

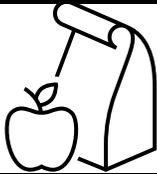


# CENTENNIAL TODAY

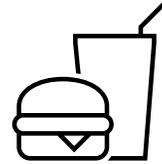
**Tuesday, February 24, 2026 - Day 1**

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: Cream of Mushroom (Veg)**

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

### **AM Break**

Sausage & Egg Breakfast Sandwich \$3.00

### **Menu**

Grilled Cheese \$5.00

Pesto Chicken Panini \$5.50

BBQ Pulled Pork Sandwich \$6.00

Baked Mac & Cheese \$5.50

### **Salads**

Caesar Salad \$4.50 w/ Chicken \$5.50

# 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 [lore@sd43.bc.ca](mailto:lore@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](mailto: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) Starting today!***

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**

## **Asian Heritage Night Committee Meeting**

**May** is Asian Heritage Month and we want Cent to have fun events for everyone to enjoy throughout the month. Help us plan a fun evening of food, music, dance and celebration of Asian culture! Come to E122 at lunch on Tuesday Feb 24 to learn more or contact Ms. Razzell ([arazzell@sd43.bc.ca](mailto:arazzell@sd43.bc.ca)).

## **Costa Rica Spring Break 2027**

If you missed last week's info session but are interested in learning more or applying for the Costa Rica Spring Break 2027 trip, please speak to Ms. Chyzowski or Ms. Melvin. Applications are open now. Scan the QR codes to find more information or to apply (or use this link: [Costa Rica Spring Break 2027 - Application Form – Fill out form](#)). There is another info session for Parents/Guardians and Students on **Tuesday, Feb. 24<sup>th</sup> at 6:00pm in the Theatre.**



## **Attention All Students interested in Emily Carr!**

There will be a presentation **on Tuesday March 3<sup>rd</sup> 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!

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

*February 26 (Grade 9-12 catch-up)*

*May 15 (Grade 9-12 make-ups)*

# CAREER CENTRE

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

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



### **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.

### **NEW SFU Relay for Life Volunteers - Apply by Feb 25<sup>th</sup> 11:59pm**

General Volunteer: <https://forms.gle/BN4fmx9rfnd4bXDR8>

Face-Painting Volunteer: <https://forms.gle/8brrZcpS1bNGBP2L8>

Balloon Animal Volunteer: <https://forms.gle/VFoohSC41KFwmLxD9>

### **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](http://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](mailto: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:**

- Assess scene safety
- Perform CPR
- Use an AED
- Treat bleeding and wounds
- Handle minor burns

**COURSE FEE:** Discounted rate of \$95 (typically \$150+)

**ELIGIBILITY:** Must be 16 years old at the time of the course

**APPLY:** Online or talk to your counselor  
Applications are due Wednesday May 6, 2026

ANY QUESTIONS REACH OUT TO [MRINDAHL@SD43.BC.CA](mailto:MRINDAHL@SD43.BC.CA)

SCHOOL DISTRICT 43 EDUCATION LEARNING CENTRE  
1080 WINSLOW AVE., COQUITLAM, BC V3J 0M6



**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](mailto:MRINDAHL@SD43.BC.CA)

## VOLUNTEER WITH THE PORT MOODY/COQUITLAM CONSTITUENCY YOUTH COUNCIL

- **When?** The Constituency Youth Council meets from April 2026 to March 2027.
- **Why?** Giving youth a voice is vital to our government. A youth perspective brings a new light to issues touching our community and our country. The CYC in Port Moody-Coquitlam is working hard to be the youth voice for our community.
- Application Link: [Click Here](#) Apply by March 1, 2026.

## 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 11 Scholarships - Horatio Alger Association

Due March 31<sup>st</sup> - 10 X 25K, 160 @ 10K

[Undergraduate Scholarships - Horatio Alger Canada](#)

## Grade 12's

### GRADE 12 - MARCH SCHOLARSHIPS

Over 20 scholarships with a March 31st deadline are currently posted on our website [Career Centre - Centennial Secondary 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](#)

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**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.

**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.

**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](#)

Visit the **Employment** page of the Career Centre for quizzes, resume tips and more!

