



# CENTENNIAL TODAY

Tuesday, April 15, 2025 – 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 of the Day:** Tomato Lentil Chicken Stew  
Small \$2.50, Medium \$3.50, Large \$5.50

### AM Break

Bacon & Egg Breakfast Sandwich \$3.00  
Cinnamon Bun \$3.00  
BLT Sandwich \$5.50  
Fruit Smoothies \$3.00

### Today's Menu

Grilled Cheese \$5.00  
Beef Smash Cheeseburger w/ Fried Onions \$6.00  
Pesto Chicken Panini \$5.50  
Baked Penne w/ Meat Sauce \$5.50  
Teriyaki Chicken Legs w/ Rice & Veggies \$7.00

### Salads

Centennial Salad \$ 5.00 w/ Chicken \$7.00 (GF)  
Spinach Kale Caesar Salad \$4.50 w/ Chicken \$5.50  
Chopped Salad \$4.50 (GF)

# ALL STUDENTS

Please pick up your pictures and student ID from the office – during lunch or after school.

It is not too late to hand in Student emergency forms. Please hand them in to the office.



**Drag Race Club:** There will be a Drag Race Club meeting on Thursday, April 17 at lunch in Room A209.



**Paws Rescue Club:** Paws Rescue Club is up and running! We help injured and unadoptable animals. Last year, we sponsored Bubba the cat! Please scan the QR code to join.



## Skills Spring Market

May 7<sup>th</sup>

10am-1:30pm

In our library. Main access door will be exterior side patio door directly into library  
Bring cash, some vendors will take credit or debit cards.

### **International/ELL Student Only**

Easter Cookie Decorating Party in F215 on Tuesday April 15<sup>th</sup> during lunch. It's a \$2 sign up, please register with Ms. Sousa to secure your spot.

### **Tea Around the World Event**

The multi-cultural leadership students will be holding another tea event this semester on Thursday April 17<sup>th</sup> from 8am-8:45am in the foyer. Please come and enjoy some tea and treats. This is a free event for all staff and students

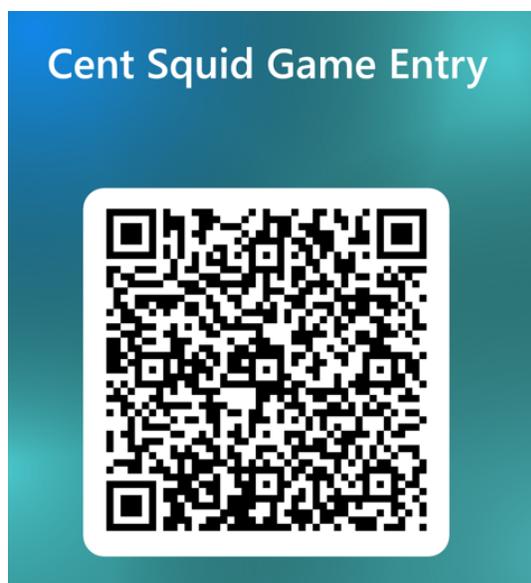
### **THE ISAAC NEWTON PHYSICS CONTEST**

STUDENTS INTERESTED IN PARTICIPATING IN on MAY 1<sup>st</sup> should see Ms Curran in B220 or email her at [mcurran@sd43.bc.ca](mailto:mcurran@sd43.bc.ca)  
The contest is FREE and open to any and all physics students.

### **Squid Games**

Compete in exciting games after school for a chance to win a JACKPOT PRIZE! Join Cent Squid Games now for only \$2!

Sign-up Form: <https://forms.office.com/r/zxA4REE8cE>



### **Spring is here!**

We need to prepare our school garden for spring planting. Join us on Tuesdays and Thursdays after school 3:30- 4 in the garden or during Cent time on non-rainy days! Email Mr. Jonas for more information.

### **LIBRARY POET-TREE**

Hey Centaurs!

It is National Poetry Month, and the Poet-Tree in the Library has started to bloom! Come in during the month of April to write a poem, ode, lyrics, haiku, a prose - whatever speaks to you, and add it as a leaf to our Poet-Tree. Every entry gets a candy, and the chance to win one of four free lunches in the Centennial Cafeteria!

