



CENTENNIAL TODAY

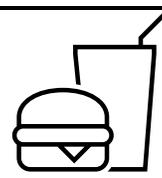
Tuesday, March 3, 2026 - Day 1

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: Three Sisters (Bean, Corn, Squash)

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

AM Break

Sausage & Egg Breakfast Sandwich \$3.00

Cinnamon Bun \$3.00

Menu

Grilled Cheese \$5.00

BLT on Whole Wheat \$5.50

Portobello Mushroom Swiss Veggie Burger \$5.00

Pesto Chicken Panini \$5.50

BBQ Pulled Pork Sandwich \$6.00

Bang Bang Chicken Sandwich \$6.00

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!



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 flore@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 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)

Salad Bar

Promotion This Week! Purchase a salad bar ticket for \$5 and bring a friend for free! Eat together!

“When we give cheerfully and accept gratefully, everyone is blessed.”

Maya Angelou, poet and civil rights activist.

“The shared meal elevates eating from a mechanical process of fueling the body to a ritual of family and community.”

Michael Pollan, author and food systems advocate.

Salad Bar Menu

Soup: Three Sisters (*Vegan GF*)

Mixed Greens (Local. UP Vertical Greens)

Dinosaur Kale Mix (Cent Grown)

Spinach & Arugula (Cent Grown)

Pesto Marinated Tomato Bocconcini

Balsamic Marinated Grilled Peppers & Onions

Waldorf Salad (Celery, Apple & Walnuts)

Garlic Bread

Salad Dressings

Balsamic Vinaigrette (GF)

Green Goddess (GF)

Attention All Students interested in Emily Carr!

There will be a presentation on **Tuesday March 3rd** 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.

CAREER CENTRE

Visit the online Centennial Career Centre Page

[Career Centre - Centennial Secondary School \(sd43.bc.ca\)](http://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

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



LANGARAFEST

[Start here. See what's possible. | Langara](#)

March 4, 2026, from 4pm to 7pm. This is an excellent opportunity to come and check out Langara, eat some free food, meet instructors and other students, and take home some great gifts.

JOBS AT PLAYLAND

Reminder: The deadline to apply is March 9th, 2026 [2026 PNE Summer Jobs - Playland & FIFA Fan Festival™ in Vancouver, British Columbia | Careers at Pacific National Exhibition](#)

Grade 11 Horatio Alger Scholarships due March 31 <80k annual income Scholarships - Horatio Alger Canada

Interested in a nursing career? - Explore via Education Planner BC Nursing | EducationPlannerBC

DOUGLAS COLLEGE ACADEMIC FOUNDATIONS FOR POTENTIAL NURSING CANDIDATES

Information - 10 COURSES REQUIRED/CERTIFICATE TO APPLY TO BSN:

[Academic Foundations for Potential Nursing Applicants \(Certificate\) | CTAFPN | Douglas College](#) Students are urged to review admission requirements for BSN in full.

Grades 10 - 12 STUDENT INPUT NEEDED - SD43 CAREER AND TRADES SURVEY - Career and Employment Survey

[SD43 Career & Employment Survey – Fill out form](#)

UBC ENNOVATE STUDENT LIFE 101 EVENT - FREE

[Student Life 101: Race Across UBC — Attendee RSVP](#)

This event is a great way to see what UBC has to offer, straight from the students who live it. Saturday March 7th. Open to all students. Space Limited.

EDUCATION PLANNER BC LIVE LEARNING SESSION

[Microsoft Virtual Events Powered by Teams](#)

MARCH 4TH ONLINE FROM 6:30 - 7:30

These free sessions are open to anyone interested in **learning about post-secondary education and career planning**, and will be especially helpful for high school students in grades 10-12, parents and student supporters

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.

EDUCATION PLANNER BC - LIVE LEARNING SESSION

[EducationPlannerBC](#)

MARCH 4TH 6:30 - 7:30 Online. Register for free.

"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

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 12's

March 31 deadlines (External Scholarships) Career Centre - Centennial Secondary School

