CENTENNIAL TODAY

Wednesday, November 19, 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: Thai Chicken w/Rice
Small $2.50, Medium $3.50, Large $5.50

AM Break
Meat Lovers Breakfast Wrap $3.00

Menu
Cold Cut Panini $5.50
Grilled Cheese $5.00
Sundried Tomato Chicken & Grilled Veggie Calzone $5.50
Pepperoni Pizza Bagel $4.00
Korean BBQ Chicken Wrap $5.50
Chicken Mole Verde w/ Rice & Roasted Yams $7.00

Salads
Centennial Salad $ 5.00 w/ Chicken $7.00 (GF)
Spinach & Kale 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.

Centennial Baking Club

A reminder to all students in the Centennial Baking Club that club membership fees ($25) are **due tomorrow (Thursday, November 20th)**. Please bring to meeting tomorrow or you can drop off fees to Mr. Asano in Room B212.

Tea Around the World Event (Centennial Foyer)

The Multi-cultural Leadership class will be putting on their Tea Around the World Event, this is a free event on Thursday Nov 20th at 8:15am-8:55am. This is the first time for many of our students as we have almost an entire new group this year!

Centennial Spirit Night | Coquitlam Express

SD43Education
FOUNDATION

SD43 Education Foundation Online Auction
LIVE November 8 - 25, 2025

Make a Difference in Your Community

The SD43 Education Foundation Online Auction raises funds to support students and programs across Coquitlam, Port Coquitlam, Port Moody, Anmore, and Belcarra.

Last year, the following schools benefitted from sharing **$51,120** in grants:

Birchland Elementary	Cape Horn Elementary	Castle Park Elementary
Centennial Secondary	Como Lake Middle	Gleneagle Secondary
Hampton Park Elementary	Heritage Woods Secondary	Inquiry Hub
Kilmer Elementary	Meadowbrook Elementary	Montgomery Middle
Mundy Road Elementary	Parkland Elementary	Pinetree Secondary
Port Moody Secondary	RC Macdonald Elementary	Suwa'lkh School
	CABE Secondary	

Amazing Items and Experiences

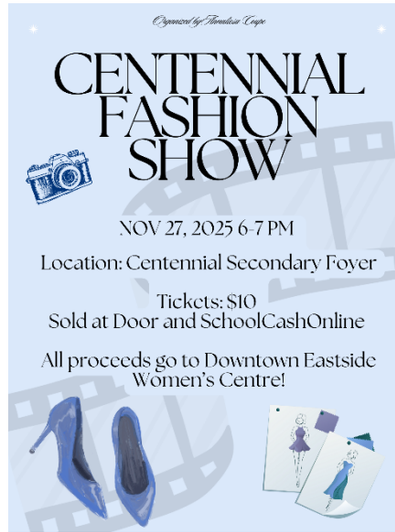
Bid on vacations, hotel stays, dining experiences, local gift certificates, hockey and sports tickets, golf packages, technology, and more exciting items for everyone.

Visit, Bid and Share: www.32auctions.com/SD43foundation

Friday the 28th of November at 7 pm, we have the Theatre Ensemble class (Drama 11/12) previewing their One-Act shows before we head to the district Drama festival at Heritage Woods (MetFest).

If you'd like to come and support them, it's $5 dollars at the door, to see TWO one-act plays! Thanks in advance for your support and hope to see you there.

CENTENNIAL FASHION SHOW



Tickets are now available for the Centennial Fashion show, on Thursday, November 27th from 6pm - 7pm in the school foyer. Tickets are $10 each on School Cash Online. All proceeds go to the Downtown Eastside Women's Centre. You don't want to miss out on this show featuring talented student designers and models, and a chance to contribute to a worthy cause! Bring your ticket and student ID to show at the door.

Please email Mrs. Hipditch or Annaliesa (076-acoupe@sd43.bc.ca) if you have any questions.

Log on to school cash online or use this link to purchase tickets. Thank you!
https://sd43.schoolcashonline.com/Fee/Details/159371/108/False/True

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

CAREER CENTRE

Visit the online Centennial Career Centre Page
Career Centre - Centennial Secondary School (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

On Thursday, November 20th, UBC will be holding an outreach program for Black students. *This session is a key part of UBC's commitment to supporting Black youth in their post-secondary planning. They'll be sharing information on university pathways, scholarships, and the support systems available to Black students at UBC and beyond.*

VOLUNTEER OPPORTUNITY

📅 **When:** Sun Nov 30th | 9:45AM – 1:00PM, Rain or Shine! 🌧️
✊ **What:** Remove invasive blackberry to boost biodiversity & help our environment!
📍 **Where:** Seaview Park (1255 Cecile Dr., Port Moody)
🧰 **Provided:** Tools, gloves, snacks, and educational instruction!
✨ **You wear:** Long sleeves, long pants & closed-toe shoes.
👉 **More Info & Sign-Up**: bit.ly/greenteam-nov30-2025
📧 Questions? Email: Max@GreenTeamsCanada.ca