Our first winner for the Poet-Tree contest is: Alice Park!



Come pick up your prize at the library circulation desk 😊

We also have Magnetic Poetry happening on a two-sided white board, so stop by to express your creativity!

## **FREE BOOKS IN THE LIBRARY!**

The library has two carts of deleted books available to students on the main (stacks) level past the circulation desk. If you'd like some books for your home library, please stop by and help yourself!



## **EUROTOUR 2026**

**Paris, Nice, Florence and Rome!**

### **Spring Break 2026**

Add yourself to the Teams page?

(You need to use your school district email and password)

For more information, email [lchambers@sd43.bc.ca](mailto:lchambers@sd43.bc.ca) or [mmattson@sd43.bc.ca](mailto:mmattson@sd43.bc.ca)

Scan the code below!



## **Second Info Meeting for Eurotour**

**Bring your parents**

**April 15<sup>th</sup> 7pm**  
**Centennial Theatre**

**You do not have to attend this meeting if you attended the first info meeting.**

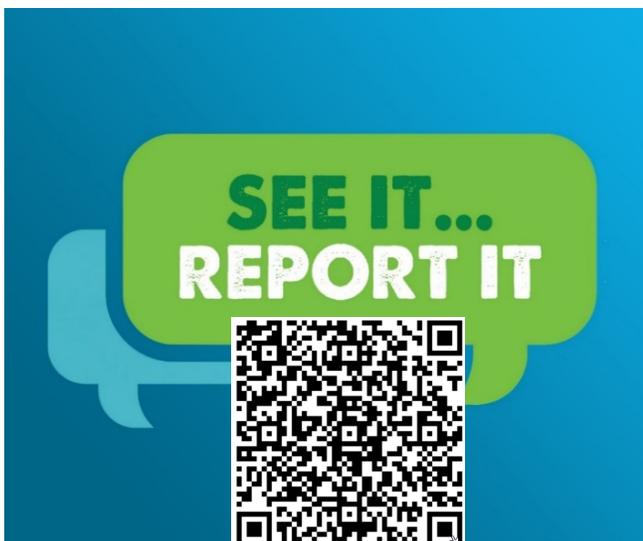
Everyone has a responsibility for looking after our facilities at Centennial. If you see an issue with any of our washrooms, please report it.

No toilet paper or soap... report it!

A mess on the floor... report it!

Vaping... report it!

