



# CENTENNIAL TODAY

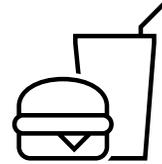
**Monday, March 2, 2026 - Day 2**

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: Thai Butternut Squash**

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

### **AM Break**

Pork Sausage & Egg Breakfast Wrap \$3.00

### **Menu**

Grilled Cheese \$5.00

BBQ Turkey Burger \$6.00

Crispy Chicken Burger \$6.00

Portobello Mushroom Swiss Veggie Burger \$5.00

Poutine \$6.00

Shepherd's Pie \$5.50

### **Salads**

Caesar Salad \$4.50 w/ Chicken \$5.50

# 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!



## **ATTENTION GRADE 12'S – VALEDICTORIAN INFO**

### **VALEDICTORIAN SELECTION PROCESS**

#### **NOMINATION QUALIFICATIONS:**

- Individuals or partners may submit a single application package (4 references each for paired candidates; can overlap).
- Must be in good standing to graduate as of June 2026 (no 'IE' Reports or course failures this year)
- Good attendance record (including FLEX, Advisory, Cent Time)
- No Suspensions in Grade 12 Year
- 4 teacher nominations (link to be sent to teachers)

#### **NOMINATION PROCESS:**

Interested potential nominees must submit the following to be considered for nomination:

- Teacher Nomination Forms (4) (this is an online form where the link has been emailed to all teachers and was included in the email sent to families)
- Short Essay (1 page MAX, typed, double-spaced) – “*Why I Should Be Valedictorian*”, completed on your own that includes how you **CONNECT** to the school community, **INSPIRE** others in positive ways and **ENGAGE** in your academic pathway - Submit to Mr. Lore at [flore@sd43.bc.ca](mailto:flore@sd43.bc.ca).

***\*This package is to be emailed before 4 pm, March 13 (no exceptions)***

## **AP EXAMS**

If you are not currently taking an AP course and are interested in writing an exam for the following courses, please email Mr. Lore at [flore@sd43.bc.ca](mailto:flore@sd43.bc.ca) before March 6th.

Exams being offered:

*AP BIOLOGY (Monday, May 4 @ 8am)*

*AP PHYSICS 1 (Wednesday, May 6 @ noon)*

*AP CALCULUS (Monday, May 11 @ 8am)*

*AP PSYCHOLOGY (Tuesday, May 12 @ noon)*

## **Soup & Salad Lunch Program at Centennial**

We are excited to announce the launch of our new Soup & Salad Lunch Program at Centennial!

### **Location:**

*Across from the CENT Store, parallel with the picnic tables.*

### **Schedule:**

***Every Tuesday and Thursdays at lunch (while supplies last)***

Running for a couple of months each semester (based on demand).

### **Purchasing Options:**

*Prepaid Ticket: debit or cash during Cent time from our Cafeteria Cashiers*

*Debit from the CENT store during Lunch:*

- Single-meal purchase tickets
- \$25 punch cards

**Today's Salad Bar Soup is Jamaican Jerk Spiced Yam**

## **Attention All Students interested in Emily Carr!**

There will be a presentation **on Tuesday March 3<sup>rd</sup> during EX FLEX in Ms. Castro's Art Room E121.**

If you would be interested in attending the presentation by an academic admissions officer/advisor from Emily Carr, please sign up with Ms. Castro for your Flex.

# 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](mailto:dhealeywright@sd43.bc.ca)

## **DREAM IT BE IT CAREER CONFERENCE FOR GIRLS - MARCH 14TH PRESENTED BY THE SOROPTOMIST CLUB**



## **JOBS AT PLAYLAND**

Reminder: The deadline to apply is March 9th, 2026 [2026 PNE Summer Jobs - Playland & FIFA Fan Festival™ in Vancouver, British Columbia | Careers at Pacific National Exhibition](#)

**Grade 11 Horatio Alger Scholarships due March 31 <80k annual income Scholarships - Horatio Alger Canada**

**Interested in a nursing career? - Explore via Education Planner BC**  
[Nursing | EducationPlannerBC](#)

**DOUGLAS COLLEGE ACADEMIC FOUNDATIONS FOR POTENTIAL NURSING CANDIDATES**

Information - 10 COURSES REQUIRED/CERTIFICATE TO APPLY TO BSN:

[Academic Foundations for Potential Nursing Applicants \(Certificate\) | CTAFPN | Douglas College](#) Students are urged to review admission requirements for BSN in full.

