



# CENTENNIAL TODAY

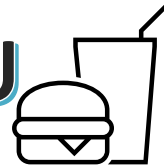
**Wednesday, September 10, 2025-Day 2**

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



### AM Break

Bacon, Roast Potato & Egg Wrap \$3

### Today's Menu

Grilled Cheese \$5.00

4 Cheese Pizza \$5.50

Pepperoni Pizza \$5.50

BBQ Pulled Pork Sandwich \$6.00

Baked Mac & Cheese \$5.50

### Salads

Veggie Centennial Salad \$ 5.00 w/ Chicken \$7.00

Caesar Salad \$4.50 w/ Chicken \$5.50

ALL STUDENTS

**WELCOME BACK STUDENTS!!!**

**Flex Login:**

**Log in: 076-email address**

**Password: student ID number (You will be prompted to change this after you log in)**

**If you still cannot log in, please come down to the tech centre (in the library) to see us for support.**

**TUESDAY/THURSDAY Phone-Free Lunchtime**  
**in F202 & F219**

Ms. Bourne and Ms. Singh will open their classrooms during lunch on Tuesdays and Thursdays to create fun and welcoming spaces for students who want to socialize IRL!

**Centennial Indigenous students:**

There will be an important meeting for all Indigenous students in the school next Tuesday, September 9<sup>th</sup> during EXFLEX in the theatre. Please be there on time.

# Attention Grads

If you would like to order a Grad Hoodie, they are available for order online from **Wednesday Sept 10 (5pm) until Wednesday Sept 24 (11:59pm)**.

For a free personalization use code: **SEP10** (active only from 5pm Sept 10 until 11:59PM Sept 11th). \*10 dollar personalization cost after Sept 11.

Use the following link: <https://grdwr.co/CENT2026>



**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



# 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, Wednesday, Thursday and Friday 8:00am – 3:30 pm.  
email [dhealeywright@sd43.bc.ca](mailto:dhealeywright@sd43.bc.ca)

## General Information

Interested in MINI MED SCHOOL at the BC Children's Hospital?

The registration form will be open from Monday, September 15, 2025 at 9:00am PST to **Friday, September 26, 2025 at 11:59pm PST**. Students can submit the registration form any time during this period. For more information, see the Mini Med School [website](#) and [FAQ](#).

This four-week lecture series will be scheduled from 6:30-8:00 pm on the following Wednesdays: October 22, October 29, November 5 and November 12. **Grade 11-12** students from across BC and the Yukon will have three ways to participate

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## Grade 12

### Helpful Admission Links

[Apply - EducationPlannerBC](#)

[How to apply | UBC Undergraduate Programs and Admissions](#)

- [Biology at UBC's Vancouver campus | UBC Undergraduate Programs and Admissions](#)

[Apply to SFU - Undergraduate Admission - Simon Fraser University](#)

- [Science - Undergraduate Admission - Simon Fraser University](#)

[How to apply - Undergraduate admissions - UVic](#)

[Apply to Douglas | Douglas College](#)

[How to Apply - BCIT](#)

[Ontario Universities' Application Centre](#)

[How to Apply | Future Students. University of Toronto](#)

[Apply to College or University in Alberta | Official Application Portal](#)

[Apply for Undergraduate Admission](#)

## **Curious about CAPU's Squamish Campus?** **CapU Squamish Campus - Capilano University**



### **NATIONAL PORTFOLIO DAY**

Saturday, November 8, 2025 - Emily Carr University of Art + Design 520 East 1st Avenue Vancouver

### **EDUCATION PLANNER BC LINK TO NURSING APPLICANT PAGE**

NEW Nursing applicant page - Review and compare all options to study nursing across the province, highlighting specific program details and requirements

### **SCHOLARSHIPS**

Visit the career centre/Finance page to see current scholarships including the Loran, U of T Lester B Pearson, U of T Book Award.

Scholarships are added regularly and open and close throughout the year. Career Centre - Centennial Secondary School

### **SCHOLARSHIP MEETING #1**

The first meeting will be held on Sept 24<sup>th</sup> after school in the library. Plan to attend.

### **POST SECONDARY EVENTS** [Career Centre - Centennial Secondary School](#)

UBC Sauder in person info session - UBC campus 9/11/2025

MARINE CAREERS EXPO 9/20/2025

COMMON APP ZOOM INFO SESSION Sept 24th at 6pm 9/24/2025

U of T New Student website 9/30/2025

CUE BC Canadian Universities Event 10/1/2025

BCIT BIG INFO - Burnaby Campus - OCT 8TH 4PM-7PM 10/8/2025

SFU IS VISITING CENTENNIAL OCT 9TH 10/9/2025

### **APPLYING TO POST SECONDARY**

Most applications will open on October 1<sup>st</sup>, and the application deadlines will vary.