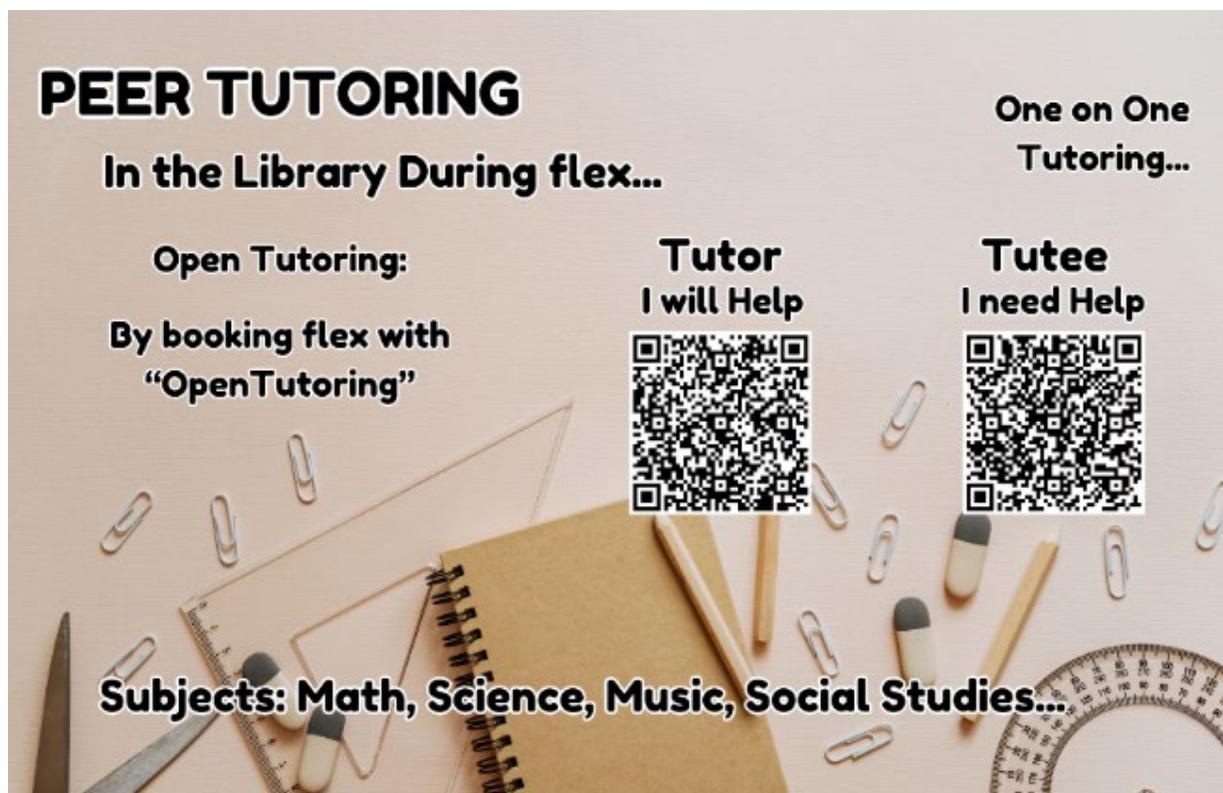
Damage... report it!



**Tech Leader?** Would you like to support the school as a tech leader? Please come to the library to speak to Ms. Olchowy or Mrs. Caldwell anytime to find out more!

**Are you interested** in becoming a Peer Tutor?

We are looking for students to make a once per week commitment during a Flex block. Please fill in the QR code to apply on the next page.

A poster for Peer Tutoring in the library during flex time. The background features school supplies like a spiral notebook, paper clips, a ruler, and a protractor. The text is arranged as follows:

- PEER TUTORING** (Large bold title)
- In the Library During flex...** (Subtitle)
- Open Tutoring:**  
**By booking flex with "OpenTutoring"**
- Tutor I will Help** (Text above a QR code)
- Tutee I need Help** (Text above a QR code)
- One on One Tutoring...** (Text in the top right corner)
- Subjects: Math, Science, Music, Social Studies...** (Text at the bottom)

## CAREER CENTRE

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



[@cent43careercentre](https://www.instagram.com/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

#### Community Leadership Initiative

Attention Canadian citizen, permanent resident, or protected person Ages 15-30. It would be a weekly 4-hour commitment for 10 months. If you have a passion for creating inclusivity in your community apply soon!! [Community Leadership Initiative](#)

#### EVENT VOLUNTEERS

Alzheimer Society Walk/IG Wealth Management. **May 25<sup>th</sup>**

[More information and contact info](#)

**The Coquitlam Summer SOYL Program** This year, Fresh Roots is hoping to run a full program of 25 youth (grades 9-12). Youth will get lunches twice a week, access to free cull veggies, and receive a \$600 stipend for successful completion of the program. **Apply ASAP**

**The link to the application is here:**

## [Coquitlam SOYL Summer Program 2025 SOYL Program Flyer \(1\).pdf](#)

This summer, we will run SOYL in Coquitlam from **Tuesday to Friday, 9am-3pm, starting July 2nd and finishing on August 8th.**

### **WHAT THE "L" AND OFA FIRST AID FORMS ARE DUE APRIL 17TH. TO MRS. HW OR YOUR COUNSELLOR.**

#### **What the "L" - 2 day Training for the ICBC Learners Permit Test.**

##### **New this year:**

- Applications are now open to all SD43 students aged 16 and older.
- **Cost:** \$20. This includes breakfast, lunch, transportation to the ICBC testing center, and the fee for the Learner's Permit Knowledge test.

