



# CENTENNIAL TODAY

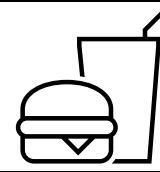
**Tuesday, January 27, 2026 - Day 2**

**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.**



## LUNCH MENU



**Soup: Turkey Noodle**

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

### AM Break

**Bacon & Egg Breakfast Ciabatta \$4.00**

### Menu

**Grilled Cheese \$5.00**

**Pesto Chicken Panini \$5.50**

**Veggie Burger w/ Guacamole, Double Pepper Jack Cheese  
\$4.00**

**Southwest Chicken Wrap \$5.50**

**BBQ Pulled Pork Sandwich \$6.00**

### 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!



### **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



### **PARENT INFORMATION SESSIONS**

Jan 20<sup>th</sup>

- **Hockey Academy @ 7pm**  
ZOOM Meeting ID: 884 5412 9110  
Passcode: 504797

Jan 21<sup>st</sup>

- **Football Program @5:30pm**
- **Grade 8 Parent Info @6pm**
- **Optimizing Athletic Performance @8pm**

Jan 23<sup>rd</sup>

- **Grade 8 Tour @12pm**

Jan 28<sup>th</sup>

- **Grade 9-11 Parent Info @6pm**

Feb 12<sup>th</sup>

- **Environmental Sc Academies @ 6pm**

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



# CAREER CENTRE

Visit the online Centennial Career Centre Page  
[Career Centre - Centennial Secondary School \(sd43.bc.ca\)](http://Career%20Centre%20-%20Centennial%20Secondary%20School%20(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)

### 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

### 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. [Ugglia 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.



**BCeID**

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 31<sup>ST</sup>!**

[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/PMrMqcGim2>

## 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](#)

Our biggest local donor

Coquitlam Foundation

# Scholarship

applications now

**OPEN**

until March 31st



**Just for SD43 Grads!**



## SPORTS

### FEMALE SPRING ICE HOCKEY TEAM

Centennial is suiting up our **1<sup>st</sup> ever Female Ice Hockey Team** in school history. Season kicks off April -May. Practices start in February. Scan the code below or see Mr. Peterson in A203- Metal shop.



*Centennial Girls Hockey Club has never lost a Game.....come join the team.*



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.**

**RPM HOCKEY COMPANY LTD.**  
EST. 1980

**CENTENNIAL HOCKEY ACADEMY**  
SEPTEMBER 2026 - JANUARY 2027

Offered in partnership with RPM Hockey Company, Centennial Secondary & School District 43



**2026 HOCKEY ACADEMY INCLUDES:**

- Academy Format - Semester - Sept. 2026 to Jan. 2027
- Inside the school timetable
- Students can play minor hockey & school sports
- Professional Instruction
- On Ice Development
- Sport Specific Training
- Tactical/Game Play
- Performance Testing
- Guest Speakers & Workshops
- Complimentary Soft Goods
- Special Events
- Volunteer Experience
- Personal Growth & Leadership

**ACADEMY COST**  
**\$1,565**

Once you have registered online at [www.rpmhockey.com](http://www.rpmhockey.com) you must also notify the school that you would like to join their hockey academy.

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- Special Events
- Volunteer Experience
- Personal Growth & Leadership

**Contact:**  
 Centennial Secondary      Keith Peterson      [kpeterson@sd43.bc.ca](mailto:kpeterson@sd43.bc.ca)  
 Hockey Academy      Craig Millin      [craig@rpmhockey.com](mailto:craig@rpmhockey.com)  
 Academy Administration      Holly Rogers      [holly@rpmhockey.com](mailto:holly@rpmhockey.com)  
 Academy Administration      Sam Porta      [sam@rpmhockey.com](mailto:sam@rpmhockey.com)

#### New Parent - Zoom Meeting

January 20 2026 at 7:00 pm  
Meeting ID: 884 5412 9110  
Passcode: 504797



**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 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!

#### 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

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



 [www.rpmhockey.com](http://www.rpmhockey.com)

*My son has become an outstanding student as a result of mixing school with the sport he loves.*

*Putting my son in the Hockey Academy was the best thing I ever did for his hockey development and you can quote me. Parent - Midget Zone Player*

*My son went from Bantam C to Bantam AAA and he not only brings home great marks, he looks forward to going to school every day.*

**Building great kids in the classroom, on ice and in their community!**

# 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

