



# CENTENNIAL TODAY

WEDNESDAY \* FEBRUARY 23 \* 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



**Breakfast is closed today**

### **8:30-9:45 am Breakfast**

Assorted Baked Goods and Breakfast Sandwiches

### **Lunch- 11:30am - 12:45pm**

Chicken Corn Chowder Soup \$2.00/\$3.00/\$5.00

BBQ Pulled Pork Sandwich \$5.00

Grilled Cheese Sandwich - \$5.00

Crispy Chicken Burger \$5.00

Roasted Turkey & Bacon Club on Ciabatta \$6.00

Chicken Strips & Fries \$6.50

Chicken Caesar Salad \$5.00

## ALL STUDENTS

### **AWARDS \*NEW\***

If you received an email that you received an award and haven't picked it up yet, please come to the office to get it as soon as possible.

### **OPTIMIZING ATHLETIC PERFORMANCE ACADEMY INFORMATION MEETING \*NEW\***

**Optimizing Athletic Performance Academy**  
Your future in sports starts here! **\$795**  
\$200 due at registration

**Careers in the Sport & Athletic Field**  
Athlete, coach, trainer, medical support, media etc.  
All participants will receive Multi-sport NCCP training

**Recruiting**  
Pursue your University student-athlete dreams  
- Know the process  
- Find the right fit  
- Earn a scholarship

**Athlete Evaluation & Testing**  
Sport Analytics  
Using data to maximize performance & provide athlete specific feedback

**Athlete Strength & Conditioning**  
Sport Specific Exercise Programs  
Rehab & Prehab  
Physical & Mental preparedness

\*each student will receive a recruiting workbook and a coaching workbook

**Special guests from the sports world: Pro and Olympic athletes, University Coaches; current student-athletes and sports professionals**

For more information contact  
Dino Geremia @ [dinogeremia@shaw.ca](mailto:dinogeremia@shaw.ca) / 604.816.5157  
Colin Cameron @ [CoCameron@sd43.bc.ca](mailto:CoCameron@sd43.bc.ca)

[@sportsworldcan](https://www.instagram.com/sportsworldcan)

**MOVE4MANA CLUB MEETING \*NEW\***

If you are a member of the MOVE4MANA Club, please join our club meeting in E122 in P3 (11:15am) tomorrow. If you cannot make it, please contact your committee leader for information. Thanks!

**SPECIAL MUSICAL PERFORMANCE \*NEW\***

Tomorrow after school there will be a special musical performance in the choir room! Come listen and support these talented students as they jam out! Aiden Lee performs on vocals, Eli Hong & Arman Ahmadian-Yazdi on guitar, James Lee on bass, Evan Shatz & Richard Moors on drums. Come show your cent spirit and have some fun on our very short week!

**GET YOUR TICKETS FOR THE CENT MUSICAL!** The theatre is at 50% capacity and all attendees must wear masks.

**High School: The Play (With Music)** was written and directed by Leah Hanas and Yvette Dunham, with choreography by Leila Jung, Sofia Mazzuca and Amber Hipditch. Be prepared to laugh, dance, and sing in your seats, as the students present thirteen musical numbers, woven into an original script. Running time is 2 hours plus a 15-minute intermission.

<https://centmusical.brownpapertickets.com/>



**M4M**

## **REGISTER FOR THE TECH LEADERSHIP 10/11/12 COURSE NOW!**

If you're interested in learning about technology, helping our school community, being part of an amazing Tech Team, and/or developing a variety of skills that will help you in any future opportunities, consider joining Tech Leadership and become a Tech Leader at Centennial next school year! Register for this course and fill out a form through the QR code or this link: <https://forms.office.com/r/sXhETqRPF7> Feel free to contact Ms. Hothi at [jahothi@sd43.bc.ca](mailto:jahothi@sd43.bc.ca) to learn more and discover if this is a good fit for you!



## **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 11<sup>th</sup> at 3:00pm**

## **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**

## **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. **This week's focus is on SCIENCE/MATH/BUSINESS.**

**Week 3 Winner: April-Si Woon Joon** – Please see Ms. Razzell in E122 to claim your prize!



# GRADE 12'S



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



@cent43careercentre

## **UBC – DESIGN, CREATE, INNOVATE Info session \*NEW\***

[March 1, 2022 - Design, Create, Innovate](#) 5-6 PM

Interested in a future career where you'll get to design, create, and innovate? Want a career that can make an impacting change in our world? We invite students to learn about how a degree in engineering can lead to unlimited career opportunities that will allow you to design, create, and innovate.

## **YCSP SCHOLARSHIP PROGRAM - Grade 11 or below BC Wildlife Foundation \*NEW\***

To apply for the YCSP, youth must...

