

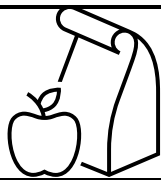


CENTENNIAL TODAY

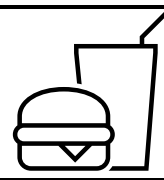
Thursday, October 16, 2025 - Day - 1

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: Chicken Corn Chowder

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

AM Break

Bacon, Egg & Cheese Breakfast Wrap \$3.00

Menu

Grilled Cheese \$5.00

Pesto Chicken Panini \$5.50

BBQ Pulled Pork Sandwich \$6.00

Crispy Haddock Burger \$5.50

Roasted Squash & Bean Quesadilla \$5.50 (Veg)

Lemongrass Chicken Banh Mi \$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

White Emergency Forms are now overdue: Please bring your completed and signed form to the office asap!

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



A Crêpe Truck is coming to Centennial!!!

When? Thursday October 23rd during Cent Time and Lunch

What? Delicious Sweet Crêpes (cash only)

Where? In front of the Foyer

Hosted by the Languages and ELL Departments



SD43 has an exciting opportunity to join the Student Leadership Council this year! A couple of spots have opened up for SLC Executive members. The deadline to apply is **October 17th** for applications.

International Students

Hoodie design contest! Submit your own design to Lsousa@sd43.bc.ca by Oct 31st. There will be a vote and the winner will win a hoodie! Must have Cent/Centennial & International incorporated in your design.

[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.](#)

[Language Challenge Exams](#)

We have a long relationship with many of you — here's to another year of Language Challenge coming up!

Each year our Challenge students represent over 150 schools and 20 school districts. While the majority are from the Lower Mainland, there are around 200 students from the Island and always a few from the Okanagan and other parts of BC. It is a pleasure working with all of you!

This year we are pleased to offer American Sign Language 11 (ASL 11) as a Language Challenge Exam — please note for ASL 11 the exam dates will be arranged with each student individually.

Please follow this link for all information related to the 2025/26 Language Challenge Exams

<https://www.deltasd.bc.ca/schools/secondary/challenge-exams>

This year we are offering:

- ASL 11 (American Sign Language)
 - Farsi 11 & 12
 - French 11 & 12
 - Japanese 11 & 12
 - Korean 11 & 12
 - Mandarin 11 & 12
 - Punjabi 11 & 12
 - Spanish 11 & 12

Dates to remember:

- Oct 24, 2025 – application deadline for students.
 - Jan 31st & Feb 1st, 2026 – exam dates
 -

[Study and Go Abroad / SchoolFinder Fair](#) **Saturday, October 18** at the Pinnacle Hotel in Vancouver.

VOLUNTEERS NEEDED - MUNDY PARK ELEMENTARY

After-School Coding Program (Mundy Road Elementary) Kids Innovative is looking for volunteers to help with an after-school Coding Club at Mundy Road Elementary. No prior experience is required - just an interest in working with kids and some basic computer skills (typing, Google search, etc.). This is a great way to gain experience in education, mentoring, and STEM programs. When: Now until Nov 19
Please email hillghul@gmail.com



WHAT THE "L"

This 2-day program is open to students 16 years and older and is designed to support those who may experience barriers to earning their learner’s permit. Barriers may include financial limitations, test anxiety, lack of parental support, or limited access to a vehicle. With guidance from an ICBC instructor, students receive the tools and support they need to succeed.

Application Details

- **Application Due Date:** Wednesday, October 22nd
 - **Application Pick-Up:** Thursday, October 23rd
 - **Program Dates:** Tuesday, November 18th & Tuesday, November 25th
- *Please submit all application to your Youth Woker or THE MAIN OFFICE***

Grade 12

Langara Info Week - Oct 20-24 [Langara Info Week | Langara](#)



MARK YOUR CALENDARS

BCIT WILL HAVE A MINI-FAIR AT LUNCH IN THE FOYER ON **FRIDAY NOVEMBER 7TH** (HEALTH SCIENCES, CIVIL ENGINEERING, GEOMATICS, BUSINESS & MEDIA AND MORE!)

MORE MAJOR SCHOLARSHIPS INCOMING
INFO ON THE SCHULICH, BEEDIE LUMINARIES WILL BE POSTED SOON!

Langara INFO WEEK
OCT 20-24 Langara Info Week | Langara

DOUGLAS - Academic Foundations for Nursing APPLICATIONS CLOSING!

