



CENTENNIAL TODAY

THURSDAY, MARCH 10, 2022

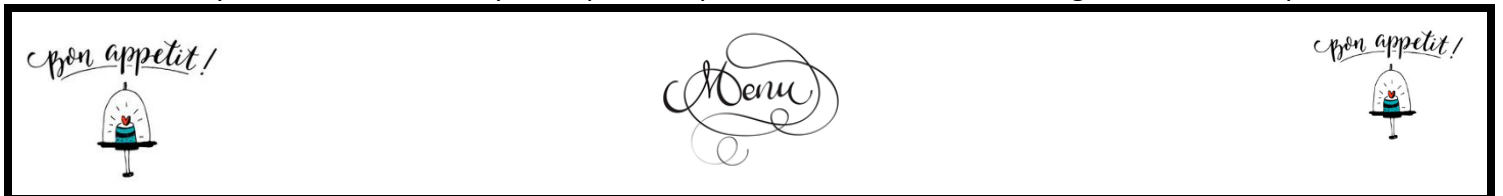
**MASKS ARE REQUIRED IN ALL AREAS OF THE BUILDING
THEY MUST BE WORN COVERING MOUTH AND NOSE PLEASE**

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

RAPID TEST

If you haven't received your rapid test, please come to the office to get it as soon as possible



8:30-9:45 am Breakfast

Assorted Baked Goods and Breakfast Sandwiches

**NO CHICKEN STRIPS TODAY
NO FRIES TODAY**

Lunch- 10:28am - 12:00pm

New Orleans Style Gumbo \$2.00/\$3.00/\$5.00

Grilled Cheese Sandwich - \$5.00

BBQ Beef Burger \$5.00

Four Cheese Pizza \$5.00

Vegetarian Greek Pizza \$5.00

Buffalo Chicken Pizza \$5.00

Spinach & Kale Caesar Salad \$5.00

ALL STUDENTS

SPRING BREAK SPIRIT WEEK MARCH 7-11

Monday - PJ Day

Tuesday - Tourist Day and Free Lemonade before school in the foyer.

Wednesday - Western Day

Thursday - St Patrick's Day (wear green) and Find the Pot of Gold (all day)

Friday - Grade Colour Day, 12- red, 11-blue, 10-white, 9-black

TriCities Female Ice Hockey Association NEEDS VOLUNTEERS THIS WEEKEND! *NEW*

We are having a tournament this weekend and are in **desperate need of volunteers**. To look at where we need volunteers and for what duties please see this link: <https://signup.com/go/MYggbAo>

Please note that there will be an adult supervisor for all shifts. TCFIHA will also sign any documentation required for their volunteer hours.

CAPILANO ESPORTS *NEW*

CapU is hosting its first ever esports tournament, The Capilano Cup, on April 16, 2022! The chosen battlefield is League of Legends! This epic online event is for students in Grades 8-12 and free to enter.

Your matches may be streamed with commentary for a live audience! Check out our [Linktree](#) page and REGISTER NOW!

The MyEd Portal has NOW CLOSED as the deadline to input classes has passed (March 1st).

If you have not input your courses, you MUST hand in a PDF of your course selection sheet ASAP to your counsellor to be registered for courses for the 2022-2023 school year. Delaying handing in your course selection sheet will mean less chance of getting courses that you need or want for next year.

Failure to hand in your course selection sheet will mean that you will not have any courses scheduled for next year.

If you HAVE already input your courses but have NOT handed in a PDF to your counsellor, you MUST also do this ASAP.

VOLUNTEERS NEEDED

Golden Spike days. 4-hour shifts. June 30 – July 3. To apply follow links for more information,

email volunteers@goldenspike.ca Learn more [HERE](#)

UBC ENGINEERING FOR GIRLS – ENGINEERING THE FUTURE

Date: Saturday, March 26, 2022 **Time:** 10:00 am to 12:30 pm **Location:** Online [Register Now](#)

FORKLIFT TRAINING OVER SPRING BREAK (March 24th)

If you are at least 15 years old and interested in getting your **Forklift training certification** over Spring Break, please visit the “[43Careers.com > Certificates](#)” website [https://www.sd43.bc.ca/CareerPrograms/Pages/Certifications.aspx#/="> to complete the sign-up survey. Spaces are limited. If you need more information, please contact Doug MacLean at 604-341-8977.](https://www.sd43.bc.ca/CareerPrograms/Pages/Certifications.aspx#/=)