- Be between grade 7 and grade 12 in the **2022-2023** school year.
- Be either
  - (A) sponsored by a BCWF member. If they are unsure how to go about this, please contact [youth@bcwf.bc.ca](mailto:youth@bcwf.bc.ca)
  - (B) become a BCWF member. Not a member? [Become one today](#), membership starts at just \$56.00!

Once students have secured a sponsor or membership, all they need to do is fill out an [application online](#). **Application to the YCSP is FREE!** DEADLINE March 18.

## **U of A REGISTRATION AND UA 101 WORKSHOPS**

Register at [uab.ca/reg101](http://uab.ca/reg101).

## **BC SCHOOL SPORTS SCHOLARSHIPS ARE OPEN**

<https://www.bcschoolsports.ca/member-services/scholarships> Application & **Scholarship package** available at the link. DEADLINE May 2/22.

## **UBC ENGINEERING SCIENCE INFO SESSION**

How do I learn more? We're inviting students, parents, and teachers to Join us via **Zoom on Tuesday, March 8th, 2022, 4:00 - 6:00 pm**, to learn about Engineering Physics. Registration link: <https://forms.gle/phEhw2USGAUhGMDN7> for the event.

## **BCIT ENGINEERING PANEL**

Sign up for our panel event on **Wednesday, March 2, 2022, 5:00 pm to 6:00 pm**. Zoom details will be emailed to registrants Sign-up now at: [Bcit.ca/engineeringinfo](http://Bcit.ca/engineeringinfo)

Details on the Career Centre page:

<https://www.sd43.bc.ca/school/centennial/ProgramsServices/CareerCentre/postsecondary/Pages/default.aspx?login=146143709#/=>

## **ATTENDING U WATERLOO IN THE FALL?**

Register for our **March Virtual Open House** on March 19th, 2022.

## **GIRL GUIDES OF CANADA SCHOLARSHIPS**

A variety of awards available. APPLICATION WINDOW IS SHORT - Deadline to apply March 20<sup>th</sup> Applications for the 2022 National Scholarships will be open from February 15 to March 20

<https://www.girlguides.ca/web/GGC/Programs/Scholarships/GGC/Programs/Opportunities/Scholarships.aspx?hkey=2006fffd-4b2e-46dc-ab71-8105a6d17cef>

## **APPLIED TO POST-SECONDARY?**

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

## **EAGLE RIDGE AUXILIARY STUDENT BURSARY 2 X \$2,500**

Applicants must be a Tri-Cities (Coquitlam, Port Coquitlam, or Port Moody) resident for a period of not less than two years and be planning a post-secondary education in the field of **healthcare**. Deadline March 31,

2022. <https://www.sd43.bc.ca/school/centennial/ProgramsServices/CareerCentre/financeawards/Pages/default.aspx#/=>

## **BCSTA CITIZENSHIP AWARDS**

The British Columbia School Trustees Association - BCSTA will once again be awarding **three** graduating B.C. public school students who have shown exemplary citizenship in their school and community with scholarships worth **\$500** each. VISIT THE CAREER CENTRE/FINANCE

### **STACEY LEVITT AWARD**

<https://www.parachute.ca/en/program/stacey-levitt-award/application-process/> The award is open to any Canadian citizen or landed immigrant currently attending a Canadian secondary school. The application consists of three parts: **the application form, the applicant's essay, and a letter of recommendation.** This award encourages Canadian youth to embody Stacey's qualities and ideals of *education, engagement in sport and a love for travel.* Due Feb 27<sup>th</sup>, 2022

### **APPLYING TO DOUGLAS? Check out the Entrance Scholarships and Awards!**

<https://www.douglascollege.ca/sites/default/files/docs/finance/entrance%20scholarship%20application%20-%20fillable.pdf>

Entrance Scholarships: Students must have a minimum admission GPA of 3.5 and significant contributions to their school or community.

Entrance Awards: Students must have a minimum admission GPA of 3.0 and significant contributions to their school or community. Deadline: **MARCH 1<sup>ST</sup> 2022.**

### **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 3<sup>rd</sup> at 5pm.

### **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.

## **SPORTS**

### **BADMINTON SIGN UP \*NEW\***

Anyone interested in trying out for our Jr/Sr Badminton teams, please come to the Blue Gym tomorrow at 12 pm for a brief sign-up meeting. If you can't make it, please see Mr. Comeau in the PE office.

### **SENIOR BOYS BASKETBALL \*NEW\***

The Centaurs begin their Fraser North Championships this week. The boys play Burnaby North on Thursday, Feb. 24 at 6pm at Burnaby South. Spectators are now allowed to come out to watch the games. If you can make it, come out and support the team.