| | |
|--|---------------|
| *****COQUITLAM FOUNDATION BURSARIES now open COQUITLAM and/or SD43 STUDENTS ONLY!*****DUE MARCH 31 | ... 3/31/2026 |
| *****COQUITLAM FOUNDATION BURSARIES*****COQUITLAM and/or SD43 STUDENTS ONLY! | ... 3/31/2026 |
| BC HYDRO POWER PIONEERS COMMUNITY SERVICE AWARDS | ... 3/31/2026 |
| BC Tech Scholarships | ... 3/31/2026 |
| BCRVPA BC Retired | ... 3/31/2026 |
| Capilano Entrance Awards/Scholarships | ... 3/31/2026 |
| CAPU Additional Entrance Awards | ... 3/31/2026 |
| DOUGLAS COLLEGE ENTRANCE SCHOLARSHIP APPLICATIONS DUE MARCH 31ST | ... 3/31/2026 |
| Douglas College Entrance Scholarships Oct 1 to March 31 | ... 3/31/2026 |
| Eagle Ridge Hospital Auxiliary Bursary (2) | ... 3/31/2026 |
| GRADE 11 - HORATIO ALGER NATIONAL ENTREPRENURIAL SCHOLARSHIPS | ... 3/31/2026 |
| GRADE 11 Canadian Scholarships | ... 3/31/2026 |
| https://www.yvraf.com/our-program-resources/emerging-artists-scholarships/ | ... 3/31/2026 |
| Kochhar & Co. | ... 3/31/2026 |
| Manulife Life Lessons Scholarship/contest (Loss of parent or guardian) | ... 3/31/2026 |
| Nature Vancouver Scholarships | ... 3/31/2026 |
| PCAHA - Pacific Coast Amateur Hockey Association Scholarships | ... 3/31/2026 |
| SFU ENTRANCE AWARDS, BURSARIES AND SCHOLARSHIPS - deadline March 31 | ... 3/31/2026 |
| SFU ENTRANCE AWARDS, BURSARIES AND SCHOLARSHIPS (to March 31) | ... 3/31/2026 |
| Theatre Society Legacy Fund Bursary (Entering a formal arts program - defined as a creative activity that expresses imaginative or technical skills. It produces a product or an object experience. It includes drawing, painting, sculpting, photography, digit | ... 3/31/2026 |

Douglas College is holding VIRTUAL INFO SESSIONS FOR ADMITTED STUDENTS

Monday, March 18th at noon [Please share this link](#)

Tuesday March 19th at 5 p.m. [Please share this link](#)

Shashi Assanand Bursary now open!

Female graduating student, child of refugee or immigrants to Canada, financial need and entering a specific area of study. 3 X \$1,000 available in Metro Vancouver. Due May 15th [Career Centre - Centennial Secondary School](#)

TC ENERGY SCHOLARSHIPS

Stem, Indigenous Legacy or Trades scholarship categories available.

See if you pre-qualify [Empowering students across North America](#)

Deadline May 1, 2026

LOTUS LIGHT CHARITY SCHOLARSHIPS NOW OPEN

Please find attached the 2026 LLCS Scholarship due: **May 15, 2026.**

<https://vllcs.org/en/2026/02/lotus-light-scholarship-begins-accepting-2026-applications/>

<https://vllcs.org/en/activity-2/lotus-light-charity-scholarship-2/>

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.

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](#)

GRADE 12 - MARCH SCHOLARSHIPS

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

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.

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](#)

Search thousands of programs.
Discover career paths.
Explore financial resources.
Apply to post-secondary in B.C.



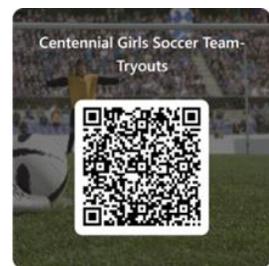
 

SPORTS

Important dates for Girls interested in playing Soccer for Centennial:



- 🔊 Sr. Girls TRYOUTS - **Tues, March 3rd, Wed, March 5th** - all 3:30 pm - 5 pm on the turf.
 - 🔊 Jr. Girls TRYOUTS- **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



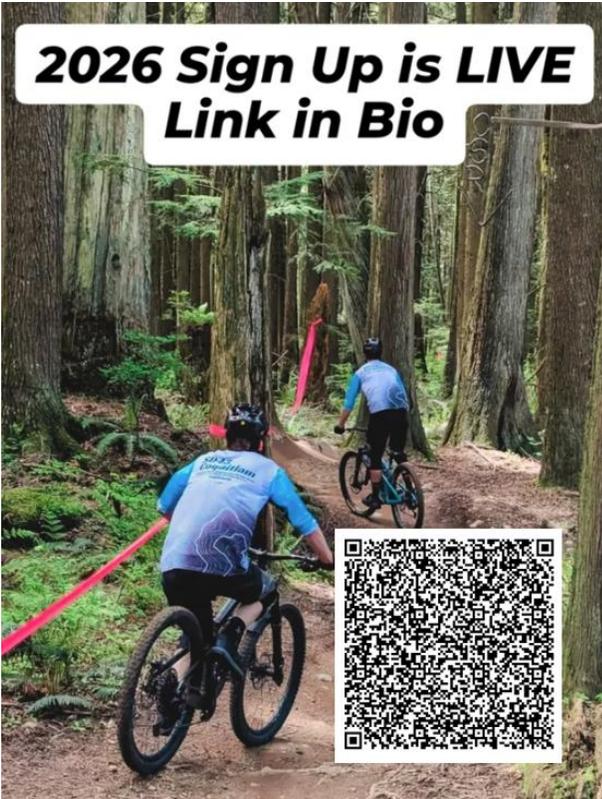
Calling All Paddlers!

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

