



# CENTENNIAL TODAY

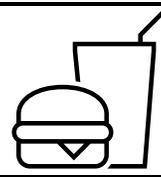
## Monday, December 15, 2025 - Day 2

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



### Soup: Sausage Red Lentil



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

### AM Break

Turkey Sausage & Egg Wrap \$3.00

### Dessert

Chocolate Cake \$3.00



### Menu

Grilled Cheese \$5.00

Beef Smash Burger \$6.00

Chicken Burger \$6.00

Poutine \$6.00

Baked Mac & Cheese \$5.50



### Salads

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

Romaine & Spinach 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.**



## **ELL/International Students**

Xmas party - Cookie decorating on **Wed Dec 17<sup>th</sup> at lunch in F215**, please see Ms. Sousa if you would like to register late for event.

## **Semester 2 Course Change Requests**

Semester 2 course change requests must be submitted by **December 16<sup>th</sup> at 4:00pm**. Please ensure that you read all the information and criteria before submitting your request.

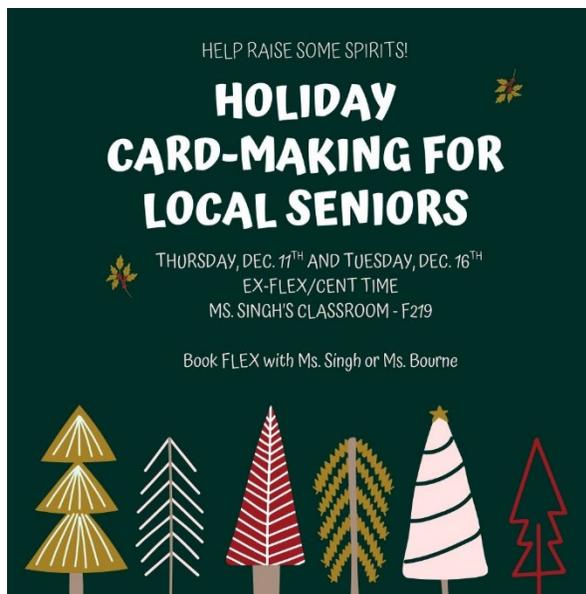


## **ORNAMENT DECORATING WORKSHOP**



**MS. MATTSON WILL BOOK YOU TO E216 FOR EXFLEX IF YOU FILL OUT THE FORM! WORKSHOP ON DECEMBER 16TH**

**Participation is by donation, we take cash OR card!!!**



## Ski and Snowboard Club



There will be a brief, but mandatory meeting **Friday at lunch in F105**. If you cannot attend Friday, please come see Ms. Chyzowski in person at lunch on Tuesday or Thursday. Passes need to be purchased using the link on Teams by December 17th! Let it snow, let it snow, let it snow!

## **Graduation Photo Sessions have started!**



Pictures will be taken at Centennial - Artona will set up portable in the parking lot. Appointments will be available from **DEC 5 to DEC 18, 2025**. Sign up ASA0 if you haven't done so yet.

- Students can book online. To book an appointment go to: [www.artona.com/bookings](http://www.artona.com/bookings)



### 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.

**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!  
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](mailto:dhealeywright@sd43.bc.ca)

**REO**  
RESEARCH EXPLORATION OPPORTUNITY

Four first-class research facilities | Learn basic lab techniques and experiments | Be mentored one-on-one by lab personnel

**GENERAL INFORMATION**

REO offers high school students, especially those from underrepresented groups\* in STEM, the free unique opportunity to explore research labs at partner universities across Canada during a week of spring break.

\*e.g., women in tech, LGBTQ+, Indigenous peoples, racial minorities, and youth residing in rural or low income areas.

