



CENTENNIAL TODAY

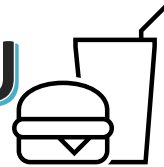
Tuesday, September 9, 2025-Day 1

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

Sausage & Bacon Breakfast Sandwich \$3

Today's Menu

Grilled Cheese \$5.00

Meatball Sub \$6.00

Pesto Chicken Panini \$5.50

BBQ Pulled Pork Sandwich \$6.00

Baked Mac & Cheese \$5.50

Salads

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

Caesar Salad \$4.50 w/ Chicken \$5.50

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>



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, Tuesday, Wednesday 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

The banner for the 'Study and Go Abroad Fair 2025' features a purple and blue gradient background. On the left, it says 'Explore Your Future' in large white letters, followed by 'Study in Canada or abroad'. Below this, it specifies 'SATURDAY OCT 18' and 'VANCOUVER' at the 'Pinnacle Hotel Harbourfront'. A small text at the bottom left invites visitors to 'Meet with top universities, graduate schools and professional schools from Canada and around the world.' On the right, there is a photo of three diverse students in graduation gowns and caps. At the top, there are logos for 'STUDY AND GO ABROAD FAIRS' and 'SchoolFinder FAIRS', along with a navigation bar containing links: 'Fairs', 'Register Now', 'Exhibitors', 'Seminars', 'Scholarships', 'Counsellor Resources', and 'Counsellor Networking Day'.

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](#)

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

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

- 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-Thank you to all the girls who tried out for this year's team. It came down to some tough choices at the end but, again, we can only take 12 girls. Each one has been contacted last night by email. Training Camp starts today in the blue gym after school from 3:20-5:45. A great effort by all who tried out.

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

