



# CENTENNIAL TODAY

Wednesday, May 28, 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 & Sausage Gumbo**

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

### **AM Break**

Pork Sausage, Egg & Cheese Breakfast Wrap  
\$3.00

### **Today's Menu**

BBQ Pulled Pork Sandwich \$6.00

Pesto Chicken Panini \$5.50

Four Cheese Pizza \$5.50

Buffalo Chicken Pizza w/ Peppers \$5.50

Grilled Pork Chop w/ Corn & Loaded Baked  
Potato \$7.00

### **Salads**

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

Caesar Salad \$4.50/ 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.**



## **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.

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 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://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

4th Annual BC Dumpling Festival - VOLUNTEERS

Will take place on Saturday, August 9th at Town Centre Park in Coquitlam, 11am to 8 pm. It is a family-friendly multicultural event and we'd love to invite students 15 years and older (or even staff) to join our team! They can do so through this link [BC Dumpling Volunteer Sign up](http://http:///)

BIG BROTHERS INFO SESSIONS - VOLUNTEER INFO SESSIONS

Big Brothers has reached an average two-year wait time for children to meet their Big Brother.

**TRI-CITIES: Online: June 5 at 12pm. Register here: [Online Volunteer Info Session – Big Brothers of Greater Vancouver Tickets, Thu, 5 Jun 2025 at 12:00 PM | Eventbrite](#)**

**TRI-CITIES In-person at the Coquitlam Library on July 29 at 6pm. You can register on their Eventbrite page: [Big Brothers Volunteer Info Session at Coquitlam Library Tickets, Tue, Jul 29, 2025 at 6:00 PM | Eventbrite](#)**

MINERVA RISE AND SHINE FREE VIRTUAL SESSIONS FOR FEMALES - AUGUST

The sessions cover:

- Self-awareness and Thinking Traps
- Boundary-Setting
- Sadness and Depression
- Self-Compassion
- Stress and Anxiety
- Self-Care

**Dates:** August 11 - 14, 19 - 21 **between** 10 - 11:30 AM PT. *Attendance of the full program is strongly encouraged.*

**Location:** Zoom. **Age Group:** All girls and gender-diverse youth **ages 15 through 24**

**Cost:** FREE! **Application Link:** <https://www.surveymonkey.com/r/CLXQKF5>



[Make This Summer The Summer That You Volunteer at RibFest](#)

Visit: [portmoodyribfest.ca/volunteer](http://portmoodyribfest.ca/volunteer) to sign up! **APPLY BY JUNE 15TH**

**SFU SCIENCE ALIVE COURSES MAY/JUNE**

**[High School Programs — Science ALIVE @ Simon Fraser University - STEM Programs for K-12 Youth](#)**

**UBC ENGINEERING - EVERYTHING YOU NEED TO KNOW FOR YOUNGER HIGH SCHOOL STUDENTS**

**JUNE 4TH-**

**VIA ZOOM [UBC event details](#)**

**INTERESTED IN KNOWING WHAT EMPLOYERS WILL BE AT THE TRADES FAIR?**

**[bit.ly/SD43TradesHiringFair2025](http://bit.ly/SD43TradesHiringFair2025)**

Check the most up to date list of which employers & organizations are attending.

**NUPGE SCHOLARSHIPS \$2,500 EACH (Union Affiliation/List provided)**

- The name of the union your parents, grandparents, or legal guardians is a member of, i.e., a **[NUPGE Component or a Component's affiliate](#)**.
- Whether they are a current or retired member.
- The name and contact information of someone at the union who could verify their membership
- Visit **[NUPGE Scholarships - NUPGE](#)** for more information. **Please note that the deadline for all scholarship applications is Tuesday, July 15, 2025 at 5pm (EDT).**

**SD43 INTERNATIONAL EDUCATION**

The summer school program is still looking for VOLUNTEERS for ESL Summer school at Pinetree Secondary. Visit the career centre to register. Please apply by June 13th.

**UBC Faculty of Medicine Youth Outreach Mentorship Program -Mentee sign up**





**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](mailto:wsawchuk@sd43.bc.ca)).

**SPRING POST SECONDARY INFO SESSIONS:**

**Career Centre - Centennial Secondary School**

## **Grade 12**

**SURREY YOUTH POLICE ACADEMY**

**Surrey Police Student Police Academy Tickets, Mon, Jul 7, 2025 at 8:00 AM | Eventbrite**

The academy will run from 0800-1600 **July 7-11, 2025**, at the SPS Training Center. The student must be able to commit to all days. Registration fee per student is \$150 which includes SPS athletic gear and other related items.