**Grades 10 - 12 STUDENT INPUT NEEDED - SD43 CAREER AND TRADES SURVEY - Career and Employment Survey**

[SD43 Career & Employment Survey – Fill out form](#)

**UBC ENNOVATE STUDENT LIFE 101 EVENT - FREE**  
**Student Life 101: Race Across UBC — Attendee RSVP**

This event is a great way to see what UBC has to offer, straight from the students who live it. Saturday March 7th. Open to all students. Space Limited.

**EDUCATION PLANNER BC LIVE LEARNING SESSION**

[Microsoft Virtual Events Powered by Teams](#)

**MARCH 4TH ONLINE FROM 6:30 - 7:30**

These free sessions are open to anyone interested in **learning about post-secondary education and career planning**, and will be especially helpful for high school students in grades 10-12, parents and student supporters

**NEW BCIT Course for Grade 11's interested in Nursing**

[Preparation for Nursing Education \(NURS 1005\) – BCIT](#) Fee based course running for one week in June/July NOW OPEN.

**SPRING VOLUNTEER OPPORTUNITIES - Career Centre - Centennial Secondary School**

XdHacks Mini Vancouver Ambassadors, Place des Arts Spring Break volunteers, James Park Spring Break volunteers.

**EDUCATION PLANNER BC - LIVE LEARNING SESSION**

[EducationPlannerBC](#)

MARCH 4TH 6:30 - 7:30 Online. Register for free.

**"What the L" - Applications Now Open!**

ICBC Learner Permit Program

Please complete the application below and submit it to your Youth Worker, Counselor or Post Secondary Advisor.

 [What the L Application 2026.pdf](#)

**\*Applications will be accepted on a needs-based system**

- Applications due: March 11, 2026
- Program Dates: Tuesday, May 12 & 19, 2026 @ 1100 Winslow Avenue



**TUESDAY MAY 12 AND MAY 19, 2026** **SAVE THE DATE**

**WHAT THE L**

Coquitlam School District will be providing students with an opportunity to participate in a 2-day instructional program with an ICBC instructor to better prepare them for their Learners Permit test through ICBC.

- ✓ 2 day program
- ✓ L permit study guide provided
- ✓ Test is already booked. Skip the wait times!
- ✓ Must be 16 by May 19
- ✓ Free lunch!
- ✓ Transportation to ICBC provided

**Ready to get your permit? Applications open February 11**

Talk to your counselor or go to our website under **certificates** to access the application package.

For questions contact: [mrindahl@sd43.bc.ca](mailto:mrindahl@sd43.bc.ca)



**OCCUPATIONAL FIRST AID**  
LEVEL 1 COURSE

**SAVE THE DATE**  
FRIDAY MAY 22, 2026  
8:30AM - 4:30PM  
LUNCH IS PROVIDED!

OFA Level 1 (Occupational First Aid) is a one-day, WorkSafeBC-recognized course focusing on basic, essential life-saving skills for low-risk workplaces. Participants who successfully complete the course will receive a 3 year certification.

