

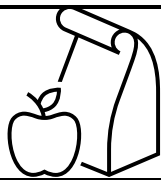


CENTENNIAL TODAY

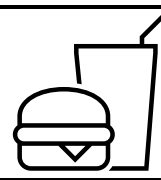
Wednesday, October 29, 2025 - Day 1

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



Soup: Roasted Carrot Ginger (GF) (Vegan)

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

AM Break

Steak, Egg & Potato Wrap \$3.00

Dessert

Blueberry Cheesecake \$3.00

Menu

Four Cheese Pizza \$5.50

Buffalo Chicken Pizza w/Peppers \$5.50

Reuben Sandwich \$6.00

Teriyaki Chicken Rice Bowl \$7.00

Pork Schnitzel w/Herb Spaetzle, Braised Cabbage &
Mushroom Gravy \$7.00

Salads

Centennial Salad \$ 5.00 w/ Chicken \$7.00 (GF)

Spinach & Kale Caesar Salad \$4.50 w/Chicken \$5.50

Chopped Salad \$4.00

German Potato Salad \$2.00

ALL STUDENTS

White Emergency Forms are now overdue: Please bring your completed and signed form to the office asap!

Please come to the office to pick up your Student Id Card.

Centennial Leadership Presents Halloween Spirit Week



Wednesday: Witch Wednesday & Cotton Candy by Donation in the Foyer at Lunch

Thursday: Throwback & Halloween Painting in the Foyer at Lunch

Halloween: Costume Contest & Pie Eating Contest in the Red Gym at Lunch

Centennial Fashion Show



Tickets are now available for the Centennial Fashion show, on Thursday, November 27th from 6pm - 7pm in the school foyer. Tickets are \$10 each on School Cash Online. All proceeds go to the Downtown Eastside Women's Centre. You don't want to miss out on this show featuring talented student designers and models, and a chance to contribute to a worthy cause! Bring your ticket and student ID to show at the door.

Please email Mrs. Hipditch or Annaliesa (076-acoupe@sd43.bc.ca) if you have any questions.

Log on to school cash online or use this link to purchase tickets. Thank you!

<https://sd43.schoolcashonline.com/Fee/Details/159371/108/False/True>

International Students

Hoodie design contest! Submit your own design to Lsousa@sd43.bc.ca **by Oct 31st**. There will be a vote, and the winner will win a hoodie! Must have Cent/Centennial & International incorporated into your design.

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



CAREER CENTRE

Visit the online Centennial Career Centre Page

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

General Information

BCIT BIOTECHNOLOGY WORKSHOP (GRADES 10-12)

Deadline to apply **November 14th**. Program Dates: December 8–12, 2025 Locations: BCIT Burnaby Campus + UBC Details under career explorations [Career Centre - Centennial Secondary School](https://sd43.bc.ca)

Grade 12

CENTENNIAL SCHOLARSHIP PAGE

BEEDIE LUMINARIES SCHOLARSHIPS OPEN NOV 3RD

[Beedie Luminaries | Scholarships for B.C. Students](https://sd43.bc.ca)

Check out the BUILD and SHINE scholarships for high school students

UBC BEYOND TOMORROW SCHOLARSHIPS FOR BLACK STUDENTS [Beyond Tomorrow Scholars Program - UBC | Undergraduate Programs and Admissions](https://sd43.bc.ca)

APPLY BY DEC. 1

SCHOLARSHIP SEARCH ENGINES:

- [EDUCATION PLANNER BC SCHOLARSHIPS & BURSARIES PAGE](#)

An overview of Scholarships, links, search engines and tips.

- [Scholarships Canada](#)

Extensive database for scholarships and funding

- [Schoolfinder](#)

Scholarships and financial aid, tuition...

- [Yconic](#)

Social Network, search engine, research

- [Student Scholarships.org](#)
- [ScholarTree.ca](#)

Based on their profile, students will see all of the scholarships that they're eligible for

- [BC Scholarships search engine](#)

Did you miss the scholarship meeting? Please read the handout and review the PowerPoint.

 [Scholarship MTG 1 HANDOUT 2025-2026.pdf](#)

 [SCHOLARSHIP MEETING 1 fall 2025.pdf](#)

Upcoming Events

UBC Sauder Bachelor of Commerce (BCom) and Bachelor + Master of Management (B+MM) Fall Preview event	...	11/1/2025
U of T In-person info session - prospective students Fairmont Waterfront, Vancouver	...	11/3/2025
BCIT ENGINEERING PANEL EVENT	...	11/5/2025
Fraser Valley Art & Design Fair	...	11/5/2025
Jr. Fire Academy info session in f200 /F WING at lunch - WEDNESDAY NOV 5TH 2025 *****	...	11/5/2025
King University online info session	...	11/5/2025
SD43 TRADES VIRTUAL INFO SESSION FOR PARENTS AND STUDENTS 6PM NOV 5TH	...	11/5/2025

Grade 12

FINANCE PAGE LINK (SCHOLARSHIPS): [Career Centre - Centennial Secondary School](#)

UVIC APPLIED SCIENCE VISITS THIS FRIDAY AT LUNCH

Join us in the counselling conference room!

