



CENTENNIAL TODAY

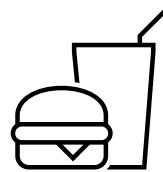
Monday, April 28, 2025 – Day 2

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: Southwest Roasted Yam (GF)
Small \$2.50, Medium \$3.50, Large \$5.50

AM Break

Bacon & Egg Breakfast Wrap \$3.00

Today's Menu

Grilled Cheese \$5.00

BBQ Beef Burger \$5.50

Poutine \$6.00

Turkey & Capocolli Sub \$5.50

Chicken Parmesan Sandwich \$6.00

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 hand in signed immunization forms to the office. Thank you.

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 bring them to the office.

Teen Leadership Program

About the Program
Youth Empowering Youth (Yey) is a movement led by youth for youth to nurture, support, and strengthen young leaders.

Program Highlights

1. FREE Registration
2. Online via Zoom
3. Youth-Led
4. Earn up to 15 volunteer hours

2025 Schedule
Saturdays
Date: April 26 to June 21
Time: 10:00AM PST

Why Choose Us?

- Leadership Skills
- Life Skills
- Confidence
- Self Awareness

REGISTER NOW!

How to Register

1. Visit Our Website at yeyfoundation.org
2. Click 'Our Programs'
3. Click 'Register Today'
4. Choose cohort, Fill Out & Submit Form

More Questions?
office@yeyfoundation.org
[@YEYFOUNDATION](https://www.instagram.com/YEYFOUNDATION)

Follow Us!

- [@yeyfoundation](https://www.instagram.com/yeyfoundation)
- [@yeyfoundation](https://www.facebook.com/yeyfoundation)
- [Youth Empowering Youth Program](https://www.facebook.com/Youth-Empowering-Youth-Program)
- [YEY Foundation](https://www.linkedin.com/company/YEY-Foundation)

Team Leadership Program

Our program provides young leaders with an opportunity to develop essential skills such as teamwork, communication, problem-solving, and leadership. Through workshops, mentorship, and real-world projects, students will not only enhance their personal growth but also make a positive impact in their community.

Volunteer Hours

This program allows students who participate to receive 15 volunteer hours that go towards graduation.

Cohort Dates

Our teen cohorts (13-18) runs this winter from April 26 to June 21.

Registration

Students can register [here](#).

Centennial Drag Racing Club

There will be a drag racing club meeting on **Tuesday, April 29 in Room A209.**



Centennial's Spring Fling Dance!

Date: Thursday May 8

Time: 6:30-9:30

Cost: \$22 (includes pizza and beverages) *School Cash Online

Ticket Sale Dates: Grade 12's April 22-24 only (all other grades April 25-May 7)



International student field trip

We will be going to the Extreme Air Park on **Tuesday May 20th**. Come get a permission form from Ms. Sousa or your current ELL teacher. First come first serve as we have limited spaces.

Centennial Students – Volunteer Opportunities

Looking for a fun and meaningful way to earn volunteer hours, build your resume, and make a difference in your community? The [Spirit Triathlon](#) is happening on **Saturday, May 3rd, 2025** at [Hyde Creek Recreation Centre in Port Coquitlam](#) — and we'd love for you to join our volunteer team!

This exciting event brings together **480 kids from grades 2 to 8** to swim, bike, and run — either on **relay teams** or as **individuals**. It's a fun, inclusive day all about teamwork, community spirit, and cheering kids across the finish line! Check out [2024 Spirit Triathlon](#)

Volunteer Perks:

- ✓ A **reference letter** for anyone who asks
- ✓ A **crepe voucher** for anyone who completes 2 shifts
- ✓ A **swag bag for every volunteer**
- ✓ A **volunteer T-shirt for the first 50 people who sign in on race day**
- ✓ Earn **high school volunteer service hours**
- ✓ Be part of a welcoming, energetic event supporting local kids and families!

No experience needed — training is provided!

