



CENTENNIAL TODAY

Wednesday, September 24, 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: Roasted Carrot Ginger (GF) (Vegan)

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

AM Break

Steak & Potato Breakfast Wrap \$3.00

Pesto Chicken Panini \$5.50

Menu

Grilled Cheese \$5.00

Four Cheese Pizza \$5.50

Meat Lovers Pizza \$5.50

Buffalo Chicken Caesar Wrap \$5.50

Chicken Souvlaki w/ Lemon Roast Potatoes, Greek
Salad & Pita \$7.00

Salads

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

Caesar Salad \$4.50 w/ Chicken \$5.50

Chopped Salad \$4.00

Please come to the office to pick up your Student Id Card.

White Emergency Forms are now overdue.
Please bring your completed and signed form to the office asap.

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.

Language Challenge Exams

We have a long relationship with many of you — here's to another year of Language Challenge coming up!

Each year our Challenge students represent over 150 schools and 20 school districts. While the majority are from the Lower Mainland, there are around 200 students from the Island and always a few from the Okanagan and other parts of BC. It is a pleasure working with all of you!

This year we are pleased to offer American Sign Language 11 (ASL 11) as a Language Challenge Exam — please note for ASL 11 the exam dates will be arranged with each student individually.

Please follow this link for all information related to the 2025/26 Language Challenge Exams

<https://www.deltasd.bc.ca/schools/secondary/challenge-exams>

This year we are offering:

- ASL 11 (American Sign Language)
- Farsi 11 & 12
- French 11 & 12
- Japanese 11 & 12
- Korean 11 & 12
- Mandarin 11 & 12
- Punjabi 11 & 12
- Spanish 11 & 12

Dates to remember:

- Oct 24, 2025 – application deadline for students.
- Jan 31st & Feb 1st, 2026 – exam dates



Terry Fox Fundraising Next week
Items are by donation, and all proceeds go to the Terry
Fox Foundation

Cotton Candy Sale: Mon/Tues

Slushie Sale: Mon/Tues



*minimum donation \$1

Popcorn Sale: Weds/Thurs

Sno-Cone Sale: Weds/Thurs



EUROTOUR 2026



PARIS

THE FRENCH RIVIERA

FLORENCE

ROME

Yes, we still have available spots for this tour!

Join us on this exciting tour of France and Italy
Spring Break 2026

Travelling to Europe is a true adventure! It's filled with diverse countries, cultures, cuisines, history and languages making a trip to Europe educational, inspiring and just plain fun! Join Ms. Chambers and Ms. Mattson on EUROTOUR 2026: France and Italy (Spring Break 2026). See Ms. Mattson (E216) or Ms. Chambers (E214) about the itinerary, payment plans and more!!

Interested in Improving Your Resume?

Sign up for the CIMC/CSMC math contest!

When: November 12th

Who: Open to all students

Cost: 15\$

9 questions only!

There will be study groups in session every Wednesday at lunch in room B206 to prepare! This is a great opportunity to improve your math skills and resume.

Apply before October 8th!

Visit Ms. Kambo's room B206 for more info!

www.PineBluffs.net

The CIMC/CSMC Contest registration deadline is October 8 and is open to all grades.

Also that math contest club will run in B206 Thursday at lunch for students who want to practice.

Join Book Club

feel free to join anytime

first meeting
September, 22nd

**We meet on Mondays
@ the makerspace @ lunch**

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. 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.

If you missed the chance to sign up for Grad Committee 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 **until Wednesday Sept 24 (11:59pm)**.

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

Game Design Club

Beginners are welcome

We'll be making a
story-driven 2D
game

Meetings on
Mondays after
school in room
A204

LOOKING FOR:

- **ARTISTS**
- **WRITERS**
- **CODERS**



We will be using
Ren'py with Python,
Git, and Krita

Scan code to sign up!



SOGI CLUB

Meetings every Thursday – Lunch – Textiles Room E215

Everyone is welcome!

We Need You!

JOIN THE SUSTAINABILITY LEADER COUNCIL (DSL)

Do you have a passion for making our world more sustainable?

Who is DSL?

The DSL brings together students from Middle and Secondary schools to take the lead in driving climate action and shaping a sustainable future.

What we offer:

- Develop leadership skills by organizing district-wide sustainability events
- Share your ideas and influence how schools take climate action
- Build connections and make an impact in your school and community

Your main commitment:

- Attend our monthly meetings - The 1st Wednesday of each month, 3:30 - 4:30 pm on Microsoft Teams

Let's do more things like:



Clothing Swap



Landfill Field Trip



Eco Week Challenge



Garden Clubs

Email **Mr. Pettyfer** our District's Energy and Sustainability Manager if you want to join us to get an invitation to our **first meeting on October 9, 3:30 pm.**



INTERESTED? BE PART OF THE MOVEMENT!

EMAIL: apettyfer@sd43.bc.ca or let your principal know you're interested

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

Grade 12

SCHOLARSHIP MEETING #1

The first meeting will be held this Wednesday **Sept 24th** after school in the library. Plan to attend.