[Career Centre - Centennial Secondary School](#)

A promotional poster for the Coquitlam Foundation Scholarship. It features a large 'C' logo with a graduation cap on top, surrounded by a group of students celebrating. The text reads: "Our biggest local donor", "Coquitlam Foundation", "Scholarship applications now OPEN until March 31st", and "Just for SD43 Grads!".

A teal-colored graphic with white text. The text says: "Search thousands of programs.", "Discover career paths.", "Explore financial resources.", and "Apply to post-secondary in B.C.". Below the text is a QR code and the EducationPlannerBC logo, which includes the British Columbia logo.

## Learning to Lead™

MINERVA

### Spring Applications Now Open!

Learning to Lead is a leadership opportunity open to self-identified girls in Grades 10-12. Participants gain confidence through interactive workshops and activities within a fun and supportive community of friends and mentors.

- Gain confidence
- Connect with peers and supportive mentors
- Build practical leadership and communication skills

Learning to Lead™ will take place via Zoom from 6pm-8pm PST:

- Wednesday, April 8th
- Wednesday, April 15th
- Wednesday, April 22nd
- Wednesday, April 29th

Apply today!



Applications close April 3rd

Thank you to Lead Supporter  
ARITZIA



## Rise and Shine

MINERVA

### Tools for Mental and Emotional Wellness

Looking to enhance your wellness toolkit?  
**Rise and Shine is back for the Spring!**

Rise and Shine is a wellness program for girls and gender diverse youth ages 15-24. This program contains 5 workshops designed to help youth develop essential skills to nurture their mental and emotional health and walk away with valuable and practical tools for navigating their resilience and building their confidence.

Rise and Shine will take place via Zoom from 10-11:30am PST:

Monday, March 16<sup>th</sup>  
Tuesday, March 17<sup>th</sup>  
Wednesday, March 18<sup>th</sup>  
Thursday, March 19<sup>th</sup>  
Friday, March 20<sup>th</sup>

Apply today!



Applications close March 13<sup>th</sup>



## Future Ready

MINERVA

Grow your skills. Build your network. Shape your future.  
Future Ready helps young women and gender diverse youth 17-25 build confidence, develop essential life and career skills, and connect with a supportive community of peers and mentors. Over seven engaging sessions, you'll gain clarity about your goals, strengthen your voice, and explore opportunities for your future.

### What You'll Learn

Future Ready is all about helping youth develop their career readiness and leadership skills through:

- Interactive learning through workshops, group-based discussions, and real-world workplace scenarios.
- Networking with inspiring mentors who can offer advice and guidance around next career steps.
- Real-world practice of foundational career skills to build confidence.

### Spring 2026 Dates

Future Ready will take place via Zoom over seven sessions every second Tuesday from 6-7:30pm PT:

- March 10: Opening Session and Values
- March 24: Managing Change
- April 7: Effective Communication
- April 21: Emotional Resilience
- May 5: Building Confidence
- May 19: Effective Networking
- June 2: Advocating for Yourself and Closing Circle

REGISTER TODAY!  
Deadline to apply is March 3rd

Scan Here



Thank you to the support of our donors, this program is offered at no cost to participants.



# 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.

**Wednesday, Feb. 25<sup>TH</sup> CENT BOYS TEAM:**  
4pm vs. Terry Fox  
8pm vs. Sardis

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

**Friday, Feb 27<sup>th</sup> CENT BOYS TEAM**  
4pm vs. New Westminster  
8pm vs. Sardis

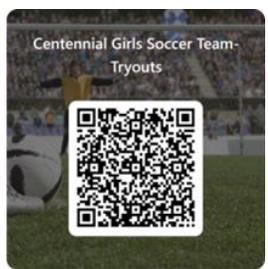
*Come on and cheer them on!*

### Important dates for Girls interested in playing Soccer for Centennial:



- 📍 Sr. Girls TRYOUTS - Tues, Feb 24th; Tues, Mar 3rd, Wed, March 5th - all 3:30 pm - 5 pm on the turf.
- 📍 Jr. Girls TRYOUTS- Mon, Feb 23rd; 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

