



# CENTENNIAL TODAY

**Thursday, January 29, 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**
- 4. Have your payment ready before you order**
- 5. No touching items that you are not going to buy**
- 6. Only those buying are permitted to enter the lineup. This will help speed up service.**
- 7. No cutting into the line. Please wait your turn and line up in an orderly manner.**



**Soup: Lentil, Ham & Bean**  
**Small \$2.50, Medium \$3.50, Large \$5.50**

## **AM Break**

**Ham & Egg Croissant Bun \$4**

## **Menu**

**Grilled Cheese \$5.00**

**Pesto Chicken Panini \$5.50**

**Footlong Veggie Chili Hot Dog \$5.00**

**Crispy Sweet Chili BBQ Wrap \$5.50**

**Baked Penne w/ Meat Sauce \$5.50**

## **Salads**

**Centennial Salad \$ 5.00 w/ Chicken \$7.00 (GF)**

**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.**

**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.

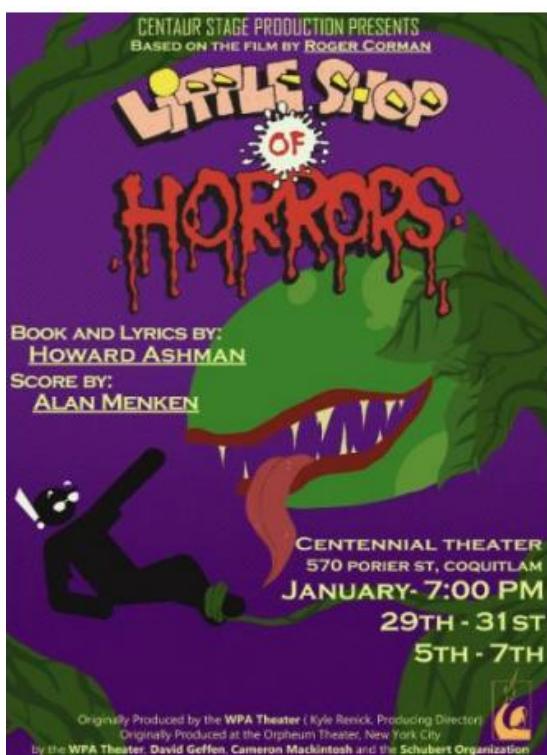
**If you see an issue with any of our washrooms, or any other concern, please report it.**

No toilet paper or soap... report it!

A mess on the floor... report it!

Vaping...report it!

Damage...report it!



Little Shop of Horrors hits the Centennial stage with performances on January 29th-31st, February 5th-7th at 7:00pm, along with a special matinee on January 31st at 1:00 pm

Tickets can be purchased online; any unsold tickets will be available at the door on the night of the performance (cash only)



## **Immunizations Coming Up!**

There will be an information Centre set up in our library on **February 2nd from 10:30-1:00 pm** for students who have Immunization questions or concerns. Our Health Nurse will be available to assist, educate and answer questions.

## **Immunization dates are as follows:**

- February 11 (Grade 9's)
- February 18 and 26 (Grade 9-12 catch-up)
- May 15 (Grade 9-12 make-ups)

## **Black History Month Club Presents: An Afrobeats Dance Workshop!!!**

Join us in celebrating Black History Month with our first workshop of the month: Afrobeats Dance led by local recording artist and choreographer Prinz. The workshop will be on **Thursday February 5th at Cent Time in the Red Gym**. Come ready to move, learn, and connect with the culture behind the dance style. Students and staff are welcome! No experience needed, just fill out this form using the QR code below, and show up ready to dance and have fun!

Black History Month - AfroBeatz  
Dance Workshop



## **CAREER CENTRE**

### **PARENT INFORMATION SESSIONS**



<b>Jan 20<sup>th</sup></b>	<ul style="list-style-type: none"><li>• <b>Hockey Academy @ 7pm</b> ZOOM Meeting ID: 884 5412 9110 Passcode: 504797</li></ul>
<b>Jan 21<sup>st</sup></b>	<ul style="list-style-type: none"><li>• <b>Football Program @5:30pm</b></li><li>• <b>Grade 8 Parent Info @6pm</b></li><li>• <b>Optimizing Athletic Performance @8pm</b></li></ul>
<b>Jan 23<sup>rd</sup></b>	<ul style="list-style-type: none"><li>• <b>Grade 8 Tour @12pm</b></li></ul>
<b>Jan 28<sup>th</sup></b>	<ul style="list-style-type: none"><li>• <b>Grade 9-11 Parent Info @6pm</b></li></ul>
<b>Feb 12<sup>th</sup></b>	<ul style="list-style-type: none"><li>• <b>Environmental Sc Academies @ 6pm</b></li></ul>