Whether you can give a few hours or the whole morning, your help makes a huge difference.

Interested? [SIGN UP HERE](#)

We'd love to have you on board!

— The Spirit Triathlon Team

volunteer@spirittriathlon.ca

THE ISAAC NEWTON PHYSICS CONTEST

STUDENTS INTERESTED IN PARTICIPATING IN on MAY 1st should see

Ms Curran in B220 or email her at mcurran@sd43.bc.ca

The contest is FREE and open to any and all physics students.

LIBRARY POET-TREE

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 third winner for the Poet-Tree contest is: Ella Richter!





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!

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!



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.

PEER TUTORING

In the Library During flex...

Open Tutoring:
By booking flex with
"OpenTutoring"

Tutor
I will Help

Tutee
I need Help

Subjects: Math, Science, Music, Social Studies...

One on One
Tutoring...

COUNSELLING DEPARTMENT



Attention Centennial Students: Please join the counselling department on Friday Flex for fun, games, and more in the counselling office. Please sign up with your counsellor on the flex app: Mr. Hawkins (A-Ha), Mr. Vukic (He-O) or Ms. Bishop (P-Z).

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, Tuesday, Wednesday and Friday 8:00am – 3:30 pm.

email dhealeywright@sd43.bc.ca

General Information

FRESH ROOTS FARM DAY VOLUNTEER OPPORTUNITY

[2025 Farm & Events Volunteering | Fresh Roots Educational Programs | Fresh Roots Store](#)

[Tuesday, May 13](#) - [Register here](#)

4:00–7:00 PM - Millside Centre/Suwa'lkh School in Coquitlam

SCIENCE ALIVE VOLUNTEERS

At SFU - [Apply by April 30th](#). Details on the career centre.

SFU CAMPS - OPPORTUNITIES [Employment Opportunities - SFU Camps - Simon Fraser University](#)

Deadline alert - Apply soon!

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 25th**

[More information and contact info](#)

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

Grade 12



THE METRO VANCOUVER HOUSING BURSARY

\$2,000 to support post-secondary students living in one of the Metro Vancouver housing communities.

Eligible sites include **Chateau de Ville, Park Place, Inlet Centre, Moray Place, Le Chateau, Meridian Village** and others listed [here](#). Deadline is **May 4, 2025**, and full details can be found at:

 <https://metrovanancouver.org/services/housing/bursaries>

CTA (Coquitlam Teachers Association) AWARDS: Additional External Awards

Students find application directly on the website and EMAIL TO scholarship@cta43.org
DOUBLE CHECK THE EMAIL INCLUDES "43". PLEASE DO NOT SEND JPEG FILES.

TRADES/ARTS (2 X \$1500)

EQUITY (4 X \$1500)

BARBARA VENGSHOEL TRADES or FINE ARTS (2 X \$500)

Apply directly [Scholarships - Coquitlam Teachers Association](#) **Deadline June 1**

ROY KRUTOW (2 X \$1250) AWARDS FOR CTA RELATIVES (Due July 1)

HAVE YOU WON A SCHOLARSHIP?

Did you win an **external** award or scholarship? *Share your news for the commencement program!* Note: Local scholarships and District Authority Awards will be included on your behalf.) <https://forms.office.com/r/zUfei9rn3Y>

CUPE BC - AUBRY BURTON/REG FORD SCHOLARSHIPS

[Aubrey Burton/Reg Ford Memorial Scholarship Application – CUPE BC Events & Resources](#)

CUPE BC offers the Aubrey Burton/Reg Ford Memorial Scholarship annually to CUPE members, their spouses or their children. Four scholarships valued at \$1,000 each are awarded to students entering their first year of Post-Secondary education.

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).

VISIT THE ONLINE CAREER CENTRE FOR AWARDS AND SCHOLARSHIP WITH **MAY DEADLINES!** [Career Centre - Centennial Secondary School](#)

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