

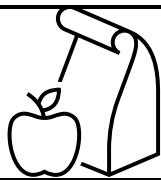


CENTENNIAL TODAY

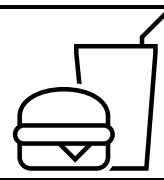
Friday, November 28, 2025 - Day 1

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



LUNCH MENU



Soup: Tomato Basil (Veg)

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

AM Break

Bacon, Ham, & Egg Breakfast Wrap \$3.00

Warm Apple Cinnamon Focaccia \$3.00

Dessert

Blueberry Cheesecake \$3.00

Menu

Grilled Cheese \$5.00

Turkey & Bacon Club Wrap \$5.50

Quinoa Veggie Wrap \$5.50

Veggie Lasagna \$5.50

Chicken Strips & Fries \$7.50

Beef Stroganoff w/ Buttered Noodles \$6.00

Salads

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

Spinach & Kale 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.

Semester 2 Course Change Requests

Semester 2 course change requests must be submitted by **December 16th at 4:00pm**. Please ensure that you read all the information and criteria before submitting your request.



Winter Formal Dance



Hey Centaurs,

Our winter formal dance is right around the corner and tickets are on sale through school cash online.

Date: Thursday, December 11th

Time: Doors open at 6:30/Dance & Dinner 7pm-9:30pm

Cost: \$25

- *Currently tickets are on sale for grade 12 & grade 11.*
- *All grade ticket sales start November 27.*





On **Friday Dec 12th**, the Coquitlam Express take on the Prince George Spruce Kings and in partnership with the Gamar Foundation, they are hosting a Centennial School Spirit Night and Teddy Bear Toss.

They are offering an opportunity for all Centennial students and staff to attend the game at **no cost**. If you are interested in claiming tickets, please click on the link and fill out the form by Dec 11th to secure your tickets. Tickets will be sent to your email. [Centennial Spirit Night | Coquitlam Express](#)



Centennial Secondary, it's almost time for your Graduation Photo Sessions!



Pictures will be taken at Centennial - Artona will set up portable in the parking lot.

Appointments will be available from **2025-12-05 to 2025-12-18**. Be sure to sign up if you haven't done so yet.

- **Students can book online.** Please share this link with your graduating students and parents to book an appointment: www.artona.com/bookings

Grad Hoodies are here!

If you ordered a Grad Hoodie in September, they are now available for **pick up during Cent Time/Flex in the lower B-pod**. Ms. Baldwin or one of her students, will be available to help collect your hoodie.

Friday the 28th of November at 7 pm, we have the Theatre Ensemble class (Drama 11/12) previewing their One-Act shows before we head to the district Drama festival at Heritage Woods (MetFest).



If you'd like to come and support them, it's \$5 dollars at the door, to see TWO one-act plays! Thanks in advance for your support and hope to see you there.



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



CAREER CENTRE

Visit the online Centennial Career Centre Page

[Career Centre - Centennial Secondary School \(sd43.bc.ca\)](https://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

GRADE 12

MOUNT ROYAL UNIVERSITY will visit at FLEX TODAY in the foyer.

INTERESTED IN ARCHITECTURE, CONSTRUCTION MANAGEMENT OR ENGINEERING?

Explore the ACE Certificate at BCIT (14 months fully funded)

[Essential Technical Skills for Architecture, Construction, and Engineering, Certificate, Part-time – BCIT](#)

BC EXCELLENCE AWARD (55 awards in BC)

The Nominee application form is now open. The \$5,000 scholarship is geared toward students who have demonstrated service and leadership, both at school and in their communities, and who show aptitude for and commitment to their chosen career or area of post-secondary

study. Min "B" average and more. Due: Jan 12 Apply to be our nominee to enter the next phase. [BC EXCELLENCE SCHOLARSHIP NOMINATION FORM 2024 - 2025 – Copy form](#)



SCHULICH LEADER SCHOLARSHIPS

We are excited to announce that the [University of Guelph](#) will be joining Schulich Leader Scholarships as one of our [20 partner universities](#)!
The Schulich Leader Scholarships 2026 nomination (internal) deadline is **JAN 15th**. Details on applying to be our nominee are here: [Career Centre - Centennial Secondary School](#)

TRICITIES SOROPTOMIST SCHOLARSHIPS ARE OPEN JAN 15th, 2026

[Live Your Dream Awards - Soroptimist International of TriCities](#)

