



CENTENNIAL TODAY

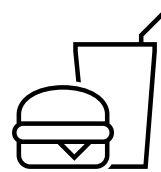
Wednesday, April 16, 2025 – Day 1

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

Bacon & Egg Breakfast Wrap \$3.00

Fruit Smoothies \$3.00

Today's Menu

Grilled Cheese \$5.00

Pesto Chicken Panini \$5.50

Four Cheese Pizza \$5.50

Meat Lovers Pizza \$5.50

BBQ Pulled Pork Sandwich

Korean Beef Cheesesteak \$7.00

Salads

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

Spinach Kale Caesar Salad \$4.50 w/ Chicken \$5.50

Chopped Salad \$4.50 (GF)

ALL STUDENTS

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

It is not too late to hand in Student emergency forms. Please hand them in to the office.



HOP ON OVER FOR OUR

Easter Egg Painting

Join us on
April 17th
at lunch

Room B106
SIGN UP TO SAVE A SPOT
\$2 FOR PARTICIPATION



The poster features a central text area surrounded by ten colorful Easter eggs with various patterns like stripes, polka dots, and floral designs. At the bottom, there is a QR code and a small illustration of a carrot.

Easter egg painting on Thursday at lunch, room B106.
Sign up before to save a spot. \$2 for participation.

Drag Race Club: There will be a Drag Race Club meeting on Thursday, April 17 at lunch in Room A209.





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.



Skills Spring Market
May 7th

10am-1:30pm

In our library. Main access door will be exterior side patio door directly into library
Bring cash, some vendors will take credit or debit cards.

International/ELL Student Only
Tea Around the World Event

The multi-cultural leadership students will be holding another tea event this semester on Thursday April 17th from 8am-8:45am in the foyer. Please come and enjoy some tea and treats. This is a free event for all staff and students

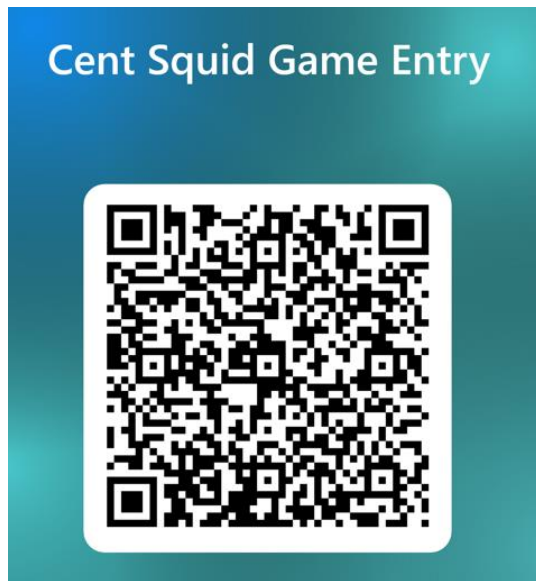
THE ISAAC NEWTON PHYSICS CONTEST

STUDENTS INTERESTED IN PARTICIPATING IN on MAY 1st should see Ms Curran in B220 or email her at mcurran@sd43.bc.ca
The contest is FREE and open to any and all physics students.

Squid Games

Compete in exciting games after school for a chance to win a JACKPOT PRIZE! Join Cent Squid Games now for only \$2!

Sign-up Form: <https://forms.office.com/r/zxA4REE8cE>



Spring is here!

We need to prepare our school garden for spring planting. Join us on Tuesdays and Thursdays after school 3:30- 4 in the garden or during Cent time on non-rainy days! Email Mr. Jonas for more information.

LIBRARY POET-TREE

Hey Centaurs!

It is National Poetry Month, and the Poet-Tree in the Library has started to bloom! Come in during the month of April to write a poem, ode, lyrics, haiku, a prose - whatever speaks to you, and add it as a leaf to our Poet-Tree. Every entry gets a candy, and the chance to win one of four free lunches in the Centennial Cafeteria!

Our first winner for the Poet-Tree contest is: Alice Park!



Come pick up your prize at the library circulation desk 😊

We also have Magnetic Poetry happening on a two-sided white board, so stop by to express your creativity!

FREE BOOKS IN THE LIBRARY!

The library has two carts of deleted books available to students on the main (stacks) level past the circulation desk. If you'd like some books for your home library, please stop by and help yourself!

Everyone has a responsibility for looking after our facilities at Centennial. If you see an issue with any of our washrooms, please report it.

No toilet paper or soap... report it!

A mess on the floor... report it!

Vaping... report it!

Damage... report it!



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

Are you interested in becoming a Peer Tutor?

We are looking for students to make a once per week commitment during a Flex block. Please fill in the QR code to apply on the next page.

