



CENTENNIAL TODAY

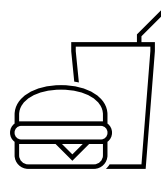
Tuesday, April 29, 2025 – Day 1

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 of the Day: Bacon Red Lentil (GF)

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

AM Break

Sausage, Potato & Egg Breakfast Wrap \$3.00

Beef Lasagna \$5.00

Today's Menu

Grilled Cheese \$5.00

Turkey & Capocolli Sub \$5.50

Pesto Chicken Panini \$5.50

BBQ Pulled Pork Sandwich \$6.00

Chicken Enchilada \$5.50

Salads

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

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.



The poster is titled "Teen Leadership Program" and features a collage of information. At the top right is the YEY logo: a green circle with a white 'E' and the text "Youth EMPOWERING youth". The main content is organized into several sections:

- About the Program:** Youth Empowering Youth (Yey) is a movement led by youth for youth to nurture, support, and strengthen young leaders.
- Program Highlights:** A blue box with a purple cross sticker containing a numbered list:
 - 1 FREE Registration
 - 2 Online via Zoom
 - 3 Youth-Led
 - 4 Earn up to 15 volunteer hours
- 2025 Schedule:** An orange box with a red pushpin sticker containing:
 - Saturdays**
 - Date:** April 26 to June 21
 - Time:** 10:00AM PST
- Why Choose Us?:** A dark grey box with a white star sticker containing a list of skills:
 - Leadership Skills
 - Life Skills
 - Confidence
 - Self Awareness

At the bottom left is a red and yellow starburst graphic that says "REGISTER NOW!". Below the poster, there are three columns of contact information:

- 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
- Follow Us!**
 - Instagram: @yeyfoundation
 - TikTok: @yeyfoundation
 - Facebook: Youth Empowering Youth Program
 - LinkedIn: 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: All Grades



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.

Early Bird Tickets on Sale Today!!! For Dinner Dance & After Grad

- Grad Dinner Dance - Saturday June 21st, 2025 Sheraton Wall Center, Vancouver | Doors at 6pm. with dinner and dancing to follow.
- Dry After Grad - Saturday/Sunday June 21st/22nd, 2025 Poirier Rec Center, Coquitlam | Must arrive prior to 12:30am. Prizes to be drawn beginning around 2:30am.
- **April 29th. Between now and May 26th**, the cost of the Dinner Dance tickets will be \$185, with guests at \$195. After the 26th, the cost will be \$205. Dry After Grad event tickets will be listed at \$60. *[Note: These tickets will not be shown on your account if you currently have outstanding fees with the school. If you would like to arrange for fee payment prior to ticket purchase, please connect with your child's Vice Principal.]*

CENTENNIAL STUDENTS – VOLUNTEER OPPORTUNITIES

Low Entropy Foundation: Thrift Store Supporter

Volunteer Age: 16

+

Assist Low Entropy Foundation at their second-hand store (Thrift & Fund) in Burquitlam. They're looking for volunteers to greet customers, receive, sort, and inspect donations. Tag merchandise and put merchandise out on the floor. They also offer cashier training for volunteers that want experience taking payment from customers.

🔗 [More Information](#) [CVC.bcvolunteer.ca](https://cvc.bcvolunteer.ca)

Coquitlam and Port Moody Farmers Market: Volunteers Needed

Volunteer Age: 16+

Are you a student looking for volunteer hours? Are you new to the area or wanting to work on your English-speaking skills? Do you want to be more involved within your community? The Grow Local Society is currently looking to fill all volunteer positions for the 2025 Farmers Market season including Set up, Take down, Kid's Power of Produce tent and our Kid's Craft Tent.

🌻 In Coquitlam, the summer market season runs from *May to October*. They're looking for volunteers to fill Sunday shifts.

🌻 In Port Moody, the summer market season runs from *June to October*. They're looking for volunteers to fill Wednesday shifts.

For more information, email operations@makebakegrow.com.

To fill in an application indicating preferred shifts, follow the link:

🔗 [Volunteer Application](#) www.makebakegrow.com

PoMo Museum: Various Volunteer Roles

Volunteer Age: 16+

Do you have a passion for Heritage? For the history of place? For Port Moody? Are you looking for a way to get involved in your community while enriching Heritage preservation, knowledge, education and just plain community fun?