Location: Centennial Theatre for all sessions (other than Hockey Academy)

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)

## **UNIVERSITY AND COLLEGE FAIR (VANCOUVER) via Schoolfinder**

- Saturday, February 28 from 1-5pm at the [Pinnacle Hotel Harbourfront](http://Pinnacle Hotel Harbourfront)
- Free admission
- Scholarships Canada seminar at 12pm
- University, college, gap year options, and work / study abroad opportunities
- [Registration link is here](http://Registration link is here)



## **KPU - WILSON SCHOOL OF DESIGN INFO SESSION**

### **Wilson School of Design information Session Night (In-person)**

Learn more about KPU Wilson School of Design and the eight programs we offer at our info session night on **Tuesday, February 3rd (5:30pm – 7:30pm)** at the KPU Richmond Campus. Optional portfolio reviews will also be available for our degree programs to help students prepare a strong application, as well as campus tours! Please feel free to share this opportunity with students who are considering a future in design.

**[Click here to Register](#)**

## **Lunch-and-Learn: Making the Invisible Visible MyBlueprint webinar**

 **February 25 | 12 PM ET**

Neurodivergent students continue to face barriers in post-secondary education and the workforce. In this Lunch-and-Learn, explore insights from Canada's first national study of 400 neurodivergent students and graduates. Learn what supports (and hinders) successful transitions after high school and walk away with practical, neuro-affirming strategies to help students build self-advocacy skills and navigate post-secondary pathways with confidence.

**Reserve Your Spot**

## **Walrus- Youth Short Story Contest**

Amazon Canada First Novel Award: Youth Short Story Category | The Walrus

3,000 words or less, ages 13-17, Canadian citizen. See contest rules & details at link. Submission deadline of **February 8, 2026**. \$500 finalists. \$5,000 grand prize.

## **ADVENTURES IN CITIZENSHIP - ROTARY CLUB SPONSORSHIP**

**APPLY TO BE THE ONE (SPONSORED) STUDENT FROM COQUITLAM TO TRAVEL TO OTTAWA AND LEARN ABOUT GOVERNMENT – SEE MRS. HEALEY WRIGHT IN THE CAREER CENTRE TO PUT YOUR NAME IN FOR CONSIDERATION BY MARCH 1.**

Details: <https://clubrunner.blob.core.windows.net/00000007975/en-ca/files/page/welcome-to-the-rotary-adventure-in-citizenship-program/poster-2026-bilingual/POSTER-2026-BILINGUAL.pdf>

## **Grade 12's**

### **NEXT DOUGLAS COLLEGE INFO SESSION- FEB 24TH 5PM VIA ZOOM**

[Information sessions | Douglas College](#)

### **SFU - APPLICATION DEADLINE IS JANUARY 31ST!!!**

## **CMOLIK FOUNDATION SCHOLARSHIPS - UP TO 45K Due JAN 30TH.**

**Internal nomination Form:**

<https://forms.office.com/r/PMrMgcGjm2>

### **Eligibility**

- Must be a current resident of BC
- Must have lived in Canada for at least 7 years
- Must be in Grade 12
- Must have demonstrated financial need (total annual family income not exceeding \$80,000)
- Must have faced adversity
- Must be planning to be a full-time student
- Must be ineligible for the BC Tuition Waiver Program (for former youth in care)
- Must use funding for a post-secondary institution or college
- Must be endorsed by their school principal (\*see info about the nomination/ endorsement process below)
- Must agree to sometime during their lifetime fund a non-related person in furthering his or her post-secondary education, in a manner similar to the support received from The Cmolik Foundation

## **SFU UGGLA FAMILY SCHOLARSHIPS DUE JAN 19TH**

Ten scholarships are awarded each year to students who face significant financial barriers to participation in post-secondary education. This may include students who identify as Indigenous, Black, or a person of colour, students living with disabilities, LGBTQIA2S+ students, and students of all gender identities. [Uggla Family Scholarship - Undergraduate Admission - Simon Fraser University](#)

## Order

**GRADS! HAVE YOU COMPLETED YOUR STUDENT TRANSCRIPT SELECTIONS!**

First time users may register for a Basic BCeID. Returning users log in using the StudentTranscripts Services.



