



CENTENNIAL TODAY

Friday, January 30, 2026 - Day 1

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
4. Have your payment ready before you order
5. No touching items that you are not going to buy
6. Only those buying are permitted to enter the lineup. This will help speed up service.
7. No cutting into the line. Please wait your turn and line up in an orderly manner.



Soup: Cream of Mushroom

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

AM Break

Ham & Egg Croissant Bun \$4

Menu

Grilled Cheese \$5.00

Chicken Strips & Fries \$7.50

Crispy Haddock Burrito \$6.00

Triple Decker Clubhouse \$6.00

Teriyaki Chicken Rice Bowl \$6.00

Salads

Centennial Salad \$ 5.00 w/ Chicken \$7.00 (GF)

Caesar Salad \$4.50 w/ Chicken \$5.50

Chopped Salad \$4.00

ALL STUDENTS

Please come to the office to pick up your Student Id Card.

Flex Login:

Log in: 076-email address

Password: student ID number

(You will be prompted to change this after you log in)

If you still cannot log in, please come down to the tech centre (in the library) to see us for support.

Everyone has a responsibility for looking after our facilities at Centennial.

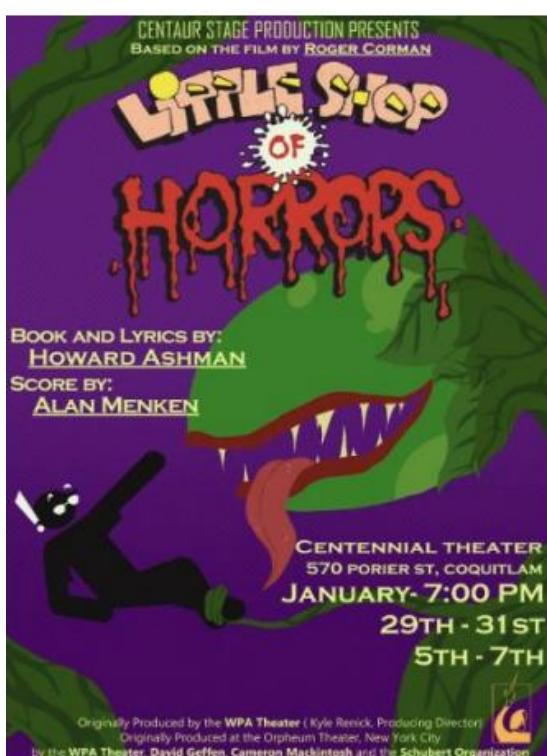
If you see an issue with any of our washrooms, or any other concern, please report it.

No toilet paper or soap... report it!

A mess on the floor... report it!

Vaping...report it!

Damage...report it!



Little Shop of Horrors hits the Centennial stage with performances on January 29th-31st, February 5th-7th at 7:00pm, along with a special matinee on January 31st at 1:00 pm

Tickets can be purchased online; any unsold tickets will be available at the door on the night of the performance (cash only)



Congratulations To ; Hailey Shin, Rhiannon Mikita, Lauren Boakes, and Hayoon Kwon whose masterful art pieces are currently on display in the SD43 Art Students: Emerging Talent 28 Art Show at Place Des Arts until March 11th. Their work can also be viewed digitally through the Place Des Arts Gallery Website. Thank you for sharing your talents with our community. Go Centaurs!



Immunizations Coming Up!

There will be an information Centre set up in our library on **February 2nd from 10:30-1:00 pm** for students who have Immunization questions or concerns. Our Health Nurse will be available to assist, educate and answer questions.

Immunization dates are as follows:

February 11 (Grade 9's)
February 18 and 26 (Grade 9-12 catch-up)
May 15 (Grade 9-12 make-ups)

Black History Month Club Presents: An Afrobeats Dance Workshop!!!

Join us in celebrating Black History Month with our first workshop of the month: Afrobeats Dance led by local recording artist and choreographer Prinz. The workshop will be on **Thursday February 5th at Cent Time in the Red Gym**. Come ready to move, learn, and connect with the culture behind the dance style. Students and staff are welcome! No experience needed, just fill out this form using the QR code below, and show up ready to dance and have fun!