Eligibility requirements for each student are as follows:

1. Student is in grade 11 or 12
2. Desire to learn about a career in policing
3. Physically fit
4. Complete a Criminal Record Check
5. Canadian Citizen or Permanent Resident

The Academy will be open to 28 students. The selection process for the potential participants is as follows:

1. Complete and submit attached forms 2. Selection interviews 3. Final selection 4. Parent information session. If selected, students are expected to develop and provide a fitness log leading up to the Academy.

### **REMINDER!!**

### **HORATIO ALGER TRADES AND TECHNICAL SCHOLARSHIPS DUE JUNE 15TH**

This year is the inaugural launch of a new [British Columbia Scholarship Programs](#), where we are awarding **120 scholarships, each worth up to \$9,000** - to support students pursuing careers in trades, vocational, or technical fields. This program is **exclusive to B.C. residents**, so we are looking forward to receiving as many applications as possible and award all 120 scholarships.

### **MAY 31st DEADLINES: Details: [Career Centre - Centennial Secondary School](#)**

Builders of Tomorrow BC Foundation (construction-related program in BC) 5/31/2025

Medavie Scholarship | Medavie Foundation 5/31/2025

Grace Family Network Foundation Scholarships 5/31/2025

Lotus Light Charity Scholarship 5/31/2025

Luke Santi Memorial Award for student Achievement 5/31/2025

MADD Canada Youth Bursaries 5/31/2025

Rudder Reid Charitable Foundation Scholarships 5/31/2025

### **LOTUS LIGHT CHARITY SCHOLARSHIP**

Due May 31st. Applicants will be assessed on scholastic record and community volunteer involvement.

Apply by mail or drop off only

### **LUKE SANTI MEMORIAL**

Entering the physical sciences? This \$1,000 award requires a minimum 80% average. Apply by May 31st.

[2025 Luke Santi Memorial Award - Perimeter Institute for Theoretical Physics](#)

### **STILL CONSIDERING BCIT?**

**Check program availability - [Program Availability - BCIT](#)**

### **DOUGLAS COLLEGE INFO SESSION**

**The next zoom info session will be held on June 26<sup>th</sup> at 5pm, Register 24 hours in advance:**

**[Information sessions | Douglas College](#)**

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### **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)**



#### **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)**
- **ROY KRUTOW (2 X \$1250) AWARDS FOR CTA RELATIVES** **(Due July 1)**
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Apply directly [Scholarships - Coquitlam Teachers Association](#) **Deadline June 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**

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## SPORTS

### **Centaur Athletics Banquet - Thursday, June 5<sup>th</sup> - Sign-Up Now!!!**

Next Thursday is the "*Centaur Athletics Banquet*" in the Red Gym!!!

**Please Sign-Up Now** On School Cash On-Line!!!

We will be recognizing all our teams, and acknowledging Trident & Athlete Of The Year Winners!

The cost is \$25.00 - for buffet style Greek Dinner & Prizes!!! This is a semi-formal event and starts at 4:00PM! We look forward to seeing you all there!

### **Senior Girls Volleyball Fall Season- Training Session**

Calling all Centennial Girls interested in playing for the Senior Girls Volleyball team in the Fall 2025 season!

We are running a fun and active training session. The focus is on game play, skills, and systems.

This session is dedicated to play a few mini games, and to help focus on the systems and skills for the Senior Girls Volleyball team in the fall.

We are looking for Girls in Grades 9, 10 and 11 who would be interested in playing on the Senior Girls Volleyball team in the fall.

Come out and play, have some fun, this is not a tryout, it is to have some fun before the summer break!

If you have played volleyball in the past for Centennial, come out and show us what you can do!

Interested Centennial girls in participating in some mini games, should show up at the Red Gym on Thursday May 29 from 5pm to 7pm.

### **Centennial's Hockey Club Semi-Final Results**

The Centennial Hockey Club faced off against Mission in the semi-finals Saturday. Mission got off to a quick start taking a 2-0 lead 5 minutes in.

The score stayed the same till the 3<sup>rd</sup> period. In the 3<sup>rd</sup> the boys killed off 7 minutes of being shorthanded and mounted an unbelievable comeback making it 2-2 with 1:30 remaining in the game. Goals by Nathan Hillmann and Dominic Allegretto. Allegretto scored short-handed on a 3 on 1 to tie it up. Absolutely crazy finish. The game ended in a tie sending us to a shootout. While we scored first, Mission ultimately took the game and advanced to the finals.

Coach King and Peterson thank the boys for their hard work, dedication, and great attitudes during this short but exciting season. We hope to get the Centaurs back to the finals next year. Honorable mention to seniors Tyler Datt and Adam Robertson. Shout out to captains Charlie Robinson, Brody Lawrence and Matty Dane.

## **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