**TRAINING INCLUDES:**

- ✓ Assess scene safety
- ✓ Perform CPR
- ✓ Use an AED
- ✓ Treat bleeding and wounds
- ✓ Handle minor burns

**COURSE FEE:** Discounted rate of \$95 (typically \$150+)

**ELIGIBILITY:** Must be 16 years old at the time of the course

**APPLY:** Online or talk to your counselor

**Applications are due Wednesday May 6, 2026**

ANY QUESTIONS REACH OUT TO [MRINDAHL@SD43.BC.CA](mailto:MRINDAHL@SD43.BC.CA)

SCHOOL DISTRICT 43 EDUCATION LEARNING CENTRE  
1080 WINSLOW AVE, COQUITLAM, BC V3J 0M6



**SAVE THE DATE**

**WEDNESDAY APRIL 29 2026** **THURSDAY APRIL 30 2026** **FRIDAY MAY 1 2026**

**INDIGENOUS STUDENTS IN TRADE SAMPLER**

Applications Open: Wednesday February 11, 2026  
Applications Due: Wednesday March 11, 2026

FOR QUESTIONS CONTACT: [MRINDAHL@SD43.BC.CA](mailto:MRINDAHL@SD43.BC.CA)



## **COURSE PLANNING PREPARATION GRADES 9-11**

Search for admission requirements and programs in BC

[Start your search](#)

## **Search for post-secondary programs across Canada**

[MyBlueprint](#) (use your school email and password)

## **Grade 12's**

### **March 31 deadlines (External Scholarships) Career Centre - Centennial Secondary School**

*****COQUITLAM FOUNDATION BURSARIES now openCOQUITLAM and/or SD43 STUDENTS ONLY!*****DUE MARCH 31	...	3/31/2026
*****COQUITLAM FOUNDATION BURSARIES*****COQUITLAM and/or SD43 STUDENTS ONLY!	...	3/31/2026
BC HYDRO POWER PIONEERS COMMUNITY SERVICE AWARDS	...	3/31/2026
BC Tech Scholarships	...	3/31/2026
BCRVPA BC Retired	...	3/31/2026
Capilano Entrance Awards/Scholarships	...	3/31/2026
CAPU Additional Entrance Awards	...	3/31/2026
DOUGLAS COLLEGE ENTRANCE SCHOLARSHIP APPLICATIONS DUE MARCH 31ST	...	3/31/2026
Douglas College Entrance Scholarships Oct 1 to March 31	...	3/31/2026
Eagle Ridge Hospital Auxiliary Bursary (2)	...	3/31/2026
GRADE 11 - HORATIO ALGER NATIONAL ENTREPRENURIAL SCHOLARSHIPS	...	3/31/2026
GRADE 11 Canadian Scholarships	...	3/31/2026
<a href="https://www.yvraf.com/our-program-resources/emerging-artists-scholarships/">https://www.yvraf.com/our-program-resources/emerging-artists-scholarships/</a>	...	3/31/2026
Kochhar & Co.	...	3/31/2026
Manulife Life Lessons Scholarship/contest (Loss of parent or guardian)	...	3/31/2026
Nature Vancouver Scholarships	...	3/31/2026
PCAHA - Pacific Coast Amateur Hockey Association Scholarships	...	3/31/2026
SFU ENTRANCE AWARDS, BURSARIES AND SCHOLARSHIPS - deadline March 31	...	3/31/2026
SFU ENTRANCE AWARDS, BURSARIES AND SCHOLARSHIPS ( to March 31)	...	3/31/2026
Theatre Society Legacy Fund Bursary (Entering a formal arts program - defined as a creative activity that expresses imaginative or technical skills. It produces a product or an objectexperience. It includes drawing, painting, sculpting, photography, digit	...	3/31/2026

### **Shashi Assanand Bursary now open!**

Female graduating student, child of refugee or immigrants to Canada, financial need and entering a specific area of study. 3 X \$1,000 available in Metro Vancouver. Due May 15<sup>th</sup> [Career Centre - Centennial Secondary School](#)

### **TC ENERGY SCHOLARSHIPS**

**Stem, Indigenous Legacy or Trades** scholarship categories available.

See if you pre-qualify [Empowering students across North America](#)

Deadline May 1, 2026

### **LOTUS LIGHT CHARITY SCHOLARSHIPS NOW OPEN**

Please find attached the 2026 LLCS Scholarship due: **May 15, 2026.**

<https://vllcs.org/en/2026/02/lotus-light-scholarship-begins-accepting-2026-applications/>

<https://vllcs.org/en/activity-2/lotus-light-charity-scholarship-2/>

### **SCHOLARSHIP MEETING INFO**



[2026 CENTENNIAL LOCAL INFO SHEET MTG 2 SPRING.pdf](#)



[SCHOLARSHIP SLIDES 2025 2026 SPRING UPDATE PDF.pdf](#)

**CRITERIA: FOR DOMESTIC AND PR GRADUATES** - REVIEW THE INFO SHEET AND POWERPOINT SLIDES COVERED IN THE MEETING THURSDAY AFTER SCHOOL.

