca/school/centennial/ProgramsServices/CareerCentre/financeawards/Pages/default.aspx/#=#InplviewH ash02f87063-69d3-4710-8d10-63ddea64e857> Expiry April 1/22

SPORTS

FIELD HOCKEY

TRI-CITY EAGLES
FIELD HOCKEY
2022 SEASON REGISTRATION

Girls born 2004-2018 and boys born 2006-2018 are invited to get involved in the second ranking sport in the world!

U-10 MINI & MITE HOCKEY
The Club also offers a Mini-Hockey Program for U-10 girls and boys (minis born 2012-2013 & mites born 2012-2018).
Season fee for Minis & Mites is \$125.
REGISTRATION DEADLINE FOR U-10 PLAYERS: SUNDAY, FEBRUARY 27TH
A \$16 late fee will be charged after if space is available.

U-11 TO U-18
U-11 to U-18 teams compete in the Greater Vancouver Junior Field Hockey League from Late-March to June. Season Fee \$150.

JUNIOR BOYS
The Club offers a program for Junior Boys born 2006 to to 2011.
Boys born 2012 to 2018 are registered as Mini or Mite players.
REGISTRATION DEADLINE U-11 TO U-18: RETURNING PLAYERS & NEW REGISTRANTS SUNDAY, FEBRUARY 13TH
A \$16 late fee will be charged after if space is available.

HOW TO REGISTER?
Please visit:
tcfieldhockey.com
Players must first register with Field Hockey British Columbia to obtain a player identification number – required to complete registration with Tri-City Field Hockey. See our website for details.

QUESTIONS?
604.619.4034

DROP-IN & TRY-IT SESSION
Sunday, January 16th
2 to 3pm • Cunnings Field
Weather Permitting (snow no clinic)
No registration required!
Participants are asked to arrive by 2pm.

CENTENNIAL SPRING HOCKEY TEAM

It is finally time to ice a lineup for the 2022 High School Hockey League. **The Centaurs Hockey Team is back!!!** First tryouts are 3:45 Thursday Feb 3 on rink 3 across the Poirier. Scan the QR code to register for tryouts. If you have a Centennial jersey from 2 years ago, cost is \$150- new socks are provided. If you are new to the team, \$190 includes team jersey, socks, games and practice ice. Only 20 players will be rostered. See Mr. Peterson A203 for more details.



GOLF TEAM MEETING FRIDAY, FEBRUARY 4TH AT 11:30 AM

There will be a meeting for all students interested in playing on the Centennial Senior Golf Team on Friday, February 4th at 11:30 am in the LEC (Room E202). Students in Grade 9-12 who have their own golf clubs (and shoes) and have played on a full-size golf course before are encouraged to come to the meeting. The Centennial Golf Team plays 1-2 rounds per week (typically starting in March) in preparation for the District Championships, and hopefully the Fraser North and Provincial Championships. Our five top players will be identified during practice rounds to see who will represent Centennial at competitive events. If you are unable to attend, please see Mr. Peacock in the LEC.

GRADE 9 BOYS BASKETBALL

The Centaurs lost yesterday to their arch-rivals the Terry Fox Ravens, 30-28. Taisho Gilmour led the Centaurs with 15 points. The Centaurs drop to 1-4 in league play.

Next Game: at Heritage Woods tonight! 5:30PM tip-off! #GoCentaurs