Bea Kelly Volunteer Award 5 X \$1500 APPLICATION [bk-award-application-writeable-2023d-1.pdf](#)

Give her Wings Award \$1500 APPLICATION [Give-Her-Wings-Application-2024-2025-2.pdf](#)

Spread your Wings Award for Refugees and Immigrants APPLICATION [spread-your-wings-award-2024b.pdf](#)

SFU MAILING LIST

Get the latest information about SFU [Stay Connected - Undergraduate Admission - Simon Fraser University](#)

UBC

You can find the answers to your questions about admissions, programs, and applying to UBC by visiting the [Undergraduate Programs and Admissions](#) website.
[Contact the Admissions Office](#)

DOUGLAS COLLEGE INFO SESSIONS - ONGOING [Information sessions | Douglas College](#)

SCHOLARSHIP SEARCH ENGINES:

- [EDUCATION PLANNER BC SCHOLARSHIPS & BURSARIES PAGE](#)
An overview of Scholarships, links, search engines and tips.
- [Scholarships Canada](#)
Extensive database for scholarships and funding
- [Schoolfinder](#)
Scholarships and financial aid, tuition...
- [Yconic](#)
Social Network, search engine, research
- [Student Scholarships.org](#)
- [ScholarTree.ca](#)
- [BC Scholarships search engine](#)

Did you miss the scholarship meeting? Please read the handout and review the PowerPoint.

 [Scholarship MTG 1 HANDOUT 2025-2026.pdf](#)
 [SCHOLARSHIP MEETING 1 fall 2025.pdf](#)

Attention All Grade 12 Students Applying for Post Secondary in the Fall- Emerging Talent Art Show!

The Place Des Arts Emerging Talent show will be happening this year from January 23rd to Mid March. It is an opportunity for Grade 12 students to have their work featured in the Place Des Arts gallery- this opportunity would look wonderful on your applications to Emily Carr, OCAD, and other various Post Secondary Art Schools.
If you would be interested in submitting a piece or two of your work, or for more information, please see Mrs. Castro in the Art Room E121!

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

TERRY FOX HUMANITARIAN AWARD
Applications **OPEN NOW** to Dec. 1st
[Applicant Information | Terry Fox Humanitarian Award](#)

Post Secondary Events

MOUNT ROYAL COLLEGE VISITS CENTENNIAL	... 11/28/2025
UBC BCOM VIDEO TIPS AND TRICKS SESSION	... 11/28/2025
EXPLORE UVIC (in person./Victoria)	... 11/29/2025
UBC High School Visit on Campus - Chemical and Biological Engineering	... 11/29/2025

Visit the **Employment** page of the Career Centre for quizzes, resume' tips and more!
[Career Centre - Centennial Secondary School](#)

SCHOLARSHIPS WITH DEC. 1 DEADLINES [Career Centre - Centennial Secondary School](#)

Terry Fox Humanitarian Award CLOSES DEC. 1	... 12/1/2025
UBC Beyond Tomorrow Scholarships (for Black students with financial need)	... 12/1/2025
UBC Centennial Scholars Entrance Award	... 12/1/2025
UBC Presidential Scholars Awards (Entrance Scholarship)	... 12/1/2025
University of Calgary Prestige Awards	... 12/1/2025
University of Saskatchewan Dec 1 deadlines	... 12/1/2025
via Arts Umbrella (EA) Teen Animation Scholarships - 4 month animation program	... 12/1/2025

SPORTS

Senior Boys Basketball



The Boys have advanced to the "Final Four" of the "Big Ticket" Tournament. What started as 32 teams, is now down to 4 teams The Centaurs take on King George (Vancouver) tonight at 7:00PM @ Port Moody Secondary. Come out and support your Centaurs! #GoCentaurs



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



Community Events

École Westwood Elementary PAC

INVITES YOU TO OUR

Winter MARKET

NOVEMBER

29

10AM TO 4PM

3610 HASTINGS ST, PORT COQUITLAM

LOCAL VENDORS | JR. VENDORS
GAMES | SILENT AUCTION | DOOR PRIZES
FOOD & DRINK FOR PURCHASE

\$5 ADMISSION
OR \$2 ADMISSION WITH FOOD BANK DONATION
KIDS 12 & UNDER FREE