UPDATED TRADES PAGE – CAREER CENTRE

LOOKING FOR NEWSLETTERS, LINKS, CERTIFICATION COURSES OR TRADES

INFO? [https://www.sd43.bc.ca/school/centennial/ProgramsServices/CareerCentre/tradeapprentice/Pages/default.aspx#/=">](https://www.sd43.bc.ca/school/centennial/ProgramsServices/CareerCentre/tradeapprentice/Pages/default.aspx#/=)

EDUCATION CANADA SAT BOOT CAMP

All sessions are being recorded. Plenty of links and information over 5 sessions. The SAT Boot Camp is a five-session series with the goal of practicing strategies to improve your SAT score. The live sessions will take place March 14-18, 2022, at 10 am ET, daily. https://www.bigmarker.com/series/2022-educationusa-canada-sat/series_details

GRADE 11 HORATIO ALGER SCHOLARSHIPS DEADLINE MARCH 15TH

160 X \$5,000 Canadian Scholarships 10 X \$10,000 Entrepreneurial Scholarships Now for **grade 11 students**. Canada wide. Must be Canadian Citizens

Eligibility To be eligible to apply for the Horatio Alger **Canadian Scholarship**, applicants must meet the following criteria:
Be enrolled full-time as a high school grade 11 or first-year CEGEP student in Canada

- Exhibit a strong commitment to pursue and complete a bachelor’s degree program at an accredited university
- Proven **critical financial need (\$65,000 or less** annual net income per family is required)
- (Demonstrate desire and ability to be entrepreneurial in a chosen field)
- Be involved in **co-curricular and community service activities**
- Display integrity and perseverance in overcoming adversity
- Maintain a minimum grade percentage of 70%
- Apply by March 15 <https://horatioalger.ca/en/scholarships/about-our-scholarships-programs/provincial-programs/>

BCIT INFO SESSION FOR SD 43

BCIT reps will address programs that allow direct entry from High School and will answer any question you may have. Thursday, March 10th, 5-6 pm. Meeting ID: 685 7661 3760. Password: 391833 [link to zoom meeting](#)

YOUTH 4 ACTION SPRING BREAK BOOT CAMP

Monday March 14, 2022 to Tuesday March 15, 2022, 10:00 AM PDT - 2:30 PM PDT This boot camp is designed to give you the inspiration – and skills – to **think globally and act locally** in your school community and beyond. Register [HERE](#)

INDIGENOUS ADVOCACY MEETING

“There will be a short Indigenous Advocacy meeting on Thursday March 10th next to Ms. Paige Armstrong’s office (B118) at 1:35pm-2:00pm to discuss the Legacy Project. This project starts after Spring Break. I am looking forward to seeing you there”

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**

GRADE 12'S

LANGARA DESIGN FORMATIONS INFO SESSION

<https://langara.ca/programs-and-courses/programs/design-formation/information-sessions.html>

Register at link March 22, 6-7pm via zoom Learn more about the 2-year interdisciplinary [Design Formation](#) diploma program. To sign up for an info session please email sgeib@langara.ca or use the **registration form**

CAREER CENTRE

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



@cent43careercentre

JAYMIE LYNN ROBERTSON 2022 MEMORIAL BURSARY (EPILEPSY AND SEIZURE EDUCATION)*NEW*

3 X \$1,000 available. This award will not be granted based on academic achievement, but the recipient must demonstrate financial need and submit a 300-word essay on how epilepsy has impacted his or her life. Due March 31/2022 Details [HERE](#)

EJTC – ELECTRICAL JOINT TRAINING COMMITTEE – CELEBRATE WOMEN'S DAY LIVE OPEN HOUSE EVENT)*NEW*

This event is for Women who are interested in learning more about the Electrical Trade. Students and women will have the opportunity to learn what trades has to offer, meet other tradeswomen, network, and ask questions about trades. **There will be live music, games, food and prizes and a food truck!** If this is of interest, come celebrate International Women's Day with the EJTC at 1405 Broadway Street, Port Coquitlam, on **Saturday, March 26**. To learn more about our electrical program visit the Instagram page @the_ejtc or <https://ejtc.org/events-page/> 12PM -3 PM. No RSVP required.