**BC Ministry District Authority Awards  
(30 available for Centennial 2026 Grads)**

\$1250 for Excellence in one of 7 focus areas. CDN or PR Students apply via the Local Scholarship Form. Details here:  [2026 CENTENNIAL LOCAL INFO SHEET MTG 2 SPRING.pdf](#)

**GRADE 12 - MARCH SCHOLARSHIPS**

Over 20 scholarships with a March 31st deadline are currently posted on our website [Career Centre - Centennial Secondary School](#)

**Douglas College Winter 2027 applications now open!**

[Academic Foundations for Potential Nursing Applicants \(Certificate\) | CTAFPN | Douglas College](#)

-If you missed the deadline for Fall 2026, the Winter 2027 applications are now open.

**SFU ENTRANCE AWARDS AND ENTRANCE BURSARIES FOR HIGH SCHOOL APPLICANTS  
REMAIN OPEN TO MARCH 31ST**

[High School Students - Financial Aid and Awards - Simon Fraser University](#)

**EAGLE RIDGE HOSPITAL AUXILLIARY BURSARIES 2026**

2 x \$2500 bursaries for grads entering health care. References, Essay, proof of 2yr residency and financial need. [2026-STUDENT-BURSARY-APPLICATION.pdf](#) Due March 31.

Free programs via zoom with Minerva (weekly/biweekly) or during Spring Break for young women - March - June

Many **scholarships** have been added/updated for April - May: [Career Centre - Centennial Secondary School](#)

**BCIT PATHWAY TO SUCCESS AWARDS**

IF YOU ARE PLANNING TO APPLY TO **BCIT FOR A TECHNOLOGY, TECHNICAL STUDIES OR TRADE PROGRAM**, there are 3 awards of \$3,000 for SD43 students! Application deadline for students: April 3, 2026

 [SFAA-23 V5-print.pdf](#)

 [SFAA-21 V10.pdf](#)

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



Search thousands of programs.  
Discover career paths.  
Explore financial resources.  
Apply to post-secondary in B.C.



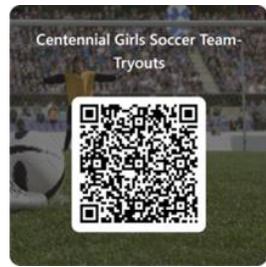
 

# SPORTS

## Important dates for Girls interested in playing Soccer for Centennial:



📣 Sr. Girls TRYOUTS - Tues, March 3rd, Wed, March 5th - all 3:30 pm - 5 pm on the turf.  
📣 Jr. Girls TRYOUTS- Mon, March 2nd; Wed, March 4th - all 3:30 pm - 5 pm on the turf.  
Please see Coach Melvin, Coach Comeau, Coach Purdey or Coach Perry if you have any questions!



## Centennial Paddling Club



📣 Calling All Paddlers! 📣

Are you a Centennial student interested in Hawaiian Outrigger Paddling? We'd love to have you join us!

Come to our information meetings on Wednesday, March 4th and Wednesday, April 1st during lunch in Room B221 to learn more about the team and upcoming opportunities.

Can't make it to one of the meetings? No problem — stop by and see Mr. Asano for more information.

Come check it out and be part of the crew! 🏄‍♀️

**2026 Sign Up is LIVE  
Link in Bio**



## SD43 Mountain Biking Team

Here we GO!

Grade 9-12s Sign Up for this year's team using the link in Bio. You'll need your SD43 Login. More info on the team is in the Forms.

# 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**

