

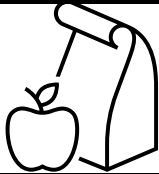


CENTENNIAL TODAY

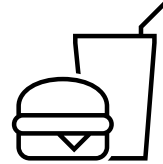
Wednesday, January 28, 2026 - Day 1

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: Butternut Squash & Apple (Vegan)

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

AM Break

Sausage & Egg Croissant Bun \$4

Vegetarian Bacon & Egg Wrap \$3.00 (Veg)

Menu

Grilled Cheese \$5.00

Pesto Chicken Panini \$5.50

Beef Smash Burger \$6.00

Roasted Carolina BBQ Wings \$5.50

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.

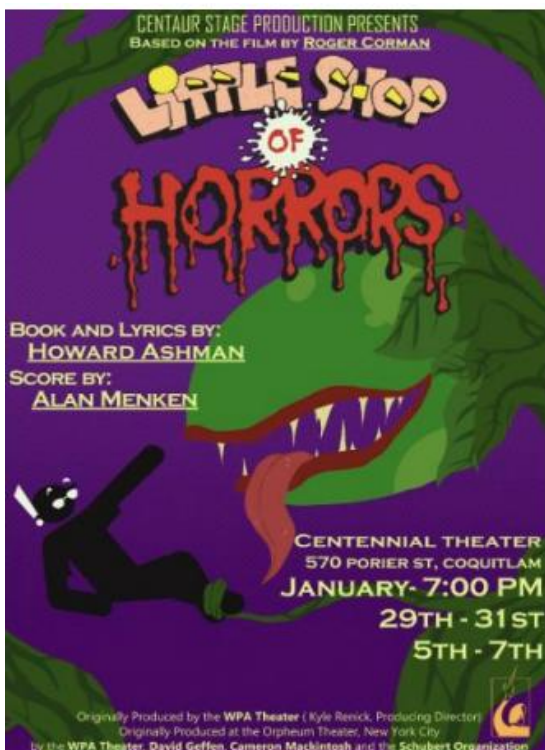
If you see an issue with any of our washrooms, or any other concern, please report it.

No toilet paper or soap... report it!

A mess on the floor... report it!

Vaping...report it!

Damage...report it!



Little Shop of Horrors hits the Centennial stage with performances on January 29th-31st, February 5th-7th at 7:00pm, along with a special matinee on January 31st at 1:00 pm

Tickets can be purchased online; any unsold tickets will be available at the door on the night of the performance (cash only)



Immunizations Coming Up!

There will be an information Centre set up in our library on **February 2nd from 10:30-1:00 pm** for students who have Immunization questions or concerns. Our Health Nurse will be available to assist, educate and answer questions.

Immunization dates are as follows:

- February 11 (Grade 9's)
- February 18 and 26 (Grade 9-12 catch-up)
- May 15 (Grade 9-12 make-ups)

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

CAREER CENTRE

PARENT INFORMATION SESSIONS

Jan 20th

- Hockey Academy @ 7pm

ZOOM Meeting ID: 884 5412 9110

Passcode: 504797

Jan 21st

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

Jan 23rd

- Grade 8 Tour @12pm

Jan 28th

- Grade 9-11 Parent Info @6pm

Feb 12th

- Environmental Sc Academies @ 6pm

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

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

PNE EMPLOYMENT - APPLICATIONS NOW OPEN

2026 PNE Summer Jobs - Playland & FIFA Fan Festival™ in Vancouver, British Columbia | Careers at Pacific National Exhibition

FUTURE GLOBAL LEADERS (UBC) REGISTRATION OPENS FEB 3

Future Global Leaders The Future Global Leaders program is for High school students ages 15 to 18. They can try out a university subject before applying to university. Registration opens on February 3rd. Fee based - Bursaries available.

