

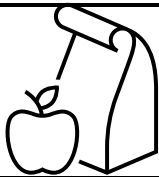


CENTENNIAL TODAY

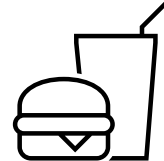
Thursday, April 16, 2026 - Day 1

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
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: Lemongrass Chicken Soup
Small \$2.50, Medium \$3.50, Large \$5.50

AM Break

Bacon & Egg Breakfast Sandwich \$3.00

Menu

Four Cheese Pizza \$5.50

BBQ Pulled Pork Sandwich \$6.00

Hot Honey Pepperoni Pizza \$5.50

Korean Chicken Wrap \$5.50

Beef Dip \$7.00



Salad Bar

Soup: Tomato Basil
Greek Salad
Orzo Pasta Salad
Chopped Romaine
Quinoa Salad
Spinach & Kale
Ranch & Italian Parmesan



ATTENTION: GRAD CLASS OF 2026



Grad Guest Invitation Form Now Available!

Grads who are planning on inviting a guest (*2026-2027 Grads only*) to Dinner-Dance and After-Grad must fill out a Guest Invitation Form (including all the details requested) for approval. The form is available for pick-up in our main office. **The deadline to return the form is no later than May 8th.** Late requests will not be accepted.

Valedictorian Nominees

[Congratulations](#) to the Class of 2026 Valedictorian Nominees who will be campaigning from April 7-14 and speaking to the student body during **Cent Time on April 16th**. Voting will commence immediately after the nominee speeches.

The Valedictorian nominees are:

Aahil Sonawala
David Wong
Annaliesa Coupe
Nimrit Maghera & Olivia Kubicsek
Lucy Lee & Maxene Lubog
Alec Chang

Grad Dinner-Dance and After-Grad

Ticket sales for both Dinner-Dance and After-Grad will begin on **May 4 and run through until May 22**. Tickets can be purchased online via Schools Cash Online.



ALL STUDENTS

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!



COSTA RICA

SPRING BREAK TRIP- MARCH 2027

**CROSS-COUNTRY TRAVERSE
HIKING, BIKING, PADDLING**

Scan here for trip information!

Scan here to APPLY!

EMAIL MS. CHYZOWSKI OR MS. MELVIN FOR INFO (ROOM F105)

Costa Rica Spring Break 2027 - Final Notice

LAST CHANCE to join the Costa Rica Spring Break 2027 trip! If you have been considering this once in a lifetime opportunity to adventure across Costa Rica, please come see Ms. Chyzowski or Ms. Melvin ASAP. Scan QR codes for more information.



Euro tour 2027
For More Information

Attention: Grade 11 and 12 ASSESSMENTS

Students in grade 11 and 12 who have not yet completed the graduation requirements of Numeracy 10, Literacy 10, and Literacy 12 were sent an email Please check your inbox. It is important that you are in attendance for these make-up sessions. Your teachers will be notified that you will not be in regular class while writing the assessment.

Literacy 10: April 21

Grade 11 - 9:00 am to 12:00 pm

Grade 12 - 12:15 to 3:15pm

Location - Library

Numeracy 10: April 22

Grade 12 - 9:00 am to 12:00 pm

Grade 11 - 12:15 to 3:15 pm

Location - Library

Literacy 12: April 23

Time: 9:00 - 12:00

Location: Library

LIBRARY POET-TREE



Hey Centaurs!

Come visit the library anytime in the **Month of April** to write a poem, ode, lyrics, or prose - whatever inspires you - and add it as a leaf to our Poet-Tree! Each entry receives candy and a chance to win one of four free lunches in the Centennial Cafeteria.

Our first winner for the Poet-Tree contest is: **Hajirah Zaheer!**



Come pick up your prize at the library circulation desk



SD43 CLOTHING SWAP

Don't shop—Swap! Give your pre-loved clothes a second life and find your new favorite outfit for FREE.