CAREER CENTRE

Visit the online Centennial Career Centre Page
[Career Centre - Centennial Secondary School \(sd43.bc.ca\)](http://Career Centre - Centennial Secondary School (sd43.bc.ca))



@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. email dhealeywright@sd43.bc.ca

PNE EMPLOYMENT - APPLICATIONS NOW OPEN

2026 PNE Summer Jobs - Playland & FIFA Fan Festival™ in Vancouver, British Columbia | Careers at Pacific National Exhibition

FUTURE GLOBAL LEADERS (UBC) REGISTRATION OPENS FEB 3

Future Global Leaders The Future Global Leaders program is for High school students ages 15 to 18. They can try out a university subject before applying to university. Registration opens on February 3rd. Fee based - Bursaries available.

UNIVERSITY AND COLLEGE FAIR (VANCOUVER) via Schoolfinder

- Saturday, February 28 from 1-5pm at the [Pinnacle Hotel Harbourfront](#)
- Free admission
- Scholarships Canada seminar at 12pm
- University, college, gap year options, and work / study abroad opportunities
- [Registration link is here](#)



KPU - WILSON SCHOOL OF DESIGN INFO SESSION

Wilson School of Design information Session Night (In-person)

Learn more about KPU Wilson School of Design and the eight programs we offer at our info session night on **Tuesday, February 3rd (5:30pm – 7:30pm)** at the KPU Richmond Campus. Optional portfolio reviews will also be available for our degree programs to help students prepare a strong application, as well as campus tours! Please feel free to share this opportunity with students who are considering a future in design.

[Click here to Register](#)

Walrus- Youth Short Story Contest

Amazon Canada First Novel Award: Youth Short Story Category | The Walrus

3,00 words or less, ages 13-17, Canadian citizen. See contest rules & details at link. Submission deadline of **February 8, 2026**. \$500 finalists. \$5,000 grand prize.

ADVENTURES IN CITIZENSHIP - ROTARY CLUB SPONSORSHIP

APPLY TO BE THE ONE (SPONSORED) STUDENT FROM COQUITLAM TO TRAVEL TO OTTAWA AND LEARN ABOUT GOVERNMENT - SEE MRS. HEALEY WRIGHT IN THE CAREER CENTRE TO PUT YOUR NAME IN FOR CONSIDERATION BY MARCH 1.

Details: <https://clubrunner.blob.core.windows.net/00000007975/en-ca/files/page/welcome-to-the-rotary-adventure-in-citizenship-program/poster-2026-bilingual/POSTER-2026-BILINGUAL.pdf>

Grade 12's

NEXT DOUGLAS COLLEGE INFO SESSION- FEB 24TH 5PM VIA ZOOM

[Information sessions | Douglas College](#)

SFU - APPLICATION DEADLINE IS JANUARY 31ST!!!

CMOLIK FOUNDATION SCHOLARSHIPS - UP TO 45K Due JAN 30TH.

Internal nomination Form:

<https://forms.office.com/r/PMrMgcGjm2>

Eligibility

- Must be a current resident of BC
- Must have lived in Canada for at least 7 years
- Must be in Grade 12
- Must have demonstrated financial need (total annual family income not exceeding \$80,000)
- Must have faced adversity
- Must be planning to be a full-time student
- Must be ineligible for the BC Tuition Waiver Program (for former youth in care)
- Must use funding for a post-secondary institution or college

- Must be endorsed by their school principal (*see info about the nomination/ endorsement process below)
- Must agree to sometime during their lifetime fund a non-related person in furthering his or her post-secondary education, in a manner similar to the support received from The Cmolik Foundation