**About REO at UBC**

- Eligibility: Grades 9 - 12 students
- Timeline: March 16 - 20, 2026
- Location: UBC Vancouver Campus

For more info, check out [linktr.ee/ubcstemfellowship](https://linktr.ee/ubcstemfellowship)

SCAN HERE TO APPLY

Deadline: January 9<sup>th</sup>, 2026

STEM Fellowship | Please direct questions to: [ubc@stemfellowship.org](mailto:ubc@stemfellowship.org)

**Vancouver International Children's Festival**

**Be A Volunteer!**

Accepting Applications Now! | May 25 - May 31 2026

**Perks**

- Free snacks and treats at the Volunteer Centre
- Free wristband to the Activity Village
- Signed Confirmation outlining that you volunteered "x" hours for the Festival.
- School credit for Volunteer and/or Work Experience
- Eligible for a Reference
- Letter for volunteers who contribute a minimum of 24 hours

**Why Volunteer?**

- Get involved in an exciting creative project
- Meet extraordinary people
- Learn and develop new skills
- Take part in a festive community event where you are encouraged to dress up every day you come to work
- Share your love of interacting by volunteering with kids
- Show that you care about your community

Call 604-708-5655 with any questions, we would love to hear from you! Our volunteer coordinator will start in January and will follow up with you then!

[childrensfestival.ca/about/volunteer-application-form](https://childrensfestival.ca/about/volunteer-application-form) | Volunteer@childrensfestival.ca

**VOLUNTEER OPPORTUNITIES!**

**Spring Camps and Summer Camps**

**RAINFOREST ADVENTURE CAMPS**

- Gain experience working with kids and youth
- Make a positive impact in the community
- Volunteer hours are very flexible

**Volunteer application forms are available on our website: [www.RfCamps.com](http://www.RfCamps.com)**

- Swimming
- Sports
- Arts and Crafts
- Table Games
- Forest Exploration
- Playground Games
- Talent Shows
- and much more!

Non-profit, child-centred, outdoor-based day camps

March 16-27, 2026  
June 26-September 4, 2026

## SAVE THE DATE – Grade 10/11

**SD43 TRADES PROGRAMS OPEN HOUSE**

**WEDNESDAY, JANUARY 14<sup>TH</sup> - 6PM**  
@ TERRY FOX SEC (MAIN FOYER) 1260 RIVERWOOD GATE

**SD43 LEVEL 1 PROGRAMS:**

- \*INFO
- \*HOW TO APPLY

**MEET INSTRUCTORS:**

- \*VCC \*KPU
- \*BCIT \*SD43

**STUDENT SUPPORTS:**

- \*ACCESS BC
- \*BCCWITT
- \*SKILLED TRADES BC
- \*STEP BC

**NO REGISTRATION REQUIRED**

[43CAREERS.COM](https://43careers.com)

**VOLUNTEER FOR SHARE**

**SHARE Joy Gift Wrap & Toy Kiosk**

Toy Kiosk is open November 23 - December 24  
Gift Wrap is open December 5 - December 24  
Coquitlam Centre, Level 2 by Walmart & H&M

**VOLUNTEER REGISTRATION NOW OPEN!**

**SHARE JOY**

## SHAD CANADA (Summer Program) INFO TABLE - AT LUNCH IN THE FOYER THURSDAY DEC. 18TH

Are you a **GRADE 10 or 11** student that is curious, creative and ready to take on big ideas and bold challenges? [Shad Canada](https://shadcanada.com) is now accepting [applications](#) for Summer 2026 – and it could be a game-changer for a student like you. COME BY THE INFO TABLE AND ASK QUESTIONS! Grade 10 and 11 students can apply for a summer of a lifetime.

## Grade 12's

## SFU Beedie high school webinar dates: Dec 17th 4:00 - 4:45.

[SFU Beedie - High School Webinar Registration, Multiple Dates | Eventbrite](#)

## UBC SAUDER - HONG KONG UNIVERSITY DUAL DEGREE ONLINE INFO SESSION

The UBC Sauder - Hong Kong University Dual Degree Program offers a unique opportunity to earn two globally recognized business degrees in just four years.