HERBALAND COMMUNITY SCHOLARSHIPS

5 x \$1,000 available. 86% + 11/12 average, Community involvement, environmentally focused and more. Visit <https://www.herbaland.ca/pages/herbaland-scholarship>. Deadline May 1

SD43 MARCH TRADES NEWSLETTER IS NOW AVAILABLE

[https://www.sd43.bc.ca/CareerPrograms/Pages/default.aspx#/="](https://www.sd43.bc.ca/CareerPrograms/Pages/default.aspx#/=)

SPRING BREAK ACTING CAMP FOR TEENS (VADA)

Tuition is \$465 for 4 x 5 hours per day. Visit the Vancouver Academy for Dramatic Arts website at <https://vadastudios.com/programs/teen-acting-camps/> March 14-18 1pm – 5pm (15-18 years)

FLAGGER CERTIFICATION COURSE – TUITION ALL EXPENSE PAID - IN BURNABY- TRAINING AND EMPLOYMENT OPPORTUNITY

Certification for 3 years - Times: 8:30AM - 4:30PM Course Dates Burnaby: March 9-10 & 12-13 Course Dates Chilliwack: March 28-29 & 30-31 Burnaby Location: 4199 Lougheed Hwy. #201, Burnaby, BC V5C 3Y6 Chilliwack Location: 45920 First Ave, Chilliwack, BC V2P 7K1 Maximum class size: 14 **Employment Recruiters will be on site on the last day of the course to hire graduates.** \$ 19.76 hr. [@Jason Woodman-Simmonds](#) at 250-517-9086 or UHS TawneyJager@michelscanada.com register at 604-900-9205.

MARCH SCHOLARSHIP DEADLINES

Details on the career centre page

REMAX QUEST FOR EXCELLENCE	GIRL GUIDES OF CANADA	TREVOR LINDEN COMMUNITY SPIRIT
UGGLA FAMILY SCHOLARS (SFU)	CAPILANO U ENTRANCE	FUTURE ACES
IBABC (Insurance industry member)	JONAH CHRISTENSEN	BCSSA
EAGLE RIDGE AUXILIARY	BC HYDRO PIONEERS	BCIT PATHWAYS (Apr 1st)

REMAX QUEST FOR EXCELLENCE

Details: <https://www.remax-western.ca/blog/2020-quest-for-excellence-bursary-program-now-open-2/> RE/MAX Quest for Excellence 2022 Bursary Program Attention grade 12 students! Are you interested in winning one of 16 \$1,000 **bursaries**? Deadline Monday, **March 14, 2022**.

GRACE FAMILY NETWORK SCHOLARSHIP ESSAY

3 X \$500 awards for 2022. Visit the career website or www.gfnf.org. Preference will be given to graduating students pursuing post-secondary who have financial need. **"WHAT ARE YOUR IDEAS TO REDUCE SYSTEMIC BIAS AND INEQUITY IN SOCIETY?" (500 words)** Deadline May 31st, 2022

APPLIED TO POST-SECONDARY?

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

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

SPORTS

SENIOR BOYS BASKETBALL*NEW*

The Centaurs opened the BC Provincial Championships with a convincing 95-54 victory over North Peace. Nick Yang was named the Player of the Game with 27 points. KC Ibekwe had another big game with 26 points and 30 rebounds. The boys have advanced to the quarter finals today at 3:30pm at the LEC vs Semiahmoo. The team would appreciate your support. Come out and cheer on the Centaurs.



BOYS RUGBY*NEW*

Practices this week **Tues, Wed, Thurs 3:30 - 4:45 at the Oval.**

See Mr. Cameron or Mr. Oriel in the PE Office or Coach Tonks at the field for registration information.

TRACK AND FIELD*NEW*

Anyone that is interested in being part of the Track and Field team, please scan the code below and complete the form to get more information. First practice will be after the break – more information to follow! **GO CENTAURS!**



BADMINTON TEAMS*NEW*

Final team results are posted outside of room B122 and E124. Please see Ms. Illing in B122 for forms!! First practice after spring break will be on Monday in the gym from 3:30 to 5pm.

CENTENNIAL TENNIS TEAM*NEW*

If you are interested in being a part of Centennial's tennis team, there is a sign-up sheet in the gym foyer. We will be holding try outs the first week back from spring break so make sure to check the Centennial today for updates!