Scholarships - BCGEU Deadline to apply Feb 15th, 2026

STUDENT TRANSCRIPT SERVICE - HELP VIDEO How to send your transcripts

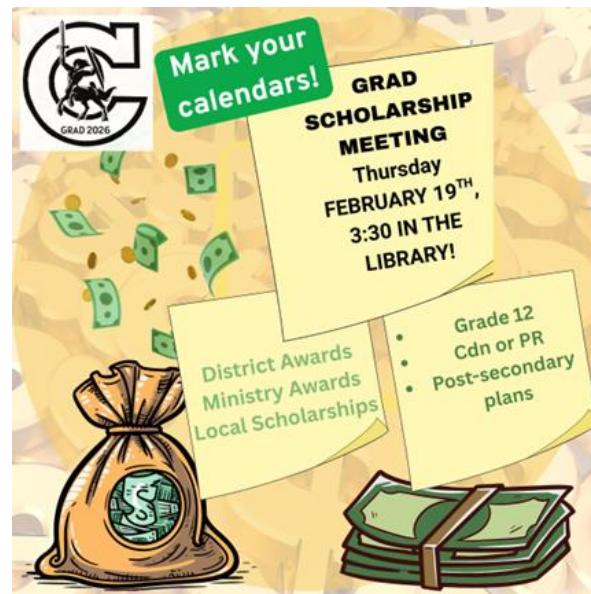
How to register for a Basic BCeID and access the Student Transcripts Service (STS)

Reminder: UBC and SFU require this to be completed by **Jan 31**.

FINANCE PAGE LINK (SCHOLARSHIPS): [Career Centre - Centennial Secondary School](#)

Visit the **Employment** page of the Career Centre for quizzes, resume tips and more!

[Career Centre - Centennial Secondary School](#)



SPORTS

PARENT INFORMATION SESSIONS

Jan 20 th	<ul style="list-style-type: none"> • Hockey Academy @ 7pm ZOOM Meeting ID: 884 5412 9110 Passcode: 504797
Jan 21 st	<ul style="list-style-type: none"> • Football Program @5:30pm • Grade 8 Parent Info @6pm • Optimizing Athletic Performance @8pm
Jan 23 rd	<ul style="list-style-type: none"> • Grade 8 Tour @12pm
Jan 28 th	<ul style="list-style-type: none"> • Grade 9-11 Parent Info @6pm
Feb 12 th	<ul style="list-style-type: none"> • Environmental Sc Academies @ 6pm

Location: Centennial Theatre for all sessions (other than Hockey Academy)

Track & Field - Info Session and Sign-up

There will be an information session on Wednesday, February 4th at lunch in the RED GYM to learn more about the upcoming Track & Field Season! All are welcome, including returning and new athletes who would like to be involved in a fun, community-based spring sport! Sign up for the team using the QR Code. Please read the information on the form carefully before committing.

Golf Team Meeting Friday, January 30th at 11:30 am

There will be a final meeting for all students interested in playing on the Centennial Senior Golf Team on **Friday, January 30th 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 late 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 (Room E202).

It's that time of the year to seek vengeance for our disappointing semi-final shootout loss last



season. **Registration is now open for Centennial boy's spring hockey team.**

Tryouts will be conducted mid-February- \$30 tryout fee. Season is short-starting at the beginning of April with playoffs late May. Spread the word. Scan the code to sign up for tryouts. **See Mr. Peterson A203 for more info.**

Go Centaurs!

Centennial Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
BLOCK 1 7:45 - 8:53	BLOCK 1 7:45 - 8:53	BLOCK 1 7:45 - 8:53	BLOCK 1 7:45 - 8:53	BLOCK 1 7:45 - 8:53
BLOCK 2 9:00-10:12	BLOCK 2 9:00 – 10:03	BLOCK 2 9:00-10:12	BLOCK 2 9:00 – 10:03	BLOCK 2 9:00 - 10:12
BLOCK 3 10:16-11:28	ExFLEX 10:07 – 11:12	BLOCK 3 10:16-11:28	CENT TIME 10:07 – 11:12	BLOCK 3 10:16-11:28
Lunch 11:28 – 12:13	BLOCK 3 11:16 – 12:19	Lunch 11:28 – 12:13	BLOCK 3 11:16 – 12:19	Lunch 11:28 – 12:13
BLOCK 4 12:13 – 1:25	Lunch 12:19 – 1:05	BLOCK 4 12:13 – 1:25	Lunch 12:19 – 1:05	BLOCK 4 12:13 – 1:25
FLEX 1:29 – 1:59	BLOCK 4 1:05 – 2:08	ADVISORY/FLEX 1:29 - 1:59	BLOCK 4 1:05 – 2:08	FLEX 1:29 - 1:59
BLOCK 5 2:03 - 3:15	BLOCK 5 2:12 - 3:15	BLOCK 5 2:03 - 3:15	BLOCK 5 2:12 - 3:15	BLOCK 5 2:03 - 3:15

**Book your
FLEX and
CENT**

SCAN ME

