



CENTENNIAL TODAY

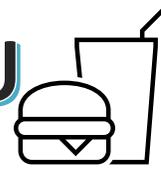
Monday, September 8, 2025-Day 2

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

Sausage & Bacon Breakfast Wrap \$3

Today's Menu

Grilled Cheese \$5.00

Buffalo Chicken Caesar Wrap \$5.50

Meatball Sub \$6.00

Poutine \$6.00 (with Centennial grown potatoes)

Dessert

Chocolate Pudding Cup \$2.50

Salads

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

Caesar Salad \$4.50 w/ Chicken \$5.50

WELCOME BACK STUDENTS!!!



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.

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





@cent43careercentre

Employment/volunteering – Post Secondary Information-
Scholarships & Awards – Trades Training -

Mrs. Healey Wright, your Post-Secondary and Career Advisor, is on site Monday, Tuesday, Wednesday and Friday 8:00am – 3:30 pm.
email dhealeywright@sd43.bc.ca

General Information

UNIVERSITY OF ALBERTA IS HERE AT FLEX TODAY!!

Come to the foyer and ask your questions.

**The U of A
is coming
to your school!**

**Monday, September
8, 2025 at 1:30 PM
In the foyer**

Learn more about University of Alberta programs,
campus life, and admission requirements.

All interested students are welcome to attend.



STUDY AND GO ABROAD FAIRS
EXPERIENCE THE WORLD OF EDUCATION

SchoolFinder FAIRS

Fairs Register Now Exhibitors Seminars Scholarships
Counsellor Resources Counsellor Networking Day

Explore Your Future
Study in Canada or abroad

SATURDAY
OCT 18
VANCOUVER
Pinnacle Hotel Harbourfront

Meet with top universities, graduate schools and professional schools from Canada and around the world.

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

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](#)

U of A visits Centennial	9/8/2025
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

It's that time of year to think about running as fast as you can through the woods of Mundy Park. You need absolutely no athletic ability to participate on the Centennial Cross-Country Team. All that is required is discipline, focus and a desire to be an aerobic animal.

If you are interested in being part of the Centennial Cross-Country Team, please come by room E104 at your convenience, and speak to Mr. Willett, Mrs. Willett, or Ms. Willett. Cross Country only requires you to run five Wednesdays in September and October. All Cross-Country Meets take place in Mundy Park. All grades nine through twelve are welcome.

Girls Field Hockey Try-Outs

- Monday, Sept 8th 3:30-4:45pm
- 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 starts right away!

Come out to connect and get some info - see Ms Curran and check in on TEAMS if you can't make it.

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 warm ups 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 Try-Outs

TODAY Monday, Sept. 8th, in the blue gym from 3:20-5:30.

Senior Girls Volleyball Try-Outs

Senior Girls Volleyball

First practice will be tonight Monday September 8, 5pm to 630pm in the Red Gym.

See details and schedule in TeamLinkt

The season competition should begin the week of September 22 – only 2 weeks away!

Tryout # Name

4	Bryony MacKinder
5	Vanessa Killins
6	Payton Lepinski
7	Ava Lambert
8	Lauren Trites
10	Soleii Selmour

- 11 Kendra Perry
- 12 Keanna Kennedy
- 13 Aleesha Edwards
- 15 Airi Kogure
- 16 Anata Edwards
- 24 Mia Joe
- 26 Ava Craig

TODAY Friday, September 5th - 3:30 to 5:00PM in the Red Gym.

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