UNIVERSITY AND COLLEGE FAIR (VANCOUVER) via Schoolfinder

- Saturday, February 28 from 1-5pm at the [Pinnacle Hotel Harbourfront](#)
- Free admission
- Scholarships Canada seminar at 12pm
- University, college, gap year options, and work / study abroad opportunities
- [Registration link is here](#)




KPU - WILSON SCHOOL OF DESIGN INFO SESSION

Wilson School of Design information Session Night (In-person)

Learn more about KPU Wilson School of Design and the eight programs we offer at our info session night on **Tuesday, February 3rd (5:30pm – 7:30pm)** at the KPU Richmond Campus. Optional portfolio reviews will also be available for our degree programs to help students prepare a strong application, as well as campus tours! Please feel free to share this opportunity with students who are considering a future in design.

[Click here to Register](#)

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](#)

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

U of T EXTENDED APPLICATION DEADLINES

The following program areas have extended their application deadlines:

- **Architecture, Landscape & Design** - Extended to **February 2**
- **Arts & Science, U of T St. George** - Extended to **February 2** for some program areas
- **U of T Mississauga** - Extended to **February 2** for some program areas
- **U of T Scarborough** - Extended to **February 2**

NEXT DOUGLAS COLLEGE INFO SESSION- FEB 24TH 5PM VIA ZOOM

[Information sessions | Douglas College](#)

SFU - APPLICATION DEADLINE IS JANUARY 31ST!!!

CMOLIK FOUNDATION SCHOLARSHIPS - UP TO 45K Due JAN 30TH.

Internal nomination Form:

<https://forms.office.com/r/PMrMgcGjm2>

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.

Register for a Basic BCeID
Online ID for secure access to B.C. government services.

Register

MAKE A BCeID#

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 31ST!

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.

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](#)

THE SUMMER SCIENCE PROGRAM IS LOOKING FOR YOU!

SSP International's **Summer Science Program** is an immersive, non-profit educational program which focuses on exposing high school juniors from around the globe to real-world science research experiences on college campuses throughout the country.

Summer Science Program admits students **based on who they are and what they bring to the program, not based on their ability to pay.** Families with annual income of **\$75,000 and below** generally attend at **no cost** (including flights, room and board, and all program fees), and those with annual income of **\$140,000 and below** generally receive at least partial aid. A limited quantity of **\$3,000 stipends**, in addition to no-cost attendance, are available to offset lost wages for admitted students who would have needed to work during the summer.

THE SUMMER SCIENCE PROGRAM OPTIONS HAVE INCLUDED:

- **Astrophysics:** Near-Earth asteroid orbit determination
- **Bacterial Genomics:** Evolution of antibiotic resistance
- **Biochemistry:** Enzyme kinetics and fungal pathogen inhibition
- **Cell Biology:** CRISPR/Cas9 gene editing of yeast cell cycle genes
- **Synthetic Chemistry:** Synthesis of macrocyclic catalysts

Applications open in December!
Learn more here!

SSP.ORG

Our biggest local donor

Coquitlam Foundation

Scholarship
applications now
OPEN
until March 31st

Just for SD43 Grads!

SPORTS

Ultimate (Frisbee) Team

Interested in playing ultimate? There will be a sign-up/info meeting this week. Our Centennial Ultimate Team tryouts are open to students of all genders and grades! Please scan the QR code to sign up. If you have any questions or can't make it to the meeting, see Ms. Purdey (Lpurdey@sd43.bc.ca)

Meeting time: Wednesday January 28 at LUNCH

Location: B218



FEMALE SPRING ICE HOCKEY TEAM

Centennial is suiting up our 1st 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.**



Softball Registration

PCFA Softball Program welcomes all recreational and new-to-softball players ages 4 - 20 years to join us for a fun and inclusive season! Our program focuses on learning, teamwork, having fun, and enjoying the game. **Practices begins Late March / Games begin April - June 2026** Register and learn more at pcfa.club/2026-registration Questions can be sent to president@pcmsa.ca pcfa.club

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 Cummings Field at Town Centre in Coquitlam.

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.

U11 - U18 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!

REGISTER NOW

REGISTER NOW AT 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!

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

