



CENTENNIAL TODAY

Wednesday, January 29, 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 of the Day: Cheesy Broccoli

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

AM Break

Turkey Sausage & Egg Wrap \$3.00

Cinnamon Bun \$3.00

Desserts

Banana Chocolate Trifle \$2.50

Chocolate Cake \$3.00

Today's Menu

Grilled Cheese \$5.00

Pesto Chicken Panini \$5.50

Buffalo Chicken Pizza \$5.50

Four Cheese Pizza \$5.50

Baked Penne w/ Meat Sauce \$5.50

Philly Cheesesteak Sandwich \$7.00

Salads

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

Caesar Salad \$4.50 w/ Chicken \$5.50

Chopped Salad \$4.50 (GF)

ALL STUDENTS

Please pick up your pictures and student ID from the office – during lunch or after school

Student emergency forms are due, please hand them in to the office.

It's that time of year to drop all other club teams and lace up the skates for the reigning BC Provincial Champions. Tryouts start Feb 3 -Pro D Day. There will be 3 tryouts sessions at Poirier- fee is \$25- open to all male/female grades 9-12 players. Pay at the office to Ms. Kitty Leung or cash to Mr. King or Mr. Peterson. This year's team will be rostering 15 skaters, 2 goalies and 5 spares only. Centennial's Hockey team has won the tier 1 championships 2 years in a row now. All returning players are required signup, attend at least 1 tryout and pay the \$25.

Scan the QR code to sign up.



Jr. Environmental Studies Academy – Applications OPEN


We hike, camp, canoe, and more!

We get certification in:


- Canoeing
- First Aid


We get credit for:

- PHE 10
- CLE 10
- Science 10
- Socials 10
- Earth Science 11
- Leadership 10



Application Form →



 Check out @cent.es

Sr. Environmental Studies Academy – APPLICATIONS OPEN


We hike, camp, canoe, and more!

We get certification in:


- Backcountry Emergency Cert.
- Canoeing


We get credit for:

- Life Sci. 11
- Environ. Sci. 11
- Socials 12 credit
- English 11/12 credit
- Outdoor Lead. 11/12
- Outdoor Ed. 11/12



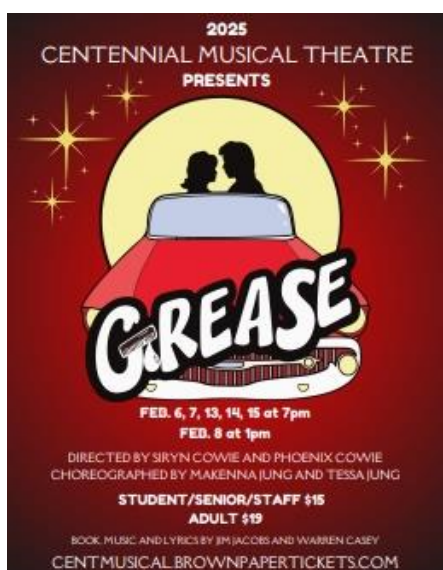
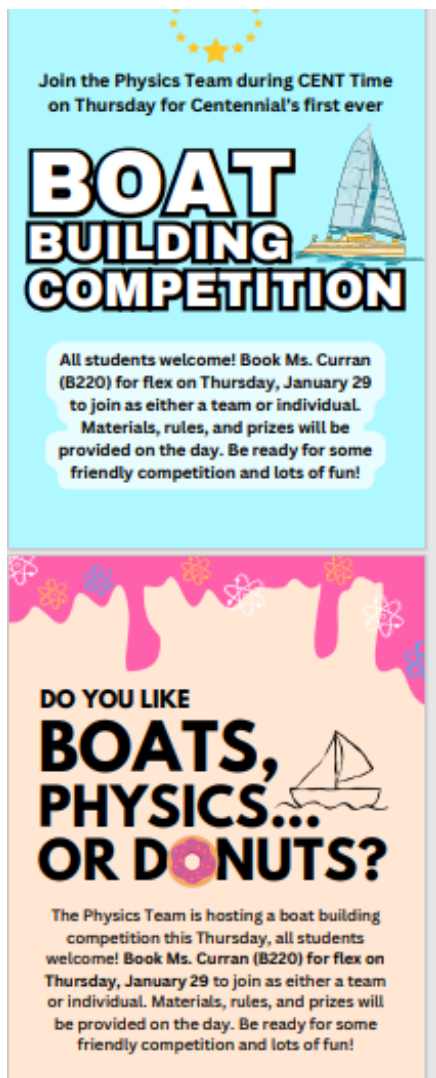
Application Form →



 Check out @cent.es

The Physics Team

Is hosting a boat building competition this Thursday, all students welcome!
Book Ms. Curran (B220) for flex on Thursday, January 29 to join as either a team or individual. Materials, rules, and prizes will be provided on the day. Be ready for some friendly competition and lots of fun!



