



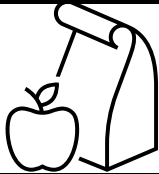
# CENTENNIAL TODAY

May 5, 2026 - Day 2

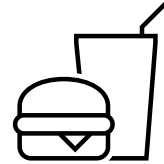


To speed up the process of serving you at lunch:

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
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: Chicken Corn Chowder**

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

### AM Break

**Sausage & Egg Breakfast Sandwich \$3.00**

### Menu

**Grilled Cheese \$5.00**

**Chicken Pesto Panini \$5.50**

**Chorizo & Yam Tacos \$6.00**

**Chicken Enchilada \$5.50**

**BBQ Beef Smash Burger \$6.00**



### **Salad Bar \$5.00**

Greek Orzo Pasta Salad  
Apple Celery Salad  
Cucumbers & Tomatoes  
Carrot & Celery Sticks  
Grapes  
Mixed Greens  
Spinach  
Balsamic & Ranch




## **ATTENTION: GRAD CLASS OF 2026**




### **🎓 Grade 12 Games & Movie Night! 🎬**


Join us for a fun night to celebrate with your graduating class as we head into the final weeks of high school!

 **Date and Time:** May 21 6:00pm - 10:00pm

 **Location:** Red Gym

 **Cost:** \$10 (includes pizza, drinks, and snacks!)

Come hang out with friends, play games, and relax with a movie—don't miss this chance to make some great last memories together before graduation.

 Get your ticket and be part of the fun! Tickets are available through school cash online now!

### **🎓 Grade 12 Hypnotist Show – Sign Up! 🎭**

Interested in being part of the hypnotist show? Here's your chance!

 **Sign up for Cent Time with Ms. Chambers** to participate in this fun and interactive experience.

 **Date of Show and Time:** Thursday, May 28/Cent Time

 **Location:** Theatre

Whether you want to be on stage or just enjoy the show, make sure you sign up soon—spots may be limited!

Don't miss out on this unique opportunity to be part of an unforgettable event!



### **Grad Dinner-Dance and After-Grad**

Ticket sales for both Dinner-Dance and After-Grad will begin **TODAY and run through until May 22**. Tickets can be purchased online via Schools Cash Online.

## Grad Dinner-Dance

**Location:** Sheraton Wall Center Vancouver

**Date:** Saturday, June 20

**Time:** 6:00 – 11:00 pm

The early bird cost for Dinner-Dance is \$185 per ticket if purchased between May 4 -22. Tickets purchased from May 23 – June 12 will be \$205. Ticket pick-up will be available between June 1-3. An opportunity for table reservations (up to 10) will take place on June 4-5.

## Dry After-Grad (“Starry Night”)

**Location:** Poirier Recreation Center

**Date:** Saturday, June 20th

**Time:** 11:00 – 3:00 am

After-Grad price is \$75. No tickets are issued for this. Photo ID will be required for entry. Doors will close for entry at 12:30 am. Opportunity for many great prizes, however, must be in attendance to accept.

\*Students can bring a guest to these events; however, they need to pick up a Guest Invitation Form from our office to be filled out, returned and approved by administration. Guests must be from the 2026-2027 graduation years only

## Grad Guest Invitations - Last Day this Friday!

Grads who are planning on inviting a guest (*2026-2027 Grads only*) to Dinner-Dance and After-Grad must fill out a Guest Invitation Form (including all the details requested) for approval. The form is available for pick-up in our main office. **The deadline to return the form is no later than May 8th. *Late requests will not be accepted.***

## ALL STUDENTS

**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!



**CENTENNIAL HIGH SCHOOL**  
**CALLING ALL PERFORMERS!**  
**ASIAN HERITAGE NIGHT**  
 CELEBRATE CULTURE. HONOR HERITAGE. BUILD COMMUNITY.

**WE WANT YOU!**  
 Students, it's your time to shine! Showcase your talent and represent your heritage on our stage!

**THURSDAY MAY 28<sup>TH</sup>, 2026**  
 ASIAN HERITAGE NIGHT AT CENTENNIAL

**SCAN TO SIGN UP!**  
 OR VISIT THE LINK IN BIO!

**ALL TALENTS WELCOME!**  
 Dance, music, singing, poetry, and more!

**ONE NIGHT, MANY CULTURES, ONE SCHOOL**

**TICKETS CAN BE PURCHASED ON SCHOOL CASH ONLINE**  
**NO WALK INS**

LET'S CELEBRATE THE BEAUTY OF ASIAN HERITAGE TOGETHER!