SATURDAY APRIL 18, 2026

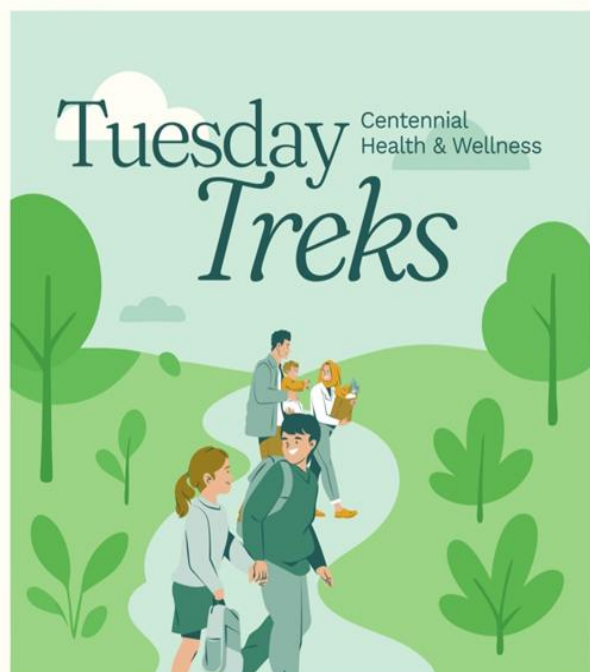
9:00 am (VIP) - 3:00 pm

Location: Pinetree Community Centre
1260 Pinetree Way, Coquitlam

**DONATION COLLECTION AT ALL SD43
SECONDARY SCHOOLS. ASK AT OFFICE.**

Who can participate?

- All SD43 families and friends are welcome, 10:00 am
- Donate and get VIP early entry, 9:00 am
(See office for VIP pass)



April 7, 14, & 21
Meet at the flagpole
at 10:05AM!

Walk & talk to Como Lake Park
Meet new people, enjoy
the outdoors, and get in your
steps!

Permission slip required!
Please pick one up from
Ms. Bourne (F202) or Ms. Singh (F219)

CAREER CENTRE

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



[@cent43careercentre](https://www.instagram.com/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

Indigenous Trades Sampler (SD43) Due TODAY

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

Events – April

UNIVERSITY OF TORONTO AT CENTENNIAL - FLEX	...	4/20/2026
Capilano University IDEA Online info session	...	4/21/2026
INFO WEEK AT VCC APRIL 20 - 24TH	...	4/24/2026
EPBC Events APRIL	...	4/30/2026
KPU Indigenous - Open Doors, Open Minds April 30th - Langley campus	...	4/30/2026

UPCOMING INFO SESSIONS

VCC Info Week - April 20-24th, tuition vouchers, application fees waived, program info sessions

EPBC Event Calendar [Event calendar](#) | [EducationPlannerBC](#) | [EducationPlannerBC](#)

EMILY CARR - CAMPUS TOURS AND INFO SESSIONS

April 20, 11am

MOSAIC AWARDS FOR NEWCOMERS TO CANADA Six \$5,000 awards are given to deserving recipients with financial need to support their educational and post secondary goals. Must be new arrivals or refugees, living in Canada less than 5 years. Accepted to an educational program of either academic, professional or vocational nature. Apply by April 30. [MOSAIC Educational Enhancement Award](#) | [Awards](#) | [MOSAIC](#)

BC SCHOOL SPORTS SCHOLARSHIPS BCSS

Several scholarships to recognize **excellence in athletics, leadership, and community service**: 6 x \$1,000 Badminton scholarships, 2 x \$1,000 based on school spirit & healthy living & community involvement, 6 x \$1,000 based on leadership values. [2025/26 Scholarship Package Cover](#) Due May 1

VOLUNTEER INFO SESSION (CYC)

April 16th 4pm-6pm Coquitlam Library

[Community Volunteer Connections](#) | [Volunteer Information Session](#)

Grade 12's

HORATIO ALGER VOCATIONAL AND TECHNICAL SCHOLARSHIPS FOR GRADE 12'S NOW OPEN

\$3,000 - \$9,000 Awards available (70+ awards for BC students only)

[Vocational & Technical Scholarships - Horatio Alger Canada](#)

[Vocational & Technical Scholarship Eligibility - Horatio Alger Canada](#)

Fill out the form to receive the application link. Opens April 1.

Trevor Linden Community Spirit Scholarship

https://canucks.formstack.com/forms/2026_tl_scholarship 4X\$2500 Apply by April 30th.

Community/Volunteer involvement. Essay req'd

District 43 Scholarships, Awards and Bursaries

District SD43 Awards.

DUE Today, APRIL 15th.



<https://forms.office.com/r/c45ZxU7STv>

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

SPORTS

Girls Hockey Team

The Cent girl's hockey team are 2-0 to start their season with a strong win over Port Moody. Madi "Michigan" Wakida with the winning goal- yup with a "Michigan" goal. The Cent girls had about 1000 shots but came up against some strong goaltending. Regan Jones stood tall in the crease for Cent while Avanni Lidder, Amelia Haeber, Elsa Romey, and Hailey "I have to leave early" Frame had strong performances.

Next Game: Wednesday Apr. 22 vs The Charles Best @ Planet Ice Coquitlam #4- 2pm puck drop.

Cent girls have never lost a regular season game.....

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	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

