

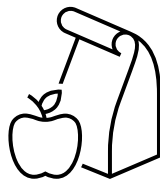


CENTENNIAL TODAY

Friday, September 12, 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



Soup: Tomato Basil

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

AM Break

Salsa, Egg & Cheese Wrap \$3.00

Ham, Egg & Cheese Wrap w/Potatoes \$3.00

Apple Streusel Cake \$2.50

Today's Menu

Grilled Cheese \$5.00

BBQ Beef Burger \$5.50

Monte Cristo Sandwich \$5.50

Buffalo Cauliflower Quesadilla \$5.50

Chicken Strips & Fries \$7.50

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.

PAWS RESCUE SOCIETY CLUB

Do you like helping animals? Do you have pets of your own? Do you want to help injured animals who need urgent medical care, or sick animals who are considered unadoptable? Join **Paws Rescue Society**. We support charities like the SPCA (provincially), VOKRA (Vancouver) and SAINTS (Mission). To help fundraise for these organizations, join Paws Rescue Society! Last year, we sponsored injured cats and dogs through the SPCA and SAINTS. First meeting is **Thursday, September 18th at the beginning of lunch in Room E216**. See you there!

Attention Grads

Grad Committee!

Plan your grade 12 events! First meeting of Grad Committee is Wednesday, September 17th at lunch in Room E216. See Ms. Mattson (E216) or Ms. Chambers (E214) if you are unable to attend.

Attentions Grads

If you missed the chance to sign up for Grad Committe and you would like to join, please fill out the QR Code to be added to the Grad Committee TEAMS Page.



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

BCIT BIOTECHNOLOGY CAREER AWARENESS WORKSHOP

For students in Grades 10-12 with a strong interest in science, research, and innovation. Dec. 8-12, 2025 BCIT Campus and UBC. Application Deadline: November 14, 2025 Spaces fill quickly!
Apply early.

2025 Career Awareness Workshop A
Package December 2025.pdf

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



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](#)

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 info sessions

Discover UVIC VIRTUAL INFO SESSION 9/16/2025

UBC Engineering - Everything you need to know 9/17/2025

MARINE CAREERS EXPO 9/20/2025

OCAD - VIRTUAL INFO SESSION - Art & Design U (Toronto) 9/22/2025

Ivey HBA an AEO (Advanced Entry Opportunity) Admission Info Session 9/23/2025

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

Douglas College Info Session (zoom) 9/24/2025

U of T START HERE 9/25/2025

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

U of T Wolf Scholars

Canada's most immersive scholarship, designed for brilliant students who are curious about the world and driven to lead for the better

Must have **90%** average and be applying to the **University of Toronto Faculty of Arts and Sciences at the St. George campus**. Students can self-nominate for this award.

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

Centaurus!!! 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.

Volleyball

Gr. 9 Girls' Volleyball-Practise today in the blue gym from 3:20-5:30.

Also, if you haven't signed up for the team (registration) yet, DO come to my room, E 120, at lunch to do so..or you can't play this year.

Go Centaurus!

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