<https://centmusical.brownpapertickets.com/>

The show dates are Feb. 6, 7, 8, 13, 14, and 15.

All shows are 7pm to 9:30pm except for the Feb.8 matinee at 1pm.

Suitable for ages 12 and up.

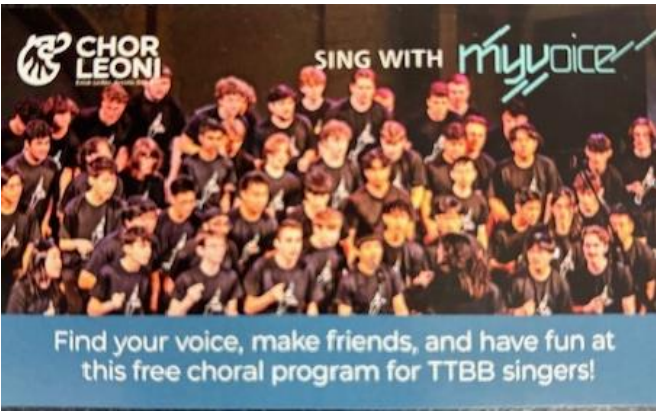
Prices: \$15 for staff/student/senior (age 55+) and \$19 for adults.

Special \$10 valentine's day price for everyone on Friday Feb. 14.

Run time of approximately 2 hours and 15 minutes, including intermission.

Chor Leoni Choir

Is running a free choir program far tenor & bass singers. Rehearsals take place at Pinetree Secondary School. **Deadline to Register is January 31st.**



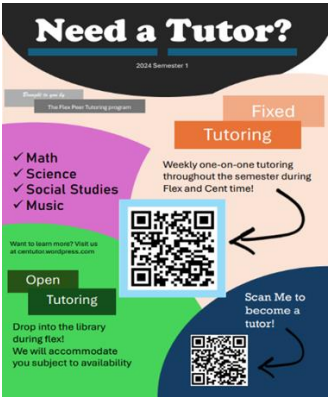
The Q&A (Queers and Allies) Club

The Q&A (Queers and Allies) Club will be meeting Tuesday February 4th at lunch in the textiles room (E215) to design buttons that we will make on Tuesday February 11th. All supplies will be included. Everyone is welcome! If you have any questions, please talk to Ms. Munroe, Illing, or Mr. Mogensen. 😊

Paws Rescue Club: Paws Rescue Club is up and running! We help injured and unadoptable animals. Last year, we sponsored Bubba the cat! Please scan the QR code to join.



Would you like to support the school as a tech leader? Please come to the library to speak to Ms. Olchoway or Mrs. Caldwell anytime to find out more!



Are you interested in becoming a Peer Tutoring?

We are looking for students to make a once/week commitment during a Flex block. Please fill in the QR code to apply!

CAREER CENTRE

Visit the online Centennial Career Centre Page - [Career Centre - Centennial Secondary School \(sd43.bc.ca\)](https://sd43.bc.ca/career-centre)



@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

ELEVATE AVIATION TOUR FOR FEMALES 12-18

Aviation Awareness Event for young women aged 12 to 18, taking place in Abbotsford, BC, on March 29, 2025, near the end of spring break. This free event includes lunch and is designed to inspire and educate participants about career opportunities in aviation.

VISIT THE LINK FOR REGISTRATION INFORMATION [Elevate Aviation](#) On the event day, guardian drop-off will be at Chinook Helicopters at approximately **8:00 AM local time, with pick-up at 2:30 PM** at the same location. (Students will need a parent/guardian to register and for transportation to Abbotsford)



Coquitlam Public Library Science Expo 2025

Register by Feb. 23 to participate. [Science Expo - Coquitlam Public Library](#) Info document [science-expo-info-doc-v-3.pdf](#)

Grade 12's

MANY UPCOMING DEADLINES FOR JANUARY 31ST!!!

UBC Upcoming deadlines January 31

- Deadline to provide UBC with your BC Personal Education Number (PEN).
- Deadline to order a transcript for UBC through the [Student Transcripts website](#).

UBC's LANGUAGE 11 REQUIREMENT (for students entering Fall 2025)

- Please instruct your counsellor to submit this request — and be sure to give them plenty of advance notice before the February 15 deadline. To apply for exemption from the language 11 requirements, UBC needs a written statement from your principal or counsellor indicating your date of entry and grade of entry into the Canadian school system and your **UBC reference number**. Statements must be emailed to language11.waiver@ubc.ca.

