



# CENTENNIAL TODAY

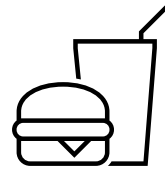
Thursday, May 15, 2025 – Day 1

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 & Lentil**

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

### **AM Break**

Bacon, Egg & Cheese Breakfast Wrap \$3.00

### **Today's Menu**

Grilled Cheese \$5.00

Roasted Veggie Gyro \$5.50

Chicken Penne Primavera \$5.50

Chicken Cordon Bleu, w/ Saffron Rice & Veggies  
\$7.00

### **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.

## **IMMUNIZATION REMINDER - Grade 11 and 12 Students**

Public Health nurses are returning to the school **on May 15 2025** to provide students in grades 11 and 12 who did not get their HPV vaccine at the last school immunization clinic, the opportunity to get it now. Students will also be offered any other vaccines that they should have at this time.

Students who are unable to make this school clinic, please visit, <https://www.fraserhealth.ca/howtogetimmunized> for information on how and where to get immunized near you.

### **Grade 12**



#### Grade 12 Movie Night

- WHEN: THURSDAY, MAY 22, 2025
- TIME: 7:30-9:30PM
- LOCATION: BLUE GYM
- COST: \$5 SCHOOL CASH ONLINE  
(PIZZA/DRINKS) \*\$2 OF PROCEEDS WILL GO  
TO THE MEDICAL DISEASE CLUB WHO ARE  
HOSTING THE EVENT

### **Asian Heritage Month Events**

May is Asian Heritage Month - an opportunity for us to learn and celebrate the diverse culture and history of Asian communities. Centennial will have free workshops including calligraphy, fan design, card decoration and gonggi this month. Mark your calendars for our Asian Heritage Night event on May 29<sup>th</sup> for a celebratory evening of live music, dance, and a variety of Asian food on May 29<sup>th</sup>! Tickets will be on sale soon!

**Movie Appreciation – Mulan**

Join us for a movie premiere **during cent time and flex on May 15 and 16!** At E122. Charge is free and snacks and drinks will be provided. Please book flex with Ms. Razzell in advance.



**Fan Decorating Workshop**

Hey Centaurs! Join us during Cent Time in the art room on May 20 to design your own Asian fan! Cost is free and anyone is welcome. Make sure to book Cent Time in advance before next Tuesday.



**Photocard Workshop**

Join us for a photocard workshop on May 22 during Cent Time in B122 (Ms. Illing’s classroom). You will have the opportunity to make your own photocard and explore K culture to celebrate Asian Heritage Month. Please book a flex with Ms. illing for the event in advance and you are also welcome to bring additional materials to the workshop to share.



**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.

**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.*

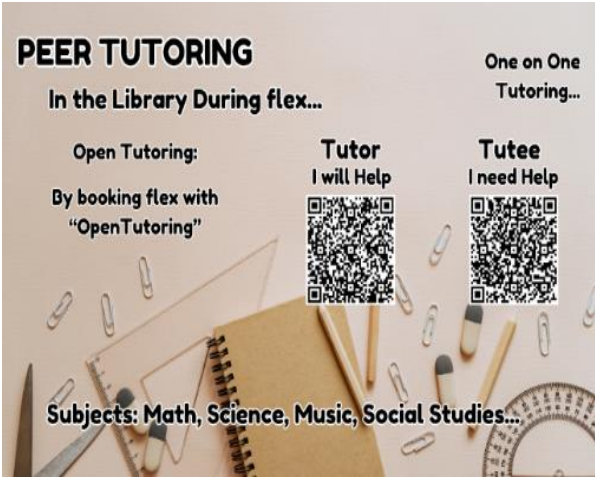
**Everyone has a responsibility** for looking after our facilities at Centennial.  
**If you see an issue with any of our washrooms, or any other concern please report it.**

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.



CAREER CENTRE

Visit the online Centennial Career Centre Page –  
[Career Centre - Centennial Secondary School \(sd43.bc.ca\)](http://Career Centre - Centennial Secondary School (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](mailto:dhealeywright@sd43.bc.ca)

## General Information

[illegible]

**PNE jobs**

**Join our team! - PNE Apply by June 6th!!**



Curious about a career in the skilled trades?  
Want to get started?

# SD43 TRADES HIRING FAIR

Wednesday  
June 4th, 2025

5 - 7 PM  
bring your resume

AT CENTENNIAL  
SECONDARY

570 POIRIER ST.  
COQUITLAM

43CAREERS.COM CAREERPROGRAMS@SD43.BC.CA



## **VOLUNTEER WITH COQITLAM SUMMER LEARNING - BOOST YOUR RESUME!!**

**FORM DEADLINE FRIDAY JUNE 6TH APPLY EARLY SPOTS FILL QUICKLY**

The Coquitlam School District's Summer Learning program is pleased to once again offer a volunteer opportunity for our secondary students. Last year we placed over forty students into SD 43 Summer Learning classrooms, a valuable experience for students and teachers! Successful volunteers will be

placed in local elementary or middle classrooms and earn necessary volunteer hours as well as a letter of reference from their sponsor teacher. Spots are limited so submit a completed application early. The application form can be found on the Summer Learning Website.