DISCOVER UVIC - VIRTUAL EVENT

Thursday Oct 30th 5pm [University of Victoria](#) | [Discover UVic](#)

TERRY FOX HUMANITARIAN AWARD

Applications will open Nov. 1st to Dec. 1st

[Applicant Information | Terry Fox Humanitarian Award](#)

Mark your calendars - CAP U EXPLORE NOV 29 IN PERSON



SFU (USES) UNDERGRADUATE ENTRANCE SCHOLARSHIPS

Open to December 15th!

[Undergraduate Scholars Entrance Scholarships \(USES\) - Financial Aid and Awards - Simon Fraser University](#)

MARK YOUR CALENDARS

BCIT WILL HAVE A MINI-FAIR AT LUNCH IN THE FOYER ON **FRIDAY NOVEMBER 7TH** (HEALTH SCIENCES, CIVIL ENGINEERING, GEOMATICS, BUSINESS & MEDIA AND MORE!)

Junior Firefighter Programs

2026

APPLICATIONS OPEN NOV. 3 TO DEC. 5, 2025

School District No. 43 is partnering with **both** Coquitlam Fire Rescue and Port Moody Fire Rescue to offer two different junior firefighting programs for 2026.

These programs are open to SD43 students in grades 11 and 12, and help applicants understand the basic physical and educational components required of new recruits in the fire service.

EDUCATIONAL COMPONENT
Tests knowledge of firefighting equipment and fire behavior

PRACTICAL COMPONENT
Tests endurance and teamwork skills

▶ The Coquitlam academy runs out of 1300 Pinetree Way.
▶ The Port Moody academy runs out of 150 Newport Drive.

Scan the QR code or go to 43careers.com

SD43 Trades Programs

Virtual Info Session

NOVEMBER 5TH @ 6PM

Learn about SD43 opportunities in the skilled trades

- ✓ 25+ TRAIN in Trades Programs
- ✓ WORK in Trades Program
- ✓ Supports for young women & Indigenous students in the skilled trades

SCAN TO REGISTER

VISIT 43CAREERS.COM **CAREERPROGRAMS@SD43.BC.CA**

UBC PERSONAL PROFILE

Information and video **[Write your Personal Profile - UBC | Undergraduate Programs and Admissions](#)**

SPORTS

Gr. 9 Girls' Volleyball

Playoffs start today at Heritage Woods. You have an early dismissal from school at 2:40. Be at the front of the school right away so I can determine who needs rides. Wear your jerseys to make Centennial Proud!!

Swim Team Zone Championship SUCCESS

Centennial Swimmers CRUSHED it in the pool yesterday at our ZONE CHAMPIONSHIP meet Monday!

Our boys came second place and the team was third overall with 699 points (placing behind two teams with a LOT more swimmers)

We had 9 of our 12 relays make it to provincials - wow!

Other qualifiers include:

Dereck Yang was first in ALL his events including the Open 200 m Individual Medley (where they swim all strokes fly back breast and free)

Davin Rollins set a record in the 50 m Breaststroke and was 3rd in the 100 meter IM

Alex Cornescu was 1st in 100 m free

Andrew Matheson was 2nd in the 50m backstroke and 2nd in the IM

Josh Kim was 2nd in the Open 100 m free and 3rd in 100 m free

Taysia Lennstrom got 4th in 50m free and 3rd in 100 m free

Kaegan Gielty qualified with 4th in his 100 m backstroke

and Olivia Kubicsek got 5th in 50 m fly

Eden Yeung and Yana Khrissanova are both alternates with 6th place finishes along with MANY personal bests and incredible performances from our new swimmers - well done everyone!

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
	ExFLEX 10:07 – 11:12		CENT TIME 10:07 – 11:12	
BLOCK 3 10:16-11:28	BLOCK 3 11:16 – 12:19	BLOCK 3 10:16-11:28	BLOCK 3 11:16 – 12:19	BLOCK 3 10:16-11:28
Lunch 11:28 – 12:13		Lunch 11:28 – 12:13		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
	BLOCK 4 1:05 – 2:08		BLOCK 4 1:05 – 2:08	
FLEX 1:29 – 1:59		ADVISORY/FLEX 1:29 - 1:59		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

