

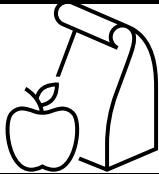


CENTENNIAL TODAY

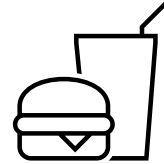
Thursday, February 26, 2026 - Day 1

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: Thai Chicken w/ Rice

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

AM Break

Breakfast Burrito w/ Bacon, Egg & Potato \$5

Menu

Grilled Cheese \$5.50

Korean BBQ Chicken Wrap \$5.50

Smoked Beef Rueben Sandwich \$6.00

Baked Mac & Cheese \$5.50

Chicken & Sausage Gumbo \$7.00

Salad Bar & Soup \$5

Mixed Greens, Cucumber & Tomato

Quinoa Salad, Greek Salad

Fresh Salsa, Sour Cream, Cheese, Taco Chips

Taco Veggie Ground

Corn & Edamame

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.

****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 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 3rd** 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.

Baking Club

For the month of February, the Bake club is planning a kindness event for RAK week. We are offering cookies for anyone who can make a card for seniors in Chartwell Old Folks home. We will have a table in the cafeteria at lunch providing CARDS and COOKIES on the last week of February (**Feb 24-26th**). Please come and sign a card!

CAREER CENTRE

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

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



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.

EXPLORE CAPU INFO NIGHT

- Explore CapU Info Night – North Vancouver

Thursday, February 26 from 5pm to 7:30pm [RSVP here](#)
VISIT [43CAREERS.CA](#) FOR DETAILS!

"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



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:	COURSE FEE:	APPLY:
- Assess scene safety - Perform CPR - Use an AED - Treat bleeding and wounds - Handle minor burns	Discounted rate of \$95 (typically \$150+)	Online or talk to your counselor Applications are due Wednesday May 6, 2026

ELIGIBILITY:

Must be 16 years old at the time of the course

ANY QUESTIONS REACH OUT TO MRINDAHL@SD43.BC.CA

SCHOOL DISTRICT 43 EDUCATION LEARNING CENTRE
1080 WINSLOW AVE, COQUITLAM, BC V3J 6M6

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



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

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

Highschool Lacrosse Tournament at Centennial

The boy’s lacrosse team and the girl’s lacrosse team will be playing in the BCLA Highschool Lacrosse Tournament this week at Centennial.

Thursday, Feb 26th CENT GIRLS TEAM:
4pm vs. Pitt Meadows
7pm vs. New Westminster
9pm vs. Heritage Woods

Friday, Feb 27th CENT BOYS TEAM
4pm vs. New Westminster
8pm vs. Sardis

Come on and cheer them on!

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! 🏡



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