Scholarship Meeting Feb. 12TH - LIBRARY 3:20

DO YOU EXCEL IN (one or more of):

Applied Design, Skills and Technologies, Community Service (50 hours+),
Fine Arts, Indigenous Languages and Culture (school and or community),
Languages (External Assessments or Languages Curriculum),
Physical Activity (and Health), Technical and Trades Training.

**ATTEND TO GET DETAILS ON HOW TO APPLY AND MEET REQUIREMENTS FOR ONE OF
35+ \$1,250 AWARDS FROM THE BC MINISTRY OF EDUCATION - JUST FOR GRADS**

Evergreen Cultural Centre: Spring Break Arts Camp Volunteers

Where: Coquitlam


When: Spring Break

Commitment: 1 week, or 2 - Monday to Friday 16+ years of age

Description

Our Camp volunteers make camp a rewarding experience for campers, during both the spring and summer months. They assist staff in break-time activities, help guide campers through performance scenes and facilitate hands-on art projects. Art Camp volunteers work a full day for a full week and are asked to sign up for a minimum of one week of camp. Art camp volunteers can expect to accumulate 40 volunteer hours during a week of camp and must be able to commit to an orientation session before camp begins. Deadline to apply is end of January.

 Apply Through Better Impact – <https://bitl.to/3hZh>

 Contact Volunteer Coordinator - volunteer@evergreenculturalcentre.ca

POST-SECONDARY INFO SESSIONS

Visit the [CAREER CENTRE/POST-SECONDARY](#) for ongoing info session dates.

BCIT BIG info, Explore CapU, TWU Open House, Discover UVic, Discovery Days KPU.

Trades Open House Jan 29th at Heritage Woods 6pm.

New Westminster Youth Police Academy

returns March 24-28, 2025 – APPLY TODAY!

The New Westminster Police Department is looking for students aged 16-18 who have a desire to learn about a career in policing. The Student Police Academy is a week-long program designed to provide students with an unforgettable and educational experience in law enforcement. Apply by Jan 29th (\$150 fee upon acceptance)

<https://www.nwpolice.org/join-nwpc/student-police-academy/>

COURSE SELECTION TIPS & RESOURCES

BE PREPARED - DO YOUR RESEARCH IN ADVANCE OF THE COURSE SELECTION DEADLINE

[Course selection tips for high school students - UBC | Undergraduate Programs and Admissions](#)

Search Admission requirements via [Start your search](#)

Additional resources at MyBlueprint [myBlueprint: Post-Secondary](#)

Remember - post-secondary viewbooks are listed [HERE](#) on the career centre.

Grade 12

SFU SELF-REPORTING

All BC/Yukon high school students applying to the fall term must self-report their grades. Log into your account on [goSFU](#) and select the "Self-Reported Grades" link at the bottom of the screen. For detailed information on how/what to self-report for admission please visit [After You've Applied](#) or review our [How To Self Report Guideline](#).

Flowchart:

[2023 Self Report.pdf](#)

Approved courses:

www.sfu.ca/students/admission/admission-requirements/approved-courses

FAQ's

[Self reporting FAQ - Counsellors - Simon Fraser University](#)

DEADLINES to SELF REPORT:

Jan 31 SFU Undergraduate Entrance Scholars applicants

Feb 7 Beedie applicants

March 31 All other applicants

SCOUTS CANADA OPEN HOUSE

Interested in volunteering with Scouts? Attend an Open House Feb 4th or 10th at Town Centre Park 6pm-7pm.



Save the date! BCIT Big Info February 19th 4pm - 7pm Burnaby campus



DOUGLAS COLLEGE - ENTRANCE AWARDS and SCHOLARSHIPS

The submission period for fall 2025 [Entrance Awards and Scholarships](#) will close on March 31st 2025. There are a variety of one-time awards up to \$3,500 and renewable awards of up to \$20,000, payable over four years.

SD43 TRADES PROGRAMS

OPEN HOUSE

Jan.29th
@ Heritage Woods Sec.

6PM - PANEL PRESENTATION - TRADES INDUSTRY INSIGHTS & SUPPORTS FOR STUDENTS * SD43 GRAD EXPERIENCES

ACCESS BC * BCCWITT * FIRST DISTRICT MECHANICAL * OZZELECTRIC * SKILLED TRADES BC * STEP BC



25+ tuition-free level 1 programs

6:45 - GRAND HALL - MEET WITH PANEL & LEVEL 1 PROGRAM INSTRUCTORS: BCIT * KPU * VCC * SD43 TRADES PROGRAMS

(SD43 PROGRAMS: AUTO SERVICE, CARPENTRY, COOKING, ELECTRICAL)



CAREERPROGRAMS@SD43.BC.CA

43CAREERS.COM

STUDENT TRANSCRIPT SELECTIONS - reminders

[Order transcripts and certificates - Province of British Columbia](#)

Graduating students who have applied to schools in Ontario must select OUAC on their STS selections.