**CENTENNIAL HIGH SCHOOL**  
**ASIAN HERITAGE NIGHT**  
 CELEBRATE CULTURE. HONOR HERITAGE. BUILD COMMUNITY.

**THURSDAY MAY 28<sup>TH</sup>, 2026**

**ADMISSION \$20**  
 (SUBJECT TO CHANGE)

**ALL KINDS OF ASIAN FOODS & DESSERTS!**  
 COME HUNGRY, LEAVE HAPPY!

**AMAZING PERFORMANCES!**  
 Asian student performers from Centennial  
 Special performance by MAMAKEISH KPOP ACADEMY!

**ONE NIGHT, MANY CULTURES, ONE SCHOOL**

**TICKETS CAN BE PURCHASED ON SCHOOL CASH ONLINE**  
**NO WALK INS**

ANY QUESTIONS CAN BE DIRECTED TO:  
 • Nicholas Castro and Ashley Chequer: 076-ncastro@sd43.bc.ca  
 • Ms. Razzell: arazzell@sd43.bc.ca

## EUROTOUR 2027

**ENGLAND      FRANCE      ITALY**

Join us for an exciting tour of major European destinations during Spring Break 2027



## CAREER CENTRE

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

**Parents as Education & Career Coaches**

EducationPlannerBC      career education society of BC

Parents as Education and Career Coaches (PECC), on Wednesday, May 6, 2026, from 6:30-7:45PM

Did you know there are 25 public post-secondary institutions with over 4,000 programs to study in British Columbia? Plus, students can access career training and post-secondary education while in high school. Do you have questions about dual credit, trades training, and work experience?

Join us and learn about post-secondary education and career opportunities, and resources to support your student in planning for their future. Come explore our website! Search thousands of programs, get to know trades, and discover career paths. Find financial aid options, admission requirements, and FAQs. Learn how to create an EducationPlannerBC account and apply to post-secondary in B.C.

Registration is required. The session will be on MS Teams. For additional resources, visit our [Parents & supporters page](#).

Register at: [Event | EducationPlannerBC](#)

For more information, contact [support@educationplannerbc.ca](mailto:support@educationplannerbc.ca).

### **THE PARK SPARK TEAM VISITS CENTENNIAL**

Monday at lunch in the foyer! Find out about volunteer and employment opportunities this summer!!

### **SD43 SUMMER LEARNING VOLUNTEERS**



The poster features three images at the top: a group of students working together, the Coquitlam Summer Learning logo, and a student reading. Below the images is a QR code and the following text:

**SUMMER LEARNING SD43  
VOLUNTEER SIGN UP**  
Mornings July 6<sup>th</sup> – 24<sup>th</sup>  
Elementary or Middle schools  
**APPLICATIONS DUE BY JUNE 5TH**

### **VOLUNTEERS FOR SUMMER LEARNING SD43 - APPLY NOW**

The Coquitlam School District's Summer Learning program is pleased to once again offer a volunteer opportunity for our secondary students. Last year we placed over forty students into SD 43 Summer Learning classrooms, a valuable experience for students and teachers! Successful volunteers will be placed in local elementary or middle classrooms and earn necessary volunteer hours as well as a **letter of reference** from their sponsor teacher. **Spots are limited so submit a completed application early.**

[Summer Learning 2026 Volunteer Application Form – SECONDARY STUDENT – Fill out form](#)

### **SPRING VOLUNTEER OPPORTUNITIES**

Become a [Park Spark volunteer](#).

[BC Dumpling Volunteer Sign up](#) Event Aug 15<sup>th</sup>

Summer Volunteers: <https://royalsoccerclub.com/employment/british-columbia/>

### **KPU VISITS CENTENNIAL**

Wednesday May 7<sup>th</sup> in the foyer at lunch. Bring your questions!