Volunteer Roles include: Education Program Assistant, Board Member, Event Assistant, Archives & Collection Assistant, Office & Library Assistant, Garden Assistant, and Docent.

To fill out an application and learn more, follow the link. 🔗 [PoMo Museum Volunteer Opportunities](#) , www.pomo.museum/volunteer

Spirit Triathlon

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: Hajirah Zaheer!



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.

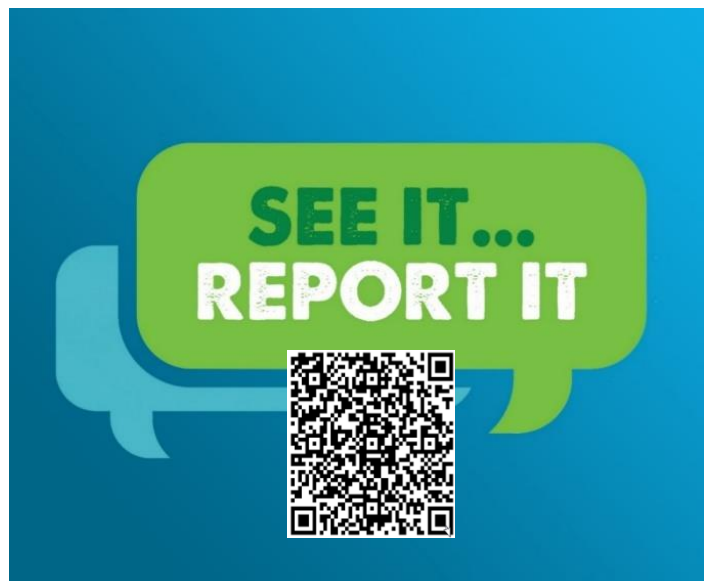
If you see an issue with any of our washrooms, or any other concern please report it.

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...

One on One Tutoring...

Open Tutoring:
By booking flex with "OpenTutoring"

Tutor
I will Help

Tutee
I need Help

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

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

Low Entropy Foundation: Thrift Store Supporter

Volunteer Age: 16+

Assist Low Entropy Foundation at their second-hand store (Thrift & Fund) in Burquitlam. They're looking for volunteers to greet customers, receive, sort, and inspect donations. Tag merchandise, and put merchandise out on the floor. They also offer cashier training for volunteers that want experience taking payment from customers.

 [More Information](https://cvc.bcvolunteer.ca) CVC.bcvolunteer.ca

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)

UVIC ENTRANCE SCHOLARSHIPS - Due April 30th.

[Specific Criteria Application Awards: Entrance scholarships that are based on admission average and other criteria - University of Victoria \(uvic.ca\)](#)

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 VOCATIONAL AND TECHNICAL SCHOLARSHIPS

For students entering a full time program in the fall **(certificate or diploma)**
Critical financial need <65K for some awards <100,000 for others.
VOCATIONAL AND TECHNICAL EDUCATION SCHOLARSHIPS 25 x \$3,000
CROWN LIFT VOCATIONAL AND TECHNICAL EDUCATION SCHOLARSHIPS 3 x \$3,000
HORATIO ALGER SEASPAN VTE SCHOLARSHIPS 55 AT \$3,400 EACH (BC RESIDENTS ONLY)
HORATIO ALGER SKILLS AND TRADES SCHOLARSHIP (BC RESIDENTS ONLY) 70 X \$9,000
JUNE 15 DEADLINE

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

SPORTS

Boys Rugby

Tuesday April 29th, 4pm Kick off
Centennial vs Riverside At Gates Park
Last Home Rugby Game
Tuesday May 6th, 4pm Kick off
Centennial vs Westview at Centennial Oval

Sr. Girls Soccer

The Sr. Girls Soccer won their game vs Charles Best last Thursday by a score of 1-0. Camryn Strain put the Centaurs ahead in the first 10 minutes, and the girls were able to hold a strong Charles Best team off the scoresheet for the remaining 70 minutes to come away victorious. It was by far our toughest game of the season and hopefully that will help prepare us for the Fraser North Playoffs that are coming up.

We now only have 1 league game left vs. Terry Fox. **That game is this Thursday, May 1st at 3:30 pm on our Centennial Turf.**

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