Register for a Basic BCeID  
Online ID for secure access to B.C. government services.

Register

**MAKE A BCeID#**

**StudentTranscripts**

Log in to StudentTranscripts Services (STS) with BCeID  
Access STS with Basic BCeID for exam results & transcripts/certificates

Log in

**SEND TRANSCRIPT/  
SELECT THE SCHOOLS**

Grade 12's applying to post- secondary **BCeID# and STS**.  
A two-part process.

**SFU AND UBC ARE REQUESTING THIS BE DONE BY JANUARY 31ST!**

**Scholarships - BCGEU** Deadline to apply Feb 15th, 2026

**STUDENT TRANSCRIPT SERVICE - HELP VIDEO How to send your transcripts**  
**How to register for a Basic BCeID and access the Student Transcripts Service (STS)**  
Reminder: UBC and SFU require this to be completed by Jan 31.



**Cmolik Foundation Internal Application Form - Due January 30th, 2026**

Must have demonstrated financial need (total annual family income not exceeding \$80,000) <https://forms.office.com/r/PMrMgcGjm2>

### Application Criteria

In addition to meeting the eligibility requirements, student applications will be adjudicated by a selection committee that will consider the student's proven resilience in the face of adversity, positive work ethic, academic suitability, contributions to community, the clarity of educational goals, focused commitment, fit with the organization, and the support of references.

**DOUGLAS COLLEGE INFO SESSIONS - ONGOING Information sessions | Douglas College**

**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

## Track & Field - Info Session and Sign-up

There will be an information session on Wednesday, February 4<sup>th</sup> at lunch in the RED GYM to learn more about the upcoming Track & Field Season! All are welcome, including returning and new athletes who would like to be involved in a fun, community-based spring sport! Sign up for the team using the QR Code. Please read the information on the form carefully before committing.

## Golf Team Meeting Friday, January 30th at 11:30 am

There will be a final meeting for all students interested in playing on the Centennial Senior Golf Team on *Friday, January 30th at 11:30 am in the LEC (Room E202)*. Students in Grade 9-12 who have their own golf clubs (and shoes) and have played on a full-size golf course before are encouraged to come to the meeting. The Centennial Golf Team plays 1-2 rounds per week (typically starting in late March) in preparation for the District Championships, and hopefully the Fraser North and Provincial Championships. Our five top players will be identified during practice rounds to see who will represent Centennial at competitive events. If you are unable to attend, please see Mr. Peacock in the LEC (Room E202).

It's that time of the year to seek vengeance for our disappointing semi-final shootout loss last season. **Registration is now open for Centennial boy's spring hockey team.**

 **Tryouts will be conducted mid-February- \$30 tryout fee.** Season is short-starting at the beginning of April with playoffs late May. Spread the word. Scan the code to sign up for tryouts. **See Mr. Peterson A203 for more info.**



**JOIN THE TRI-CITY EAGLES FIELD HOCKEY CLUB - REGISTER NOW**

**U10 MINI & MITE FIELD HOCKEY**

The U-10 Mini & Mites Field Hockey Program is open to girls and boys born between 2016 and 2021 and is a great way to learn, play, and have fun on the field.

The season fee is \$155 — register before **February 1** and save \$20 on your season fee! Registration for the Spring season closes **March 31**.

All games and practices are held at Cunnings Field at Town Centre in Coquitlam.

**U11 - U14 BOYS**

The Junior Boys Program is open to players born 2012 – 2015, while younger boys born 2016 – 2021 can join our Mini & Mite programs.

**REGISTER NOW**

**REGISTER NOW AT [TCFIELDHOCKEY.COM](http://TCFIELDHOCKEY.COM)**

**Early Bird Pricing:**  
Save \$20 if you register by February 1, 2026  
**Regular Price:**  
\$155 for Minis/Mites and \$190 for Juniors  
Practices begin immediately following Spring Break

**U11 - U18 JUNIORS**

Girls born 2008-2015 can join U-11 to U-18 teams in the Greater Vancouver Junior Field Hockey League, playing a fun, exciting, and competitive season from late March to June.

Sign up before **February 1** and save \$20 on the \$190 season fee!

**Don't wait – secure your spot and join the fun this season!**



# 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  
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SCAN ME