**Date: Thursday, December 18, 2025 (Friday, December 19 in Hong Kong)**

**Time: 6:00 - 7:00 PM PT / 10:00 - 11:00 AM HKT**

[UBC Sauder – Hong Kong University Dual Degree Information Session | UBC Sauder School of Business](#)

**EMILY CARR UNIVERSITY ADMISSIONS WEBINAR**  
January 13<sup>th</sup> 6pm - 7pm ONLINE [Register for webinar](#)

**SFU UGGLA FAMILY SCHOLARSHIPS**

[Ugglu Family Scholarship - Undergraduate Admission - Simon Fraser University](#) **DUE JANUARY 19<sup>th</sup>, 2026** Ten scholarships are awarded each year to domestic students who face significant financial barriers to participation in post-secondary education. This may include students who identify as Indigenous, Black, or a person of colour, students living with disabilities, LGBTQIA2S+ students, and students of all gender identities. Additional criteria.



**Cmolik Foundation Internal Application Form - Due January 30th, 2026**

Must have demonstrated financial need (total annual family income not exceeding \$80,000) <https://forms.office.com/r/PMrMqcGjm2>

**Application Criteria**

In addition to meeting the eligibility requirements, student applications will be adjudicated by a selection committee that will consider the student's proven resilience in the face of adversity, positive work ethic, academic suitability, contributions to community, the clarity of educational goals, focused commitment, fit with the organization, and the support of references.



**Upcoming events and deadlines**



**BC Excellence Awards**  
*Apply to be our NOMINEE*

The BC Excellence scholarship is awarded to 55 high school graduates who have demonstrated service and leadership, both at school and in their communities, and who show aptitude for and commitment to their chosen career or area of post-secondary study. 55 Students selected for this award receive a \$5,000 scholarship voucher



**BC EXCELLENCE AWARD (55 awards in BC)**

The Nominee application form is now open. The \$5,000 scholarship is geared toward students who have demonstrated service and leadership, both at school and in their communities, and who show aptitude for and commitment to their chosen career or area of post-secondary study. Min "B" average and more. **Due: Jan 12** Apply to be our nominee to enter the next phase. [BC EXCELLENCE SCHOLARSHIP NOMINATION FORM 2025 - 2026 – Fill out form](#)

**SCHULICH LEADER SCHOLARSHIPS**



We are excited to announce that the [University of Guelph](#) will be joining Schulich Leader Scholarships as one of our [20 partner universities](#)!

The Schulich Leader Scholarships 2026 nomination (internal) deadline is **JAN 15th**. **Details on applying to be our nominee are here:** [Career Centre - Centennial Secondary School](#)

**TRICITIES SOROPTOMIST SCHOLARSHIPS ARE OPEN JAN 15th, 2026**

[Live Your Dream Awards - Soroptimist International of Tri Cities](#)

Bea Kelly Volunteer Award 5 X \$1500 [APPLICATION](#)

Give her Wings Award \$1500 [APPLICATION](#)

Spread your Wings Award for Refugees and Immigrants [APPLICATION](#)

**DOUGLAS COLLEGE INFO SESSIONS - ONGOING** [Information sessions | Douglas College](#)

**FINANCE PAGE LINK (SCHOLARSHIPS):** [Career Centre - Centennial Secondary School](#)

Visit the **Employment** page of the Career Centre for quizzes, resume tips and more!  
[Career Centre - Centennial Secondary School](#)

# SPORTS

## GRADE 9 BASKETBALL HIGHLIGHTS

Over the weekend, the grade 9 basketball team won the Capilano Winter Blues Classic Tournament, defeating a strong Charles Tupper team 50–44 in the semifinals and Killarney 64–40 in the finals.

