



CENTENNIAL TODAY

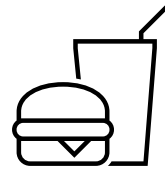
Thursday, May 1, 2025 – Day 1

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:: Chicken Corn Chowder

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

AM Break

Turkey Sausage, Potato Egg & Cheese Wrap \$3.00

Cinnamon Bun \$3.00

Today's Menu

Grilled Cheese \$5.00

Meatball Sub \$6.00

Zesty Chipotle Chicken Wrap \$5.50

Pork Schnitzel Burger \$6.00

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:** A yellow 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
 - Twitter: @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](#).

Volunteers Needed for Garden Project

We’re looking for enthusiastic individuals to join the school garden team! Help is needed to plant seeds, create garden art, craft plant signs, and maintain our beautiful garden space. Volunteer during Cent time or after school on Tuesdays and Thursdays until 4pm. See Mr. Jonas in the cafeteria for more information. Bring your creativity and ideas for the garden, including future sustainable development projects

Youth Week in BC kicks off this Thursday, May 1, and runs through Wednesday, May 7! The City of Coquitlam has lined up a variety of exciting activities for youth ages 11–18 to enjoy throughout the week.

coquitlam celebrates
YOUTH WEEK
#CoquitlamYouth

MAY 1 TO 7 2025

schedule of activities

Thursday, May 1

Youth Week Trivia Night
at Pinetree Community Centre
5:30 – 7:30 p.m. | Drop-in

Friday, May 2

Youth Week BBQ
at Millikenville Community Centre
Lounge and Plaza
4 – 7 p.m. | Drop-in

May the Force Be with You
Star Wars Event
at The Gateway Youth Centre
5 – 7:30 p.m. | Course ID 188927

Bad Seed: Youth Help-a-Habitat
at Leigh Park
4:30 – 6 p.m. | Course ID 191745

Toonie Skate and After Hours
Swim (Ages 13 - 18)
at Pioneer Sport and Leisure Complex
6:45 – 11 p.m. | 12 Drop-in

Saturday, May 3

3 On 3 Basketball Competition
at Town Centre Park Basketball Courts
5 – 5:30 p.m. | Course ID 188316

Free Swim
at City Centre Aquatic Complex
7 – 9 p.m. | Drop-in

No Shoes AMA HOUSE |
Dance Jam and Art Social
at Evergreen Cultural Centre
5 – 9 p.m. | By donation
Register at evergreenculturalcentre.ca

Sunday, May 4

Youth Study Lounge
at Pinetree Community Centre
1 – 6 p.m. | Drop-in

Monday, May 5

Flower Planting with the
Youth Urban Garden Team
at Inspiration Garden
3:30 – 5 p.m. | Drop-in

Create an Art Journal
at Glen Pine Pavilion
4 – 5:30 p.m. | Course ID 189704

Youth Soccer Drop-in
at Pinetree Community Centre
4:15 – 6:15 p.m. | Drop-in

All Week

Scavenger Hunt
May 4 – 7 | Course ID 191117

Pinetree Wristband Bonanza
May 1 – 7 | Course ID 189920

Drop-in Activities
Visit coquitlam.ca/Youth to see the youth drop-ins taking place throughout the week. Activities include dance, basketball, volleyball and more!

Tuesday, May 6

Impossible Brain Puzzles
at Glen Pine Pavilion
4 – 5:30 p.m. | Course ID 190844

Youth Forest Tours: Mundy Park
at Mundy Park Field House
4 – 5:30 p.m. | Course ID 191751

Youth Escape Room and Pizza
at The Gateway Youth Centre
5 – 7:30 p.m. | Course ID 189528

Wednesday, May 7

Game Show Night
at The Gateway Youth Centre
5 – 7:30 p.m. | Course ID 189529

Cooking Night and Outreach
at Pinetree Community Centre
6 – 8 p.m. | Drop-in



For more info and to register:



[f](#) [X](#) [@](#) [v](#) [in](#)

coquitlam.ca/youthWeek

Coquitlam

The results are in for Student Vote 2025!

Across Canada, 900,000 students participated in Student Vote. Over 400 Centennial students cast ballots for the official candidates running in our electoral district. Here are the results:

- Paul Lambert for the Conservative Party: 41.8% of the vote
- Zoe Royer for the Liberal Party: 21.2%
- Bonita Zarillo for the NDP: 21.6%
- Nash Milani for the Green Party: 10.6%
- Roland Verrier for the Marxist-Leninist Party of Canada: 5%

Thank you to everyone who participated! For the complete results, please visit StudentVote.ca."

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

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: Selena Khatkar!



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



One on One Tutoring...

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

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](#)

Grade 12



Visit the Career Centre for Scholarship expiring in MAY

[Career Centre - Centennial Secondary School](#)

Odenza Vacations College Scholarship 5/1/2025

BC Friends of Rugby Scholarships 5/1/2025

Supply-Build Canada Rising Star Awards 5/1/2025

Susan and Steven Rubin Educational Scholarship Fund 5/1/2025

Live Life. Pass It On Scholarship - 5/2/2025

Scotiabank and MyBlueprint Scholarships now open 5/7/2025

Rick & Amanda Hansen Scholarship for Youth with Disabilities 5/14/2025

BC Friends of Rugby Scholarships 5/15/2025

The Shashi Assanand Bursary - \$1,000 annually. 5/15/2025

Dr. Hal Weinberg Scholarship (Anmore) 5/16/2025

JUDY BOURNE MEMORIAL SCHOLARSHIP - INDIGENOUS GRADS 5/16/2025

Loriene Shantz Community Service Scholarship (Alderson Elementary) 5/17/2025

Bank of Canada Scholarships 5/25/2025



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)

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

Badminton

Exciting news, we are one tournament (JR and SR each lol) from being finished the season!



Huge congratulations to Sarvesh for winning JR boys singles, the first gold for Centennial in at least my 4 years of sponsoring.

SRs have Alec Chang and Evelyn Lee representing for the Fraser Norths on May 8th. and from the two 3:30 - 9pm (🤔) qualifiers this week we have the JRs who will represent us on May 14th: Matthew Harm, Aison Jiang, Maya Kadach, Nayun Lee, Artem Panov, Saresh Pragashkumar, and Sanca Tran. With Stark Lee being first alternate, after just missing the cutoff (but hopefully he gets called up!).

Boys Rugby

Last Home Rugby Game

Tuesday May 6th, 4pm Kick off
Centennial vs Westview at Centennial Oval

Sr. Girls Soccer

The Fraser North Playoffs that are coming up.
We now only have 1 league game left vs. Terry Fox. **That game is this Today, May 1st at 3:30 pm on our Centennial Turf.**

Track & Field

Come cheer us on as we compete in the Regionals Meet at Percy Perry Stadium, Town Centre on Monday, May 5th and Friday, May 9th. Events begin at 3:45pm with the always exciting 4x100m relays at 6:00pm on Monday and the 4x400m relays at 7:00pm on Friday. Athletes - please see Teams for all info!

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