Summer Learning Website: <https://ce43.augusoft.net//info/landing/summer-learning>

**Volunteer Opportunities:** We will be accepting applications for volunteers for our summer learning program starting now.

High school students interested in volunteering for elementary or middle school programs can fill in this FORM.

Adults and teacher candidates interested in volunteering for our high school program can fill in this ADULT FORM.

If you have any questions, please contact the summer learning volunteer coordinator, Mr. Wally Sawchuk ([wsawchuk@sd43.bc.ca](mailto:wsawchuk@sd43.bc.ca)).

### **CENTENNIAL STUDENTS – VOLUNTEER OPPORTUNITIES**

#### **ALDERSON ELEMENTARY CARNIVAL VOLUNTEERS NEEDED**

Date of event: Friday May 23, 2025. Time: 2:20PM-6:00PM (1:45PM Early dismissal for volunteers)

Address: Alderson Elementary School- 825 Gauthier Ave, Coquitlam

DEADLINE for submissions: **Wednesday, May 14.** [Carnival Student Volunteers - Google Docs](#)

#### **SPRING POST SECONDARY INFO SESSIONS:**

[Career Centre - Centennial Secondary School](#)

### **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.

For more information, email [operations@makebakegrow.com](mailto:operations@makebakegrow.com).

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

🔗 [Volunteer Application](#) [www.makebakegrow.com](http://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](http://www.pomo.museum/volunteer)

### **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](#)

## **Grade 12**



### **TUITION COST ESTIMATOR TOOLS**

[Tuition Estimator | KPU.ca - Kwantlen Polytechnic University](#)

[Tuition & fee estimator | Douglas College](#)

[Tuition Estimator - BCIT](#)

[Typical Costs - Financial Aid and Awards - Simon Fraser University](#)

[What Will Your First Year at UBC Cost? | UBC Undergraduate Programs and Admissions](#)

## **PROGRAM AVAILABILITY**

[Program Availability - BCIT](#)

### **Sashi Assanand Bursary - \$1,000 Due May 15**

- Open to female students in the Metro Vancouver schools who are completing grade 12 and are children of refugees or immigrants to Canada.
- Applicants must be interested in pursuing a career in social work, education, psychology, nursing or social service and possess academic grades sufficient to allow admission into their chosen area of study/educational facility and demonstrate financial need.

 [Shashi Assanand Bursary Application 2025.pdf](#)

## **UBC- HOW TO KEEP YOUR OFFER OF ADMISSION**

**To learn more about keeping an offer of admission with UBC, please visit this blog post:** <https://you.ubc.ca/applying-ubc/admitted/keep-offer/>

## **LOCAL SCHOLARSHIP AND DISTRICT AUTHORITY AWARDS UPDATE**

Winners will be published in the commencement program. Letters will be provided by the Career Centre and/or the SD43 District Office. In order to claim most awards, students must provide proof of enrolment at a Post-secondary institution. Questions? Email Mrs. HW at [dhealeywright@sd43.bc.ca](mailto:dhealeywright@sd43.bc.ca)

## **CONGRATULATIONS**

Gwendolyn van-Wijhe-Bard has been awarded the Soroptomist Volunteer Award and the Terry Fox Humanitarian Award, well deserved recognition for her outstanding work.

Visit the Career Centre for Scholarship expiring in MAY

[Career Centre - Centennial Secondary School](#)

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



## **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>

## **CTA (Coquitlam Teachers Association) AWARDS:** Additional External Awards

Students find application directly on the website and EMAIL TO [scholarship@cta43.org](mailto: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 VENSHOEL 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. **Deadline is July 31**

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

[Angad Hundal Society](#) **Apply by June 30th**

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**

**Congratulations!** to the SRs Alec and Evelyn and the JRs Matthew, Aison, Nayun, and Artem for making the top 16 at Fraser North.

Extra claps for the JRs:

Sarvesh Pragashkumar - 2nd in Boys Singles

Sanca Tran and Maya Kadach - 4th in Girls Doubles.

Great way to end the season!



**The Sr Girls Soccer Team**

Play in the Fraser North Final today at 3 pm Vs Burnaby Central @ Pitt Meadows Secondary. The team has also qualified for the Provincial Championships May 29-31st at UVIC in Victoria.”

**Go Centaurs!!**



# Centennial Schedule

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