

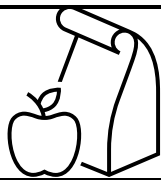


CENTENNIAL TODAY

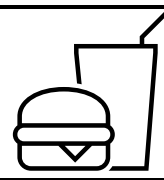
Thursday, October 23, 2025 - Day 2

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: Split Pea & Ham

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

AM Break

Maple Pork Sausage & Egg Breakfast Wrap \$3.00

Sourdough Baguette \$2.00

Dessert

Blueberry Cheesecake \$3.00

Strawberry Rhubarb Pie \$3.00

Menu

Tomato Basil Grilled Cheese \$6.00

Sweet Chili BBQ Chicken Wrap \$5.50

Turkey & Salami Panini \$5.50

Baked Penne & Cheese w/Bacon \$5.50

Teriyaki Beef & Rice Bowl \$7.00

Quinoa Veggie Wrap \$5.50

Salads

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

Spinach & Kale Caesar Salad \$4.50 w/Chicken \$5.50

Chopped Salad \$4.00

ALL STUDENTS



TODAY

A Crêpe Truck is coming to Centennial!!!!

When? TODAY during Cent Time and Lunch

What? Delicious Sweet Crêpes (cash only)

Where? In front of the Foyer

Hosted by the Languages and ELL Departments

Centennial Fashion Show

Tickets are now available for the Centennial Fashion show, on Thursday, November 27th from 6pm - 7pm in the school foyer. Tickets are \$10 each on School Cash Online. All proceeds go to the Downtown Eastside Women's Centre. You don't want to miss out on this show featuring talented student designers and models, and a chance to contribute to a worthy cause! Bring your ticket and student ID to show at the door.

Please email Mrs. Hipditch or Annaliesa (076-acoupe@sd43.bc.ca) if you have any questions.

Log on to school cash online or use this link to purchase tickets. Thank you!

<https://sd43.schoolcashonline.com/Fee/Details/159371/108/False/True>



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 into your design.

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.

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



MOUNT SEYMOUR

SKI &

SNOWBOARD

CLUB








EVERY TUESDAY NIGHT
JANUARY 6 - FEBRUARY 17

COST is \$507 + tax
Includes a FULL SEASON PASS




APPLY NOW

APPLICATIONS DUE OCTOBER 23rd



Ms. Chyzowski - F105

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

SEE IT...
REPORT IT



CAREER CENTRE

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



@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

General Information

VOLUNTEERS NEEDED FOR THIS FRIDAY – PLACE DES ARTS

Work with students from elementary school full or half days available.

Email eventscoordinator@placedesarts.ca, or volunteer@placedesarts.ca

UPCOMING EVENTS & SESSIONS

UBC Engineering info session (parents) Oct 24th

Alberta U online info session Oct 25th

Douglas College Info Fair - New West Oct 28

Fire Academy info session - library Nov 5th

Trades virtual info session (SD 43) online Nov 5th 6pm

Grade 12

TERRY FOX HUMANITARIAN AWARD

Applications will open Nov. 1st to Dec. 1st

[Applicant Information | Terry Fox Humanitarian Award](#)

SFU (USES) UNDERGRADUATE ENTRANCE SCHOLARSHIPS

Open to December 15th!

[Undergraduate Scholars Entrance Scholarships \(USES\) - Financial Aid and Awards - Simon Fraser University](#)

VCC INFO WEEK

[Info Week at VCC - Vancouver Community College](#)

October 20-24, 2025.

Win one of 3 \$1,000 tuition credits; Application fees waived for domestic attendees.

SFU FACULTY OF ENVIRONMENT- DISCOVERY DAY PRO-D FRIDAY OCT 24TH

Some seats still available!

Register here: [Discovery Day - Faculty of Environment - Simon Fraser University](#)

TONIGHT

[UFV's Creative Arts & Design Info Night Tickets, Thu, Oct 23, 2025 at 6:30 PM |](#)

[Eventbrite](#)

6:30 PM - 8:30 PM



INFO FAIR DOUGLAS COLLEGE INFO FAIR NEW WEST CAMPUS OCT 28TH 4-7 PM

[Register now](#)

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!)

Junior Firefighter Programs

2026

APPLICATIONS OPEN NOV. 3 TO DEC. 5, 2025

School District No. 43 is partnering with **both** Coquitlam Fire Rescue and Port Moody Fire Rescue to offer two different junior firefighting programs for 2026.

These programs are open to SD43 students in grades 11 and 12, and help applicants understand the basic physical and educational components required of new recruits in the fire service.

EDUCATIONAL COMPONENT
Tests knowledge of firefighting equipment and fire behavior

PRACTICAL COMPONENT
Tests endurance and teamwork skills

- ▶ The Coquitlam academy runs out of 1300 Pinetree Way.
- ▶ The Port Moody academy runs out of 150 Newport Drive.

Scan the QR code or go to 43careers.com

SD43 Trades Programs

Virtual Info Session

NOVEMBER 5TH @ 6PM

Learn about SD43 opportunities in the skilled trades

- ✓ 25+ TRAIN in Trades Programs
- ✓ WORK in Trades Program
- ✓ Supports for young women & Indigenous students in the skilled trades

SCAN TO REGISTER

VISIT [43CAREERS.COM](https://43careers.com) CAREERPROGRAMS@SD43.BC.CA

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

UBC PERSONAL PROFILE

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

SPORTS

SWIM TEAM

Quick Meeting for the Swim Team at lunch **today** in B220. Please check in and see events for Monday.

Gr. 9 Girls' Volleyball

Early dismissal for your away game today at Charles Best. Remember to pay season fees and your pizza dues.

Sr. Boys Soccer

The Sr. Boys Soccer team has an important game today @ Heritage Woods at 3:30 pm. Fraser North Playoffs start next week!

Cross Country Championships



The Centennial Cross Country Team had a tremendous showing at the Fraser Valley North Championships.

To begin, Taysia Lennstrom won the Senior Girls race as a grade ten student. She is now the top Senior Girl in running five kilometers in the Fraser Valley for 2025. She led the Senior Girl's Team to first place in the Fraser Valley North Championships last night.

Kallee Lennstrom finished sixth overall in the race, Keira Ballantyne was 11th, Violet Drazenovic was 14th, Lainey Stutters was 26th, Olivia Infanti was 28th, Grace Moseley was 36th, and Naomi McGivern was 58th. Our team score was an amazing 32 [1, 6, 11 and 14]. The Senior Girls now move on to the Provincial Championships in Nanaimo as the Fraser Valley North Champions on November 1st.

Congratulations to the following members of the Cross Country Team that courageously participated in the Fraser Valley Championships today as well:

Junior Boys

Timothy Ngai, Carson Lu, Gabriel Smegelski, Ryan Prael and Marcus Finnemore

Senior Boys

Vohn Sikidmore, Reilly Svagtun, Keenan Canales, Ryan Khatkar and Varun Vodnala

Congratulations to Gabriel Smegelski. This morning, he just qualified for the Provincial Cross Country Championships as an individual runner. He will represent Centennial as an individual junior boy. Well done, Gabriel!

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

