



# CENTENNIAL TODAY

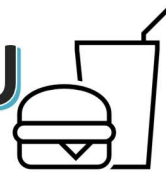
**Wednesday, September 3, 2025**  
**Day 1**

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



### AM Break

Bacon, Ham, Egg & Cheese Breakfast Wrap  
\$3.00

### Today's Menu

Chicken Panini \$5.50

BBQ Beef Burger \$5.50

Baked Penne w/ Meat Sauce \$5.50

# ALL STUDENTS

## WELCOME BACK STUDENTS!!!

**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 \(sd43.bc.ca\)](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, Tuesday, Wednesday and Friday 8:00am – 3:30 pm.  
email [dhealeywright@sd43.bc.ca](mailto:dhealeywright@sd43.bc.ca)

## General Information

STUDY AND GO ABROAD FAIRS

EXPERIENCE THE WORLD OF EDUCATION

SchoolFinder

FAIRS

Fairs

Register Now

Exhibitors

Seminars

Scholarships

Counsellor Resources

Counsellor Networking Day

Explore Your Future

Study in Canada or abroad

SATURDAY

OCT 18

VANCOUVER

Pinnacle Hotel Harbourfront

Meet with top universities, graduate schools and professional schools from Canada and around the world.

## Grade 12

### APPLYING TO POST SECONDARY

Most applications will open on October 1<sup>st</sup> and the application deadlines will vary.

### UNIVERSITY OF TORONTO BOOK AWARD

Outstanding students may apply to be considered for our one nominee. Apply by **Oct. 2nd**. Details here: [Career Centre - Centennial Secondary School](#)

### POST-SECONDARY VIEWBOOKS

Fall 2026 viewbooks will be uploaded to the career center site on an ongoing basis.

### SFU ADMISSION REQUIREMENTS

<https://www.sfu.ca/students/admission/admission-requirements/canadian-highschool/bc-yukon.html>

### SCIENCE

[Science - Undergraduate Admission - Simon Fraser University](#)

### APPROVED COURSES:

[Approved courses - Undergraduate Admission - Simon Fraser University](#)

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**The U of A  
is coming  
to your school!**

**Monday, September  
8, 2025 at 1:30 PM  
In the foyer**

Learn more about University of Alberta programs,  
campus life, and admission requirements.

All interested students are welcome to attend.



SPORTS

Gr. 9 Girls' Volleyball Try-Outs

THIS Friday, Sept. 5th, and Monday, Sept. 8th, in the blue gym from 3:20-5:30.

Junior Girls Volleyball Try-Outs

Thursday, September 4<sup>th</sup> - 6:30 to 8:00PM in the Blue Gym.  
Friday, September 5<sup>th</sup> - 3:30 to 5:00PM in the Blue Gym.

Senior Boys Volleyball Try-Outs

Thursday, September 4<sup>th</sup> - 3:30 to 5:00PM in the Red Gym.

Senior Girls Volleyball Try-Outs

Thursday, September 4<sup>th</sup> - 4:30 to 6:30PM in the Blue Gym.  
Friday, September 5<sup>th</sup> - 6:30 to 8:00PM in the Red Gym.

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