The application period will be closing soon on **Friday, October 17th at 4:00pm**. This information has also been updated on our [Foundations for Nursing webpage](#). Please apply ASAP! Students who are unsuccessful in being admitted to the program will automatically be offered regular Academic Foundations as a pathway program.



[Future Undergraduates - Faculty of Applied Sciences - Simon Fraser University](#)

INTERNATIONAL STUDENTS: ZOOM INFO SESSION OCT 16TH FROM STUDY IN BC
[Meeting Registration - Zoom](#)

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

NOTE: MOST ENTRANCE SCHOLARSHIPS WILL OPEN OCTOBER 1ST

Deadlines will vary - check the website(s)

- [BCIT](#)
- [SFU](#)
- [UBC](#)
- [UVIC](#)
- [DOUGLAS COLLEGE](#)
- [LANGARA COLLEGE](#)
- [CAPILANO UNIVERSITY](#)

DID YOU MISS THE SCHOLARSHIP MEETING?

The PowerPoint and handbook can be found here:
[Career Centre - Centennial Secondary School](#)

UBC PERSONAL PROFILE

Information and video [Write your Personal Profile - UBC | Undergraduate Programs and Admissions](#)

Helpful Admission Links

[Apply - EducationPlannerBC](#)
[How to apply | UBC Undergraduate Programs and Admissions](#)

[Biology at UBC's Vancouver campus | UBC Undergraduate Programs and Admissions](#)
[Apply to SFU - Undergraduate Admission - Simon Fraser University](#)
[Science - Undergraduate Admission - Simon Fraser University](#)
[How to apply - Undergraduate admissions - UVic](#)
[Apply to Douglas | Douglas College](#)
[How to Apply - BCIT](#)
[Ontario Universities' Application Centre](#)
[How to Apply | Future Students. University of Toronto](#)
[Apply to College or University in Alberta | Official Application Portal](#)
[Apply for Undergraduate Admission](#)

SPORTS

Jr Boys Basketball Tryouts

The second and final Jr Boys Basketball tryout will run from 3:30-5:00 in the Red Gym on Friday October 17. If you cannot attend but are interested in playing basketball at Centennial this year, you must notify Mr. Ruditsch at aruditsch@sd43.bc.ca

Cross Country Team

Congratulations to the Centennial Cross Country. They ran brilliantly at the Coquitlam District Championships last night.

Senior Girls

A special note of congratulations goes to Taysia Lennstrom. Taysia won the Senior Girls Race decidedly by more than 20 seconds over 5 kilometers. She was awarded the Gayle Sayers award for top female in the district. It should be stated that no grade 10 has ever won this award in the history of this award. Taysia is the very first grade 10 to ever win the District Championship as an individual runner.

She led her team to the Senior Girls Championship as well. The girls finished first in Coquitlam with a team score of 27 [1,5.10 and 11]. The team members are Kallee Lennstrom, Violet Drazenovic, Keira Ballantyne, Lainey Stutters, Olivia Infanti, Naomi McGivern, Grace Moseley, Maryna Nasulchyk, and Shania Alvarez.

Senior Boys

The Senior Boys [Ryan Khatkar, Vohn Skidmore, Reilly Svangtun, Varun Vodnala, and Keenan Canales], Senior Girls, and Junior Boys [Axel Chow, Ryan Prael, Marcus Finnemore, Tim Ngai, Carson Lu and Gabriel Smgelski] have all qualified for the Fraser Valley North Championships in Burnaby's Central Park next week. Well done to everyone.

Gr. 9 Girls' Volleyball

Home game today after school. Be in the gym 1 hr. before the game and wear your jerseys in school today. Tournament tomorrow at Riverside so you have an early 2:45 dismissal.

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
	ExFLEX 10:07 – 11:12		CENT TIME 10:07 – 11:12	
BLOCK 3 10:16-11:28	BLOCK 3 11:16 – 12:19	BLOCK 3 10:16-11:28	BLOCK 3 11:16 – 12:19	BLOCK 3 10:16-11:28
Lunch 11:28 – 12:13		Lunch 11:28 – 12:13		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
	BLOCK 4 1:05 – 2:08		BLOCK 4 1:05 – 2:08	
FLEX 1:29 – 1:59	BLOCK 5 2:12 - 3:15	ADVISORY/FLEX 1:29 - 1:59	BLOCK 5 2:12 - 3:15	FLEX 1:29 - 1:59
BLOCK 5 2:03 - 3:15		BLOCK 5 2:03 - 3:15		BLOCK 5 2:03 - 3:15

Book your
FLEX and
CENT

SCAN ME