THE FOLLOWING POST-SECONDARY INSTITUTIONS ARE COMING TO VISIT OUR SCHOOL

MONDAY NOVEMER 24TH 9:00 AM – 11:00 AM
GRADES 11 & 12 STUDENTS

BC INSTITUTE OF TECHNOLOGY – Burnaby: One of BC's largest institutions with more than 48,000 students at five [5] main campuses. Entrance requirements are program specific.
CANADIAN FORCES/RMC – Various Locations: If you qualify for paid university, complete your degree at either the Royal Military College or any accredited program at a Canadian university.
CAPILANO UNIVERSITY – North Vancouver: Offering 101 programs including bachelor's degrees, diplomas and certificates; best known for jazz, film, animation and performing arts programs.
CORPUS CHRISTI – ST. MARKS @ UBC: Vancouver: Located on the UBC campus, Corpus Christi–St. Mark's offers the first two years of university in a smaller, more personal environment.
DOUGLAS COLLEGE – New Westminster & Coquitlam: the largest degree-granting college in BC offers 13 bachelor's degrees, 500-plus university-transfer courses and over 40 career programs.
KWANTLEN POLYTECHNIC UNIVERSITY – Traditional academics and hands-on, applied degree, diploma, certificate and apprenticeship programs, many not found at other BC institutions.
LANGARA COLLEGE – Located in Vancouver, offering 130 university and career bachelor's degrees, associate degrees, diplomas, certificates, and post-degree diplomas and certificates.
SIMON FRASER UNIVERSITY – The Burnaby Mountain campus includes more than three dozen academic buildings, while SFU Surrey campus is located near the Surrey Central transit station.
TRINITY WESTERN UNIVERSITY - Canada's premier Christian liberal arts university offering 47 undergraduate and 19 graduate programs on a main campus in Langley and also in Richmond.
UNIVERSITY OF NORTHERN BC – One of Canada's best small universities with undergraduate and graduate programs in arts and science, professional degrees, medicine and engineering.
UNIVERSITY OF THE FRASER VALLEY – Offers over 100 programs, including 19 bachelor's degree options in more than 30 subject areas, and more than a dozen trades and technology programs.
UNIVERSITY OF VICTORIA – More than 70% of students from outside the Greater Victoria area, with over 1,000 Indigenous students from across Canada and 3,400 international students.
VANCOUVER COMMUNITY COLLEGE – Located in the heart of Vancouver, offering academic, cultural, and social environments that inspire relevant real-world training.
EMILY CARR UNIVERSITY OF ART AND DESIGN Nationally recognized Art school.

Grade 11's and Grade 12's

Fraser Health will be on site in the Library at Lunch on Thursday November 20th. Learn all about potential careers in health care. Join us.

JOIN US IN THE LIBRARY THIS THURSDAY AT LUNCH!

Grade 12

SFU MAILING LIST
Get the latest information about SFU Stay Connected - Undergraduate Admission - Simon Fraser University

UBC
You can find the answers to your questions about admissions, programs, and applying to UBC by visiting the **Undergraduate Programs and Admissions** website.
Contact the Admissions Office

DOUGLAS COLLEGE INFO SESSIONS - ONGOING Information sessions | Douglas College

UVIC IS IMPLEMENTING CHANGES AS OF MAY 2026 TO ITS ENGLISH LANGUAGE REQUIREMENT AND TO ENGLISH LANGUAGE PROFICIENCY TESTS (less restrictive)
As of May 2026, English language proficiency can also be demonstrated in the following ways. These updates affect students applying for entry in Summer 2026, September 2026 and all future academic terms. English language requirement - Admissions - UVic

INTERESTED IN ELECTRICAL FOUNDATIONS - NEW (OPEN) SEATS AT KPU AND VCC!
Electrician - Trades Training BC

BEEDIE LUMINARIES SCHOLARSHIPS NOW OPEN
Beedie Luminaries | Scholarships for B.C. Students
Check out the BUILD and SHINE scholarships for high school students

UBC BEYOND TOMORROW SCHOLARSHIPS FOR BLACK STUDENTS Beyond Tomorrow Scholars Program - UBC | Undergraduate Programs and Admissions
APPLY BY DEC. 1

SCHOLARSHIP SEARCH ENGINES:

- EDUCATION PLANNER BC SCHOLARSHIPS & BURSARIES PAGE
  An overview of Scholarships, links, search engines and tips.
- Scholarships Canada
  Extensive database for scholarships and funding
- Schoolfinder
  Scholarships and financial aid, tuition...

- Yconic

Social Network, search engine, research

- Student Scholarships.org
- ScholarTree.ca

Based on their profile, students will see all of the scholarships that they're eligible for

- BC Scholarships search engine

Did you miss the scholarship meeting? Please read the handout and review the PowerPoint.

Scholarship MTG 1 HANDOUT 2025-2026.pdf
SCHOLARSHIP MEETING 1 fall 2025.pdf

Attention All Grade 12 Students Applying for Post Secondary in the Fall- Emerging Talent Art Show!