UBC and SFU require that STS selections are **complete by January 31**. Students who are unsure about their selections can contact Mrs. HW at dhealeywright@sd43.bc.ca

SFU UPDATES AND KEY DEADLINES

The Fall 2025 Application **Deadline – January 31, 2025**: The deadline to apply for Fall 2025 admission is quickly approaching. Submit their applications early! All the details about how to apply are available on our website.

GRADS! A reminder to check upcoming scholarship deadlines! [HERE](#)

POST SECONDARY BC RESOURCES

An excellent way to start your research – [For Students - Post-Secondary BC](#)
[\(postsecondarybc.ca\)](#)
[EducationPlannerBC](#)

GRADS - CHECK OUT THE JANUARY DEADLINES

[Career Centre - Centennial Secondary School](#)



BC SCHOLARSHIP SOCIETY INDIGENOUS AWARDS PROGRAM (Formerly IRVING K BARBER) **OPENS JAN 2025 1/31/2025**

David Lam/BC TEAL Language Learner Scholarship **1/31/2025**

DB Perks & Lifesaving Society Scholarships (Actively employed lifeguards) **1/31/2025**

Grade 11's - U of A Getaway **1/31/2025**

SPORTS

BADMINTON TRYOUTS

Anyone interested in trying out for the competitive Senior or Junior Badminton teams, please fill out the QR code/link below. Tryouts will be this week in the red gym. Seniors (11/12) on Thursday from 3:30pm and Juniors (9/10) on Friday from 5:15pm. Bring your own racket.

If you have any questions or concerns, see Ms. Illing (B122) or email meilling@sd43.bc.ca

<https://forms.office.com/r/Vpjj28MY6N>



Track & Field Pre-Season Training

Calling all Track and Field Athletes!

There will be a meeting at lunch on Thursday in the Theatre for anyone interested in joining Track & Field this year.

No experience required!

We will be running pre-season sessions this year starting February 5th that will place on Wednesdays at 3:30pm. Official practices will be starting soon! Contact Ms. Chyzowski if you have questions.

Ultimate Frisbee Team

Anyone interested in playing Ultimate this year, there will be a **meeting during lunch in Room F103 on Wednesday January 29th.**

No experience necessary, all genders welcome!

Want to play, but can't make the meeting? Talk to Ms. Purdey (office: B212)



Scan the QR code to sign up!

The Tri-City Eagles Field hockey spring league, sign up and join.



Centennial Rugby Team

Anyone interested in playing Rugby this year, there will be a brief meeting during lunch in Room E202A on Wednesday January 25th. Please scan the QR code to sign up!



Optimizing Athletic Performance (OAP)

Anyone interested in taking OAP next year. There will be a meeting in the Library Thursday January 23rd at 7pm. If you are unable to make it, please contact Coach Dino at dinogeremia@shaw.ca or dgeremia@sd43.bc.ca

Centennial Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55
BLOCK 1 9:00-10:12	BLOCK 1 9:00 – 10:02	BLOCK 1 9:00-10:12	BLOCK 1 9:00 – 10:02	BLOCK 1 9:00 - 10:12
BLOCK 2 10:16-11:28	ExFLEX 10:06 – 11:11	BLOCK 2 10:16-11:28	CENT TIME 10:06 – 11:11	BLOCK 2 10:16-11:28
Lunch 11:28 – 12:13	BLOCK 2 11:15 – 12:17	Lunch 11:28 – 12:13	BLOCK 2 11:15 – 12:17	Lunch 11:28 – 12:13
BLOCK 3 12:13 – 1:25	Lunch 12:17 – 1:05	BLOCK 3 12:13 – 1:25	Lunch 12:17 – 1:05	BLOCK 3 12:13 – 1:25
ADVISORY/FLEX 1:29 – 1:59	BLOCK 3 1:05 – 2:09	FLEX 1:29 - 1:59	BLOCK 3 1:05 – 2:09	FLEX 1:29 - 1:59
BLOCK 4 2:03 - 3:15	BLOCK 4 2:13 - 3:15	BLOCK 4 2:03 - 3:15	BLOCK 4 2:13 - 3:15	BLOCK 4 2:03 - 3:15