



CENTENNIAL TODAY

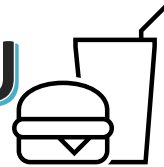
Friday, September 26, 2025-Day -1

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: Tomato Basil (GF)

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

AM Break

Bacon & Egg Breakfast Wrap \$3.00

Dessert

Red Velvet Cake \$3.00

Chocolate Cake \$3.00

Menu

Grilled Cheese \$5.00

Chicken Strips & Fries \$7.50

Baked Penne Alfredo \$5.50

Chicken Cordon Bleu Sandwich \$7.00

Pork Adobo Sandwich \$6.00

Italian Cold Cut Panini \$5.50

Salads

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

Caesar Salad \$4.50 w/ Chicken \$5.50

Chopped Salad \$4.00

ALL STUDENTS

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

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!!

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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.

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!

want to help animals?

Join PAWS Rescue Society!

We meet every Thurs at Lunch,

First meeting is  *in Ms. Mattson's room*

Thurs Sept 18  *(E216)!*



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!



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 SCHOOL OF BUSINESS AND MEDIA VISITS CENTENNIAL

Join us in the library at **lunch on Friday** Sept 26th and learn all about BCIT's School of Business and Media!

SFU Beedie (Pro-D day event) Oct 24th 9-3PM

REMINDER: REGISTER BY Sept 28TH!!

- **Registration Link:** <https://www.eventbrite.com/e/discover-sfu-beedie-tickets-1373656426349>

This Saturday Sept 27th is PORT DAY at Canada Place 12-5pm

Set sail on an exciting career journey at the Port Day Maritime Career Zone! More Info Contact portday@portvancouver.com

VCC adding CONSTRUCTION ELECTRICIAN FOUNDATION PROGRAM JAN. 2026

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

Grade 12

UBC PERSONAL PROFILE

Information and video [Write your Personal Profile - UBC | Undergraduate Programs and Admissions](#)

SFU APPROVED COURSE LIST FOR FALL 2026

[Approved courses - Undergraduate Admission - Simon Fraser University](#)

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!

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

Soccer

This week the junior boys soccer team won their home opener against Archbishop Carney 7-1. Goals from Soo Ho, Jaxon, Gianluca, Ralph, Thiezel, and Jaime. Next home game is wed Oct 1 against Riverside.

Senior boys soccer won both their games this week:
3-0 against Riverside
7-2 against Port Moody
Next game is Thurs Oct 2 at Charles Best

Volleyball

Gr. 9 Girls' Volleyball

A tough loss yesterday to Port Moody but some good plays and improvement by some players. No practice today but a practice on Monday after school in the blue gym.

Senior Girls Volleyball team

First HOME match of the Season!
Calling all Centennial indoor volleyball fans, come and cheer on your Senior Girls Volleyball team take on Archbishop Carney on the first HOME match of the season in the BLUE Gym Central court! This is the first of 4 home matches this season!
Senior Girls Volleyball team takes to the court at 7:30pm.
Come cheer on both Senior volleyball teams in the Blue Gym for an amazing night of Volleyball. Warmup begins at 5:30pm, with the Boys match starting at 6:00pm. Immediately following the Boys match, will be the Senior Girls taking to the court.
BLUE GYM, Centre Court
5:30pm = Warm-up
6:00pm = Senior Boys Match
7:30pm = Senior Girls Match

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		ADVISORY/FLEX 1:29 - 1:59		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