##### **Program Details:**

The Coquitlam School District is offering students the opportunity to participate in a 2-day instructional program with an ICBC instructor to help them prepare for the Learner's Permit test. On the second day of the program, students will take the Learner's Permit test, with the goal of successfully completing it. This program is designed for students who may face barriers in obtaining their learner's permit, including but not limited to: test anxiety, learning challenges, financial need, limited access to resources or vehicles, and others.

- **Dates:** May 6th and May 13<sup>th</sup> **Time:** 9:00 AM – 2:00 PM
- **Location:** Winslow Center **Other:** Breakfast and lunch provided **Cost:** \$20.00

##### **Details:**

- The application package must be printed and completed **manually**.
- **Application Deadline: 3:00 PM on April 17, 2025.**
- All applications should be submitted to the school's Post-Secondary Advisor.

Selection will be based on the following factors: students' needs/barriers, age, attendance, and whether the student is in good standing with their home school.

[WHAT THE L APPLICATION 2025 .docx](#)

### **Occupational First Aid (OFA) Level 1**

A one-day course designed to cover all medical techniques considered to be within the responsibility of the Occupational First Aid Level 1 Attendant as required by the Workers' Compensation Board of BC (WCB).

- Date: Wednesday May 21, 2025
- Location: Como Lake Middle School
- Time: 8.30am -4:30pm

##### **Requirements:**

- age: must be at least 16 years old at the time of the course

Students will pay \$95.00 (Normally \$130-\$150 to non-members)

- Must have valid government-issued photo ID is required to receive a certificate (ex: driver's license, passport, NEXUS, BCID,...)

##### **Details:**

- The application package must be printed and completed manually.
- **Application Deadline: 3:00 PM on April 17, 2025.**
- [FIRST AID AND CPR APPLICATION 2025 .docx](#)

- All applications should be submitted to the school's Post-Secondary Advisor.

Selection will be based on the following factors: first-come first-served, age, attendance, and whether the student is in good standing with their home school.

### **Upcoming info sessions – in-person @Douglas College**

**Tue Apr 15, 2025 @ 5:00 PM**

New Westminster Campus Concourse

**Wed Apr 16, 2025 @ 5:00 PM**

Coquitlam Atrium

## Grade 12



**TODAY IS THE DEADLINE FOR THE SD43 DISTRICT SCHOLARSHIP FORM!**

<https://forms.office.com/r/ckQCrEU9W5>

**SD 43 DISTRICT AWARD FORM**

GRADE 12'S - 60+ SCHOLARSHIPS JUST FOR YOU!! \$500 - \$2,000

APRIL 15TH FOR SD43 AWARDS SEE DETAILS ON THE INFO SHEET:

 [2025 CENTENNIAL LOCAL INFO SHEET Update.pdf](#)

*Still time to apply!*

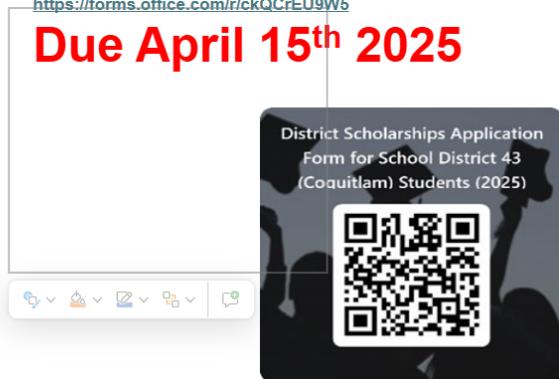
## **Scholarship Form – District 43**

District Form

<https://forms.office.com/r/ckQCrEU9W5>

**Due April 15<sup>th</sup> 2025**

**Grade 12's**



**ANGAD HUNDAL SOCIETY AWARD AND SCHOLARSHIP (5,000 & 2500)**

**Angad Hundal Society** **Apply by June 30th**

**HORATIO ALGER TECHNICAL AND VOCATIONAL SCHOLARSHIPS - Apply by June 15th**

**Vocational & Technical Scholarships - Horatio Alger Canada**

**Vocational & Technical Education Applicant FAQ - Horatio Alger Canada**

FOR individuals pursuing a certificate or diploma program. **125 of the awards are for BC residents ONLY & require <\$100,000 income** (the others are <65K) Some awards are now \$9,000 (70).

