



CENTENNIAL TODAY

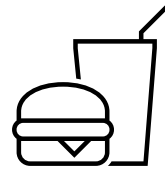
Tuesday, May 20, 2025 – Day 1

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: Beef Chili(GF)

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

AM Break

Turkey Sausage, Egg, & Cheese Breakfast Wrap
\$3.00

Today's Menu

Grilled Cheese \$5.00

Chicken Pesto Panini \$5.50

BBQ Beef Burger \$5.50

Chicken Torta w/ Guacamole & Refried
Beans \$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 pick up your pictures and student ID from the office – during lunch or after school.

Compass GRADPASS Tickets for Grade 12:

Two free Compass GradPass Tickets per Grade 12 student are available in the office for pickup.

Each ticket may be used between Now till – June 30, 2025 only.

Each ticket is valid for one day of unlimited travel on the bus, Skytrain, SeaBus and West Coast Express when used with valid student ID or government ID.

Please come to the office before your first class, at lunch or after school to pick up your tickets. **Please do not come in between classes or during FLEX.**

🎬🌟 Lights, camera, ACTION! Our **Centennial Senior Movie Night** is rolling in fast—and we need YOU there!

For just \$5 on **SchoolCashOnline**, you'll get:

🍕 Pizza

🥤 A drink

🎫 Admission to a classic: **Rush Hour**

📅 **Thursday, May 22**

🕒 Doors open at 7 PM | 🎥 Movie starts at 8:30 PM

📍 **Red Gym**

We're talking major senior night energy, comfy PJ vibes, and iconic one-liners. It's the kind of event even an AI would say sounds statistically awesome. 🤖🌟

Let's make it a core memory—grab your ticket today!

#SeniorMovieNight #CentennialSeniors #MedicalDiseaseClub #MovieMagic

#RushHourReady #YesThisCaptionWasAIApproved

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 and card decoration this month. Join us for the Asian Heritage Night event on May 29th for a celebratory evening of live music, dance, and a variety of Asian food! **Tickets are on sale on School Cash Online now through May 23!**

Space is limited so get your tickets soon!

Fan Decorating Workshop

Hey Centaurs! Join us during Cent Time in the art room **Today 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.


PEER TUTORING

In the Library During flex...


Open Tutoring:
By booking flex with
"OpenTutoring"

One on One
Tutoring...

Tutor
I will Help



Tutee
I need Help



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

CAREER CENTRE

Visit the online Centennial Career Centre Page –

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



@cent43careercentre

[General Information](#)

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

[PNE jobs](#)

[Join our team! - PNE](#) Apply by June 6th!!



VOLUNTEER WITH COQUITLAM 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).

CENTENNIAL STUDENTS – VOLUNTEER OPPORTUNITIES

SPRING POST SECONDARY INFO SESSIONS:


[Career Centre - Centennial Secondary School](#)

Coquitlam and Port Moody Farmers Market: Volunteers Needed

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.

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

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?

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

[Fresh Roots Educational Programs](#) | [Fresh Roots Store](#)

SUSTAINABLE OPPORTUNITIES FOR YOUTH LEADERSHIP

<https://freshroots.ca/soyl>

Register Now!

SOYL is a 6-week summer leadership program that teaches youth in grades 9-12 how to care for the crops growing at Fresh Roots' Schoolyard Farms while developing broader leadership and entrepreneurial skills.

MAIN ACTIVITIES

- ✓ Grow healthy food and discover farm work
- ✓ Cook meals from harvested produce
- ✓ Sell crops at our on-site market
- ✓ Explore Metro Vancouver's food system
- ✓ Build leadership skills and explore food justice through workshops

[Visit Our Website
https://freshroots.ca/soyl](https://freshroots.ca/soyl)

A DAY WITH SOYL

A typical SOYL day involves farmwork, meal preparation, and an educational workshop. Each week you will explore an aspect of our local food system on a field trip!

LOCATION

Workshop sites: David Thompson Secondary and Vancouver Technical Secondary

Cookpots site: Millican Centre (Participants in Cookpots are eligible for Self-Efficacy 50 credits)

SCHEDULE

From July 2nd to August 6th 2025
Tuesday to Friday, from 9 am to 3 pm

STIPEND

For your contributions to the farm, you will be paid a \$500 stipend, as well as receiving access to 'beyond food' produce!

Register Now!

<https://freshroots.ca/soyl>

FRESH ROOTS

Now!

About S.U.C.C.E.S.S.

Youth Leadership Millennium

Contact Us Or Find Us Online!

Phone
 250-880-1767

Email
info@successbc.ca

Website
<https://successbc.ca/ylp/>

Address
 4229-2665 Kingsway,
 Vancouver, BC
 V6R 2K2 Canada

What We Offer

- Leadership training
- Professional development
- Career guidance
- Personal development
- Community service projects
- Networking opportunities
- Mentorship programs
- Leadership challenges
- Leadership awards
- Leadership scholarships
- Leadership grants
- Leadership awards
- Leadership scholarships
- Leadership grants

Program Goals

- Increase leadership skills
- Increase self-confidence
- Increase self-esteem
- Increase self-awareness
- Increase self-respect
- Increase self-discipline
- Increase self-motivation
- Increase self-direction
- Increase self-control
- Increase self-reliance
- Increase self-responsibility
- Increase self-empowerment
- Increase self-actualization
- Increase self-fulfillment
- Increase self-achievement
- Increase self-actualization
- Increase self-fulfillment
- Increase self-achievement

FRESH ROOTS

Now!

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 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](#)

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

Visit the Career Centre for Scholarship expiring in MAY

[Career Centre - Centennial Secondary School](#)

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

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. **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

Track & Field

Congratulations!! to the Centennial Track & Field Team for their performances at Fraser North Championships last week. 50 athletes competed and at least 15 students will be advancing to Provincials in Langley on June 5-7th! A special shout out to our 1st Place Finishers: Jaylah Dennis in Junior Girls High Jump, 100m, and 200m; Kallee Lennstrom in Junior Girls 800m; Elizabeth Blatherwick in Junior Girls Hammer; and Senior Boys 4x400m Relay Team (Harry Lobay, Rufus Rowe, Liam Pearson, Nathaniel Lum)! The Senior Girls 4x400m team also had an incredible 2nd place finish with Cassie Maltas, Titi Balogun, Avery Turcotte, and Jaylah Dennis. Athletes - check Teams for important messages about Provincials!



The Sr Girls Soccer Team

The Sr Girls Soccer team won the Fraser North Championship yesterday 2-1 over a very skilled Burnaby Central team.

Missing 8 of our 19 players (injury, other commitments), we called up 4 Junior players to play and the team didn't miss a beat.

The team went down 1-0 on a great individual effort by a Burnaby Central player. In the 2nd half though, the Centaurs battled back to tie with a beautiful goal by Catie Cameron. With 9 minutes left in the game, Camryn Strain was sent in on a semi-breakaway and she made no mistake...putting the ball in the bottom corner to give the Centaurs the 2-1 lead.

Amalie Griffiths played unbelievably in net, making numerous game-saving saves. Another testament to our depleted roster...Amalie plays on the wing for us normally, but hasn't played in a couple of weeks due to injury. However because we were so short handed, she offered to go in net for this Championship Final so that we could get our regular keeper - Eden Kolins - to play as an out-player and give us another runner to use.

Hayley, Supriya, and I are all very proud of these girls and their perseverance through this tournament and the season. The squad now travels to Victoria May 28th - 31st for the Provincials.

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 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