

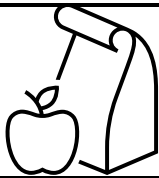


# CENTENNIAL TODAY

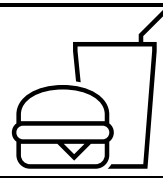
## Monday, December 1, 2025 - Day 2

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: Turkey Noodle

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

### AM Break

Maple Sausage & Egg Breakfast Wrap \$3.00

### Dessert

Rice Krispie Square \$2.50

Gingerbread Cookies \$3.00

### Menu

Grilled Cheese \$5.00

Poutine \$6.00

Beef Smash Burger \$6.00

BBQ Sweet Chili Chicken Wrap \$5.50

Veggie Lasagna \$5.50

Chicken Enchilada Verde \$5.50

### 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.**

### **International Students**

Field trip to Capilano Suspension bridge to see Canyon Lights will be Dec 15th (leave at 3:30, return approx. 8pm) see Ms. Sousa or your ELL teacher for a form. Limited spaces available.

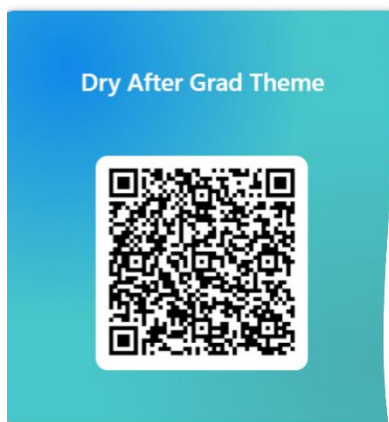


### **Semester 2 Course Change Requests**

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



***Attention Grads: Vote for your After Grad Theme!***



### **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 12<sup>th</sup>**, 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 11<sup>th</sup> 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](http://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.

**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 \(sd43.bc.ca\)](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](mailto:dhealeywright@sd43.bc.ca)

DEADLINE: JANUARY 31ST Sponsor teacher required!

**SIF**

SLC SLC

APPLY HERE!

What's the SIF?

- Annual grant put on by SLC
- Available to all SD43 students with a project or initiative that needs funding

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This year, initiatives must:

- Benefit a community in some way
- Global, local, school-based scales

IF YOU:

- Are a student leader
- Are passionate about helping a community
- Have an initiative that needs funding

APPLY FOR THE STUDENT INITIATIVES FUND!



**VANCOUVER ISLAND UNIVERSITY (VIU) IS VISITING CENTENNIAL**  
Wednesday, December 3rd, at LUNCH in the FOYER

**Grade 12's**

**TODAY AT 11:59 PM IS THE DEADLINE TO APPLY FOR:**  
**UBC ENTRANCE AWARDS**  
**THE TERRY FOX HUMANITARIAN AWARD**  
**USASK ENTRANCE AWARDS**  
**U OF CALGARY ENTRANCE AWARDS**

## **SFU BEEDIE WEBINAR FOR HIGH SCHOOL STUDENTS DEC 2ND.**

SFU Beedie high school webinar dates: [SFU Beedie - High School Webinar Registration, Multiple Dates | Eventbrite](#)

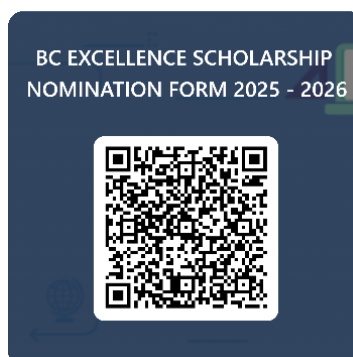
## **INTERESTED IN ARCHITECTURE, CONSTRUCTION MANAGEMENT OR ENGINEERING?**

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](#)

**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 23<sup>rd</sup> 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](#)

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

SPORTS



# Go Centaurs!

## Centennial Schedule

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

Book your  
FLEX and  
CENT

SCAN ME