**KNOW YOUR SFU BURNABY - FOR ACCEPTED/UNDECIDED STUDENTS**

**On campus - the admissions team will be there to assist. April 24th 5 - 8pm Register here:**

**#KnowYourSFU Burnaby Events - Fall Term Start (September 2025) - Simon Fraser University**

**DOUGLAS COLLEGE ENTRANCE AWARDS **DEADLINE EXTENDED****

**Entrance Awards & Scholarships | Douglas College**

Students who meet the criteria should **apply by April 15th, 2025.**

Bursaries are available Aug 15 - Sep 15 for new students with financial need.

**Awards, Bursaries & Scholarships | Douglas College**

**FOR MORE SCHOLARSHIPS VISIT THE CAREER CENTRE -**

**Career Centre - Centennial Secondary School**

## SPORTS

### JR & SR Badminton

Congratulations!! to the SR Boys for their wins over Riverside (6-1) and Carney (6-1). And to the JR Boys and Girls teams for beating both Riverside and Carney. Our last home game will be on Thursday (April 17th) for the JR team. Go Centaurs!!

### Unified Basketball Team

Our Unified Basketball team had a very special day on Friday, April 12th at the SD43 District Championship at Terry Fox Secondary.

The folks at Fox were fantastic hosts and put on a first-class event.

We managed to win our pool during round robin play and won the semi-final game before losing in a close game in the final to Port Moody. By finishing second in the District Championships, we qualified for the inaugural 2025 Special Olympics BC Regional Championships being hosted at Point Grey Secondary on Wednesday, April 16th.

There will be three Vancouver schools, two Coquitlam schools, two Langley schools, one from Surrey and one from Chilliwack. We are so proud of our players. They all contributed on the court and were excellent representatives of Centennial.



### Track & Field Meeting

There is a meeting in the theatre on **Tuesday, April 15<sup>th</sup> at 3:15pm** instead of outdoor practice for all registered Track & Field athletes.

All athletes are asked to attend and to check

Teams regularly for important announcements.

**Centennial Ultimate Frisbee Team:** Are you a girl who missed the tryouts for Ultimate Frisbee, but think it sounds fun? You're in luck!

**The Ultimate team still has space for 4 more girls** - you need to be available for 2:30pm games on Fridays until May 9. If you are interested, see Ms. Purdey in room B212 at lunch or email her [Lpurdey@sd43.bc.ca](mailto:Lpurdey@sd43.bc.ca).



**Go Centaurs!!!!**

# Centennial Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55
BLOCK 1 9:00-10:12	BLOCK 1 9:00 – 10:02	BLOCK 1 9:00-10:12	BLOCK 1 9:00 – 10:02	BLOCK 1 9:00 - 10:12
BLOCK 2 10:16-11:28	ExFLEX 10:06 – 11:11	BLOCK 2 10:16-11:28	CENT TIME 10:06 – 11:11	BLOCK 2 10:16-11:28
Lunch 11:28 – 12:13	BLOCK 2 11:15 – 12:17	Lunch 11:28 – 12:13	BLOCK 2 11:15 – 12:17	Lunch 11:28 – 12:13
BLOCK 3 12:13 – 1:25	Lunch 12:17 – 1:05	BLOCK 3 12:13 – 1:25	Lunch 12:17 – 1:05	BLOCK 3 12:13 – 1:25
ADVISORY/FLEX 1:29 – 1:59	BLOCK 3 1:05 – 2:09	FLEX 1:29 - 1:59	BLOCK 3 1:05 – 2:09	FLEX 1:29 - 1:59
BLOCK 4 2:03 - 3:15	BLOCK 4 2:13 - 3:15	BLOCK 4 2:03 - 3:15	BLOCK 4 2:13 - 3:15	BLOCK 4 2:03 - 3:15