The Place Des Arts Emerging Talent show will be happening this year from January 23rd to Mid March. It is an opportunity for Grade 12 students to have their work featured in the Place Des Arts gallery- this opportunity would look wonderful on your applications to Emily Carr, OCAD, and other various Post Secondary Art Schools.
If you would be interested in submitting a piece or two of your work, or for more information, please see Mrs. Castro in the Art Room E121!

UBC BCOM VIDEO TIPS AND TRICKS SESSION

Register for Morning Session | Register for Afternoon Session

UBC LAND AND FOOD SYSTEMS INFO SESSIONS

Upcoming sessions:

- December 11
- January 13
- February 12
- March 12 (featuring a student panel)

Students can register here.

UPCOMING POST – SECONDARY INFO SESSIONS - DETAILS ON THE Career Centre

Ask me Anything - UBC Engineering Admissions Nov. 19th	...	11/19/2025
Live learning session EDUCATION PLANNER BC	...	11/19/2025
Corpus Christi St. Marks College virtual Preview night	...	11/20/2025
FRASER HEALTH MEDICAL CAREERS INFO SESSION-LUNCH Makerspace ******	...	11/20/2025
Memorial U virtual Open House Nov 18 -20	...	11/20/2025
UBC Black Student Outreach session at SD43	...	11/20/2025
UVIC Finance 101	...	11/20/2025
UBC SAUDER BUSINESS FUNDAMENTALS EVENT NOV 22 ON CAMPUS	...	11/22/2025

FINANCE PAGE LINK (SCHOLARSHIPS): Career Centre - Centennial Secondary School

TERRY FOX HUMANITARIAN AWARD

Applications **OPEN NOW** to Dec. 1st

Applicant Information | Terry Fox Humanitarian Award

Mark your calendars - CAP U EXPLORE NOV 29 IN PERSON

SFU (USES) UNDERGRADUATE ENTRANCE SCHOLARSHIPS

Open to December 15th!

Undergraduate Scholars Entrance Scholarships (USES) - Financial Aid and Awards - Simon Fraser University

UBC PERSONAL PROFILE

Information and video Write your Personal Profile - UBC | Undergraduate Programs and Admissions

SPORTS

🏑 **Centennial Girls Field Lacrosse Try-outs**

- Mon, Nov. 24th 3:30-4:30pm

You will need a stick, mouthguard and goggles. New & experienced players are welcome! For more information, please follow our Instagram **centgirlsfieldlacrosse** or email Ms. Kelly Murray at kemurray@sd43.bc.ca.

Swimmers Provincial Relay

Thank you to EVERYONE who covered for me and to all of you who are working extra with these athletes to help them catch up.

Our Boys team were AMAZING - they placed 3rd in the province, behind St Georges and Penticton, both of which have full time coaches, their own pool and all year swimming programs!
Our Girls came top 20 in a tough field with a team of only 7 (two with no previous racing experience!) so very well done 😊

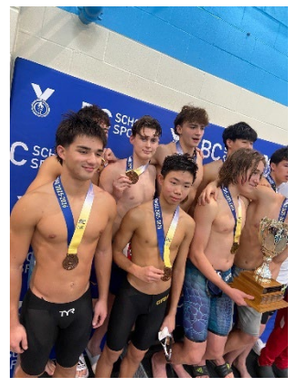
HIGHLIGHTS: Davin Rollins won gold in 50m Breaststroke and bronze in the 100m IM
Derex Yang won gold in the 200 m IM (very exciting come from behind finish!) as well as a 7th in 100 m breaststroke. Our boys Medley relay won silver (Andrew Matheson, Davin, Eden Yeung and Alex Cornescu) and our Boys 200 m Free relay won bronze (Timothy Ngai, Andrew, Davin and Alex).

We had a girls 4 x 100m free relay that was 7th fastest - Oliviak Kubiscek, Kennedy Kwan, Meghan Lubog and Maya Paul stepped in to cover for Hailey Jeong when she couldn't make the final.

Other individual top results include Alex C was 4th in 100m free, Taysia Langstrom was 7th in 100 m free and 10th in 50m free, Josh Kim was 6th in 100m free and 9th in 100 m breaststroke, Andrew M was 6th in the 50 m backstroke and 5th in the 100 m IM.

ALL our other relays made finals and earned points (including great swims from the rest of our Provincial qualifiers: Yana Khrissanova, Kaegan Guilty, Jacob Matheson, Owen Yeung, Arsham Dehghani, Rikuto Nobuhara, Manisha Dunenkepotha).

here are some of our podium photos!
Maureen Curran



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
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

Community Events

École Westwood Elementary PAC

INVITES YOU TO OUR

Winter MARKET

NOVEMBER 29 10AM TO 4PM

3610 HASTINGS ST, PORT COQUITLAM

LOCAL VENDORS | JR. VENDORS
GAMES | SILENT AUCTION | DOOR PRIZES
FOOD & DRINK FOR PURCHASE

$5 ADMISSION
OR $2 ADMISSION WITH FOOD BANK DONATION
KIDS 12 & UNDER FREE