

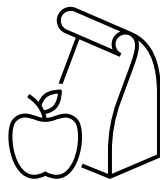


CENTENNIAL TODAY

Thursday, September 11, 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



AM Break

Bacon & Egg Breakfast Sandwich \$3.00

Pesto Chicken Panini \$5.50

Cinnamon Bun \$3.00

Today's Menu

Grilled Cheese \$5.00

Four Cheese Pizza \$5.50

Pepperoni Pizza \$5.50

Buffalo Cauliflower Quesadilla \$5.50(Veg)

Shepherd's Pie \$5.50 (GF)

Dessert

Chocolate Cake \$3.00

Strawberry & Banana Trifle \$3.00

Salads

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

Caesar Salad \$4.50 w/ Chicken \$5.50

Chopped Salad \$4.00

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 9th 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>



Black History Month Club

Please join us on Wednesday, September 17, 2025, at lunch in room E100 to discuss plans for Black History Month 2026 and the assembly. Everyone is welcome!

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

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 24th 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 1st, 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 9th 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 11th 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- Practice today in the blue gym after school from 3:20-5:45.

Go Centaurs!!

Centennial Schedule

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

Book your
FLEX and
CENT

SCAN ME