STEM VOLUNTEERS NEEDED (PYTHON)

Two or 3 Teaching Assistant volunteers needed on Thursdays from 3-4pm at Maillardville Elementary. Grade 11 or 12 students can contact

Tate at tcm4@sfu.ca

*NEW PROGRAM SFU-EXETER ACCELERATED LAW

[Accelerated Law \(SFU-Exeter\) - Faculty of Arts and Social Sciences - Simon Fraser University](#) Interested in studying law? Check this out!

VCC adding CONSTRUCTION ELECTRICIAN FOUNDATION PROGRAM JAN. 2026

Visit vcc.ca for updated information on the website (tbd).

DOUGLAS COLLEGE UPDATES:

Youth Justice is no longer requiring 19+, Most Community programs have **waived volunteer hours** requirement (except Social Work),

APPLY for Entrance Awards by March 31, Apply EARLY for LIMITED ENROLMENT programs, Academic Foundations for potential nursing candidates is open enrolment.

Fall info Fair Oct 28th 4pm - 7pm NW campus.

CANADIAN COAST GUARD -

Applications will open soon. 80 seats per year: [Officer Training Program](#)

UBC EARLY ADMISSION IS ONLY FOR SCHOLARSHIPS (NOT EARLY CONSIDERATION)

- December 1: Deadline to apply to UBC to be considered for scholarships. [Dates and deadlines - UBC | Undergraduate Programs and Admissions](#)
- January 15: Deadline to apply for Winter Session (September 2026 to April 2027).

LIMITED ENTRY PROGRAMS

Students are urged to check admission dates for programs with limited entry. The sooner you apply, the better, programs fill fast.

CUE - Canadian Universities Event INFO

A list of institutions from across Canada attending the event!

[Universities - Canadian Universities Event](#)

U of T Reminder

Only Nominees for the Book Award are eligible to apply for the U of T National Scholarships. (due by Oct 2 internally)

U of T automatic entrance awards

The University of Toronto has some great scholarship opportunities for strong students who excel in their work. [See here for more information about admission awards.](#)

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](#)

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.

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](#)

Bassant Motors Community Pride Scholarship (Int'l students are eligible)	...	9/28/2025
Make It Right Charity Award -Homes Foundation (ongoing through the year)	...	9/30/2025
UFCW (Union) Scholarships	...	9/30/2025
Lester B Pearson International Scholarship 2025/2026 NOMINATION CONSIDERATION DEADLINE OCT 2	...	10/2/2025
U of T Book Award Internal deadline for NOMINATION CONSIDERATION	...	10/2/2025
AES ENGINEERS SCHOLARSHIP	...	10/8/2025
Loran Scholarship Program 2026 - STUDENTS APPLY DIRECTLY BY OCT. 16TH	...	10/16/2025
TD Scholarships for Community Leadership	...	10/22/2025
Dr M. Wosk Environmental Leadership Award (Ages 15-19)	...	10/31/2025
SFU ENTRANCE AWARDS, BURSARIES AND SCHOLARSHIPS	...	11/1/2025
Wolf Scholarships (U of T) (Arts and Science St. George)	...	11/10/2025
Terry Fox Humanitarian Award	...	12/1/2025
SFU UNDERGRADUATE ENTRANCE SCHOLARSHIPS (USES)	...	12/15/2025

SPORTS

Centennial Cross Country

We will be having practice on **Thursday, September 25th at 3:45pm in Mundy Park**. Please meet Mr. Willett and Ms. Willett **at the Mundy Park baseball diamond where our races start**.
See you then!

Soccer

Senior Boys Soccer

The senior boys soccer team has a home game Tomorrow!
Thursday Sept 25 against Port Moody
Come out to support your fellow centaurs while enjoying the autumnal sunshine!

Junior Boys Soccer

The junior boys soccer team has their first game of the season here at home on Wednesday Sept 24 against Archbishop Carney.
Come cheer them on as they kick off their season!

Volleyball

Gr. 9 Girls' Volleyball

Practice today after school in the blue gym, 3:20-5:40.
Remember to wear your jerseys tomorrow, meeting at lunch and game right after school tomorrow here.

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
BLOCK 3 10:16-11:28	ExFLEX 10:07 – 11:12	BLOCK 3 10:16-11:28	CENT TIME 10:07 – 11:12	BLOCK 3 10:16-11:28
Lunch 11:28 – 12:13	BLOCK 3 11:16 – 12:19	Lunch 11:28 – 12:13	BLOCK 3 11:16 – 12:19	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
FLEX 1:29 – 1:59	BLOCK 4 1:05 – 2:08	ADVISORY/FLEX 1:29 - 1:59	BLOCK 4 1:05 – 2:08	FLEX 1:29 - 1:59
BLOCK 5 2:03 - 3:15	BLOCK 5 2:12 - 3:15	BLOCK 5 2:03 - 3:15	BLOCK 5 2:12 - 3:15	BLOCK 5 2:03 - 3:15

Book your
FLEX and
CENT

SCAN ME