### **UNIVERSITY OF TORONTO BOOK AWARD**

Outstanding students may apply to be considered for our one nominee. Apply by **Oct. 2nd**. Details here: [Career Centre - Centennial Secondary School](#)

## SPORTS

### Cross Country

Centaurs!!! Our first Cross Country Meet is **Wednesday, September 17th**. If you are interested in running Cross Country and want a preview of the Mundy Park course, come out for a run on **Monday, September 15th**! Mr. Willett and Ms. Willett will be waiting at **the baseball diamond in Mundy Park at 3:45pm** for an easy jog of the big loop (4km) which is a majority of the race on Wednesdays. All grades are welcome!  
See you Monday, September 15th at 3:45pm at the Mundy Park baseball diamond.

### **Girls Field Hockey Try-Outs**

Tuesday, Sept 9<sup>th</sup> 3:30-4:45pm

We are looking for grade 9's and new players! Come on out and give it a try!

### **Swim**

**SWIM TEAM** has a short LUNCHTIME MEETING TODAY (Wednesday) in B220 to decide on design for our team HOODIES

ALSO - don't forget our first practice is TOMORROW (THURSDAY) at 7 am at Poirer Pool you don't need to pay at the front desk, just tell them you're on the team and come on in. Be on deck and in your suit before 7 am.  
No special racing suit is required for practices, any swim suit will do.

**Practices start on Sep 11<sup>th</sup>** for those that do not practice all year with a club team.

You do not need to have any racing experience to join but you do need to be a strong swimmer, who can do full laps there and back without stopping. We will teach dives and turns!

**Practices are Tuesday and Thursday am from 7 - 8 am**, with the expectation you will be on deck in a swimsuit for **6:50** so we can do a few warmups and be in the water at 7 am. It is VERY important to get to all practices unless you are ill, because our season is super short. **Our first meet is the beginning of October**, which only gives us 2 weeks to prepare.

### **Volleyball**

**Gr. 9 Girls' Volleyball**-Thank you to all the girls who tried out for this year's team. It came down to some tough choices at the end but, again, we can only take 12 girls. Each one has been contacted last night by email. Training Camp starts today in the blue gym after school from 3:20-5:45. A great effort by all who tried out.

# Go Centaurs!!



Centennial Schedule

| Monday                  | Tuesday                  | Wednesday                    | Thursday                   | Friday                  |
|-------------------------|--------------------------|------------------------------|----------------------------|-------------------------|
| BLOCK 1<br>7:45 - 8:53  | BLOCK 1<br>7:45 - 8:53   | BLOCK 1<br>7:45 - 8:53       | BLOCK 1<br>7:45 - 8:53     | BLOCK 1<br>7:45 - 8:53  |
| BLOCK 2<br>9:00-10:12   | BLOCK 2<br>9:00 – 10:03  | BLOCK 2<br>9:00-10:12        | BLOCK 2<br>9:00 – 10:03    | BLOCK 2<br>9:00 - 10:12 |
|                         | ExFLEX<br>10:07 – 11:12  |                              | CENT TIME<br>10:07 – 11:12 |                         |
| BLOCK 3<br>10:16-11:28  | BLOCK 3<br>11:16 – 12:19 | BLOCK 3<br>10:16-11:28       | BLOCK 3<br>11:16 – 12:19   | BLOCK 3<br>10:16-11:28  |
| Lunch<br>11:28 – 12:13  |                          | Lunch<br>11:28 – 12:13       |                            | Lunch<br>11:28 – 12:13  |
| BLOCK 4<br>12:13 – 1:25 | Lunch<br>12:19 – 1:05    | BLOCK 4<br>12:13 – 1:25      | Lunch<br>12:19 – 1:05      | BLOCK 4<br>12:13 – 1:25 |
|                         | BLOCK 4<br>1:05 – 2:08   |                              | BLOCK 4<br>1:05 – 2:08     |                         |
| FLEX<br>1:29 – 1:59     |                          | ADVISORY/FLEX<br>1:29 - 1:59 |                            | FLEX<br>1:29 - 1:59     |
| BLOCK 5<br>2:03 - 3:15  | BLOCK 5<br>2:12 - 3:15   | BLOCK 5<br>2:03 - 3:15       | BLOCK 5<br>2:12 - 3:15     | BLOCK 5<br>2:03 - 3:15  |

Book your  
FLEX and  
CENT

SCAN ME