### **Education Planner BC - for parents**

Parents as Education and Career Coaches (PECC),

Wednesday, May 6, 2026, from 6:30-7:45PM

**Virtual**, hosted on MS Teams. Registration is required.


[Register here](#)

### **Emily Carr University Summer Teens Info Session**

Join us May 14 for an online info session to explore ECU's Summer Teens programs including the [Junior Arts Institute](#) and [Summer Institute for Teens](#).



## **VOLUNTEER FOR PORT MOODY RIBFEST**

[Volunteer | Port Moody RIBFEST](#) July 17 - 19, 2026 | 11:00 am - 9:00 pm  [ribfest VolunteerSpotDescriptions-v1-0 \(1\).pdf](#)

VISIT THE ONLINE CAREER CENTRE FOR UPDATED OPPORTUNITIES [Career Centre - Centennial Secondary School](#)

## **FIRST AID AND CPR TRAINING (SD43)**

Apply by **May 06**. Course date: **Friday May 22 8:39 - 4:30**

 [First AidCPR Application 2026.pdf](#)

## **DUAL CREDIT OFFERINGS via SD 43 CAREER AND TRADES:**

**Earn high school and post-secondary credit!**

*CAD AND DRAFTING -KPU*

*HEADSTART IN ART - EMILY CARR UNIVERSITY*

*NURSING PREP FOR HIGH SCHOOL STUDENTS - KPU*

See details here: [Career Centre - Centennial Secondary School](#)

Listed under miscellaneous.

## **WOMEN IN ORTHOPAEDICS (worth) WORKSHOP (UBC AT BC CHILDRENS HOSPITAL - IN PERSON)**

The workshop will take place on Saturday, June 6th, 2026, from 9 am to 3 pm. Admissions will be based on the quality of the application and student career interests Details for registration can be found here: [https://ubc.ca/1.qualtrics.com/jfe/form/SV\\_1XJPwIPVpcUuytU](https://ubc.ca/1.qualtrics.com/jfe/form/SV_1XJPwIPVpcUuytU).

Deadline to submit the workshop application is **May 24, 2026**.

## **KPU VISITS CENTENNIAL**

May 7th at LUNCH in the foyer - BRING YOUR QUESTIONS!

## **BCIT HEALTH CARE COURSES (SUMMER) FOR HIGH SCHOOL STUDENTS**

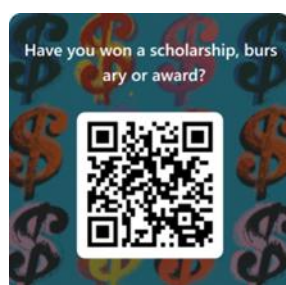
Healthcare Horizons and Preparation for Nursing Education. Starting in July 2026. Register here before spaces fill up! [Preparation for Health Careers – BCIT](#)

**EPBC Event Calendar** [Event calendar | EducationPlannerBC | EducationPlannerBC](#)

## **Grade 12's**

## **WINNERS OF SCHOLARSHIPS IN THE LOCAL PACKAGE AND THE DISTRICT PACKAGE WILL BE ANNOUNCED IN THE COMMENCEMENT PROGRAM**

Winners will receive a letter about how to claim their awards.



## **HAVE YOU WON A SCHOLARSHIP OR AWARD? SHARE YOUR NEWS FOR THE COMMENCEMENT PROGRAM!**

[Have you won a scholarship, bursary or award? – Fill out form](#)

**PLENTY OF SCHOLARSHIPS HAVE BEEN UPDATED FOR MAY AND JUNE DEADLINES** [Career Centre - Centennial Secondary School](#)

**CTA (COQUITLAM TEACHERS ASSOCIATION SCHOLARSHIPS**

Email applications to Heidi Davis [scholarship@cta43.org](mailto:scholarship@cta43.org)

Awards for SD43 students entering **TRADES**, (Visual, Fine or Performing) **ARTS, EQUITY**(BIPOC, including Indigenous or LGBTQ students) **TWO** awards for **children of CTA members**. 10 Awards total at \$500 to \$1500 each. **Due June 1**

**GRACE FAMILY NETWORK FOUNDATION SCHOLARSHIPS**

3 x \$1,000 Financial Need, Community Service,, Leadership Essay component. [Grace Family Network Foundation](#) Due May 31

Find more on the Career Centre: [Career Centre - Centennial Secondary School](#)

**SPORTS**

# 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	<u>ExFLEX</u> 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**