This marks the team's second tournament championship in the past two weeks, following their win at the Pinetree Christmas Classic last week, where they defeated Westview in the finals. The team has started off the season strong and are looking to keep the momentum in the upcoming Johnston Heights tournament starting Monday December 15<sup>th</sup> where they play Tamanawis in the first round ! Follow the team [account@css.gr9bball](mailto:account@css.gr9bball) for updates and results.

## FEMALE SPRING ICE HOCKEY TEAM

Centennial is suiting up our 1<sup>st</sup> ever Female Ice Hockey Team in school history. Season kicks off April -May. Practices start in February. Scan the code below or see [Mr. Peterson](#) in A203- Metal shop.



*Centennial Girls Hockey Club has never lost a Game.....come join the team.*





**CENTENNIAL HOCKEY ACADEMY**  
SEPTEMBER 2026 - JANUARY 2027

Offered in partnership with RPM Hockey Company, Centennial Secondary & School District 43





CHARACTER • INTEGRITY • TRADITION

**ABOUT THE ACADEMY**



RPM & Centennial Secondary have developed a Ministry Approved program that provides students with the opportunity to obtain academic credit and pursue their sport of choice.

Academy is (coed, inclusive & available for all skill levels) **Available for players Grades 9-12**

RPM has been the popular choice of Parents, Players & Minor Hockey for over 45 years and Public Education for 22 years! That says a lot about the work we do day in and day out, season after season and year after year!



**2026 HOCKEY ACADEMY INCLUDES:**

- Academy Format - Semester - Sept. 2026 to Jan. 2027
- Inside the school timetable
- Students can play minor hockey & school sports
- Professional Instruction
- On Ice Development
- Sport Specific Training
- Tactical/Game Play
- Performance Testing
- Guest Speakers & Workshops
- Complimentary Soft Goods
- Special Events
- Volunteer Experience
- Personal Growth & Leadership

**ACADEMY COST**  
**\$1,565**

Once you have registered online at [www.rpmhockey.com](http://www.rpmhockey.com) you must also notify the school that you would like to join their hockey academy.

**Contact:**  
Centennial Secondary Hockey Academy: Keith Peterson (kpeterson@sd43.bc.ca), Craig Millin (craig@rpmhockey.com)  
Academy Administration: Holly Rogers (holly@rpmhockey.com), Sam Porta (sam@rpmhockey.com)

**New Parent - Zoom Meeting**  
January 20 2026 at 7:00 pm  
Meeting ID: 884 5412 9110  
Passcode: 504797



*My son he has become an outstanding student as a result of mixing school with the sport he loves.*

*Putting my son in the Hockey Academy was the best thing I ever did for his hockey development and you can quote me. Parent - Midget Zone Player*

*My son went from Bantam C to Bantam AAA and he not only brings home great marks, he looks forward to going to school every day.*

[www.rpmhockey.com](http://www.rpmhockey.com)

**Building great kids in the classroom, on ice and in their community!**

## PARENT INFORMATION SESSIONS

**Jan 20<sup>th</sup>**

- **Hockey Academy @ 7pm**  
ZOOM Meeting ID: 884 5412 9110  
Passcode: 504797

**Jan 21<sup>st</sup>**

- **Football Program @5:30pm**
- **Grade 8 Parent Info @6pm**
- **Optimizing Athletic Performance @8pm**

**Jan 23<sup>rd</sup>**

- **Grade 8 Tour @12pm**

**Jan 28<sup>th</sup>**

- **Grade 9-11 Parent Info @6pm**

**Feb 12<sup>th</sup>**

- **Environmental Sc Academies @ 6pm**

Location: Centennial Theatre for all sessions (other than Hockey Academy)



# 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	BLOCK 5 2:12 - 3:15	ADVISORY/FLEX 1:29 - 1:59	BLOCK 5 2:12 - 3:15	FLEX 1:29 - 1:59
BLOCK 5 2:03 - 3:15		BLOCK 5 2:03 - 3:15		BLOCK 5 2:03 - 3:15

Book your  
FLEX and  
CENT

SCAN ME

