

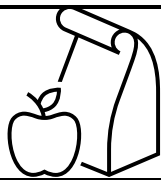


CENTENNIAL TODAY

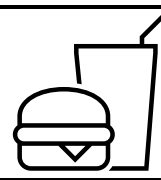
Thursday, October 30, 2025 - Day 2

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: Cream of Mushroom (Veg)

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

AM Break

Sausage or Bacon Breakfast Sandwiches \$3.00

Turkey Grilled Cheese on Marble Rye Bread \$5.50

Dessert

Apple Streusel Cake \$2.50

Menu

Grilled Cheese \$5.00

Reuben Sandwich \$6.00

Pork Schnitzel w/ Herb Spaetzle, Braised Cabbage &
Mushroom Gravy \$7.00

Chipotle Chicken Burrito \$6.00

Bratwurst Sausage w/ Caramelized Onions w/ Pretzel
Bun \$5.00

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

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.

Centennial Leadership Presents Halloween Spirit Week



Thursday: Throwback & Halloween Painting in the Foyer at Lunch
Halloween: Costume Contest & Pie Eating Contest in the Red Gym at Lunch

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.

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



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

BCIT BIOTECHNOLOGY WORKSHOP (GRADES 10-12)

Deadline to apply **November 14th**. Program Dates: December 8–12, 2025 Locations: BCIT Burnaby Campus + UBC Details under career explorations [Career Centre - Centennial Secondary School](https://sd43.bc.ca/career-centre)

Grade 12

CENTENNIAL SCHOLARSHIP PAGE

BEEDIE LUMINARIES SCHOLARSHIPS OPEN NOV 3RD

[Beedie Luminaries | Scholarships for B.C. Students](#)

Check out the BUILD and SHINE scholarships for high school students

UBC BEYOND TOMORROW SCHOLARSHIPS FOR BLACK STUDENTS [Beyond Tomorrow Scholars Program - UBC | Undergraduate Programs and Admissions](#)

APPLY BY DEC. 1

SCHOLARSHIP SEARCH ENGINES:

- [EDUCATION PLANNER BC SCHOLARSHIPS & BURSARIES PAGE](#)

An overview of Scholarships, links, search engines and tips.

- [Scholarships Canada](#)

Extensive database for scholarships and funding

- [Schoolfinder](#)

Scholarships and financial aid, tuition...

- [Yconic](#)

Social Network, search engine, research

- [Student Scholarships.org](#)

- [ScholarTree.ca](#)

Based on their profile, students will see all of the scholarships that they're eligible for

- [BC Scholarships search engine](#)

Did you miss the scholarship meeting? Please read the handout and review the PowerPoint.

 [Scholarship MTG 1 HANDOUT 2025-2026.pdf](#)

 [SCHOLARSHIP MEETING 1 fall 2025.pdf](#)

Upcoming Events

UBC Sauder Bachelor of Commerce (BCom) and Bachelor + Master of Management (B+MM) Fall Preview event	...	11/1/2025
U of T In-person info session - prospective students Fairmont Waterfront, Vancouver	...	11/3/2025
BCIT ENGINEERING PANEL EVENT	...	11/5/2025
Fraser Valley Art & Design Fair	...	11/5/2025
Jr. Fire Academy info session in f200 /F WING at lunch - WEDNESDAY NOV 5TH 2025 *****	...	11/5/2025
King University online info session	...	11/5/2025
SD43 TRADES VIRTUAL INFO SESSION FOR PARENTS AND STUDENTS 6PM NOV 5TH	...	11/5/2025

Grade 12

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

UVIC APPLIED SCIENCE VISITS THIS FRIDAY AT LUNCH

Join us in the counselling conference room!

DISCOVER UVIC - VIRTUAL EVENT

Thursday Oct 30th 5pm [University of Victoria | Discover UVic](#)

TERRY FOX HUMANITARIAN AWARD

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

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

Mark your calendars - CAP U EXPLORE NOV 29 IN PERSON



SFU (USES) UNDERGRADUATE ENTRANCE SCHOLARSHIPS

Open to December 15th!

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

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 CAREERPROGRAMS@SD43.BC.CA

UBC PERSONAL PROFILE

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

SPORTS

Gr. 9 Girls' Volleyball

What a finish!! The girls battled Pinetree in the first round of the playoffs, Wed., and took Pinetree to the 5th game losing 13-15. Few mistakes were made in their best game of the season. Well done girls!

Team meeting in room E 120 at lunch-all must attend to wrap up some business matters.

Ski and Snowboard Club

Thank you to all those who applied for the club this year. We had a record number of 72 applicants for only 48 spots. Please check your email or Teams to see if you were selected. Come to room F105 to pick up your forms from Ms. Chyzowski at Lunch or Flex by the end of the week! **All forms need to be signed and returned and transportation fee paid by November 12th to secure your spot.** Spots may become available to those on the waitlist on November 13th.

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