PEER TUTORING

In the Library During flex...

Open Tutoring:
By booking flex with
"OpenTutoring"

Tutor
I will Help

Tutee
I need Help

Subjects: Math, Science, Music, Social Studies...

CAREER CENTRE

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

WHAT THE "L" AND OFA FIRST AID FORMS ARE DUE APRIL 17TH. TO MRS. HW OR YOUR COUNSELLOR.

What the "L" - 2 day Training for the ICBC Learners Permit Test.

New this year:

SFU CAMPS - OPPORTUNITIES [Employment Opportunities - SFU Camps - Simon Fraser University](#)

Deadline alert - Apply soon!

EASTER EGG HUNT - VOLUNTEER FOR YOUR MLA

Every year, our local MLA hosts a public Easter Egg hunt and needs volunteers to help with the event. The link below will take you to a google sign-up sheet where you can sign-up for specific shifts. This Saturday - Details here: [Volunteer Sign-up Sheet - Google Sheets](#)

Community Leadership Initiative

Attention Canadian citizen, permanent resident, or protected person Ages 15-30. It would be a weekly 4-hour commitment for 10 months. If you have a passion for creating inclusivity in your community apply soon!! [Community Leadership Initiative](#)

EVENT VOLUNTEERS

Alzheimer Society Walk/IG Wealth Management. [May 25th](#)

[More information and contact info](#)

The Coquitlam Summer SOYL Program This year, Fresh Roots is hoping to run a full program of 25 youth (grades 9-12). Youth will get lunches twice a week, access to free cull veggies, and receive a \$600 stipend for successful completion of the program. [Apply ASAP](#)

The link to the application is here:

[Coquitlam SOYL Summer Program !\[\]\(f9f168a9979beed8b01f8750d577d508_img.jpg\) 2025 SOYL Program Flyer \(1\).pdf](#)

This summer, we will run SOYL in Coquitlam from **Tuesday to Friday, 9am-3pm, starting July 2nd and finishing on August 8th.**

- Applications are now open to all SD43 students aged 16 and older.
- **Cost:** \$20. This includes breakfast, lunch, transportation to the ICBC testing center, and the fee for the Learner's Permit Knowledge test.

Program Details:

The Coquitlam School District is offering students the opportunity to participate in a 2-day instructional program with an ICBC instructor to help them prepare for the Learner's Permit test. On the second day of the program, students will take the Learner's Permit test, with the goal of successfully completing it. This program is designed for students who may face barriers in obtaining their learner's permit, including but not limited to: test anxiety, learning challenges, financial need, limited access to resources or vehicles, and others.

- **Dates:** May 6th and May 13th **Time:** 9:00 AM – 2:00 PM
- **Location:** Winslow Center **Other:** Breakfast and lunch provided **Cost:** \$20.00

Details:

- The application package must be printed and completed **manually.**
- **Application Deadline: 3:00 PM on April 17, 2025.**

- All applications should be submitted to the school's Post-Secondary Advisor. Selection will be based on the following factors: students' needs/barriers, age, attendance, and whether the student is in good standing with their home school.

[WHAT THE L APPLICATION 2025 .docx](#)

Occupational First Aid (OFA) Level 1

A one-day course designed to cover all medical techniques considered to be within the responsibility of the Occupational First Aid Level 1 Attendant as required by the Workers' Compensation Board of BC (WCB).

- Date: Wednesday May 21, 2025
- Location: Como Lake Middle School
- Time: 8.30am -4:30pm

Requirements:

- age: must be at least 16 years old at the time of the course

Students will pay \$95.00 (Normally \$130-\$150 to non-members)

- Must have valid government-issued photo ID is required to receive a certificate (ex: driver's license, passport, NEXUS, BCID,...)

Details:

- The application package must be printed and completed manually.
- **Application Deadline: 3:00 PM on April 17, 2025.**
- [FIRST AID AND CPR APPLICATION 2025 .docx](#)
- All applications should be submitted to the school's Post-Secondary Advisor.

Selection will be based on the following factors: first-come first-served, age, attendance, and whether the student is in good standing with their home school.

Upcoming info sessions – in-person @Douglas College

Tue Apr 15, 2025 @ 5:00 PM

New Westminster Campus Concourse

Wed Apr 16, 2025 @ 5:00 PM

Coquitlam Atrium

Grade 12



CUPE BC - AUBRY BURTON/REG FORD SCHOLARSHIPS

[Aubrey Burton/Reg Ford Memorial Scholarship Application – CUPE BC Events & Resources](#)

CUPE BC offers the Aubrey Burton/Reg Ford Memorial Scholarship annually to CUPE members, their spouses or their children. Four scholarships valued at \$1,000 each are awarded to students entering their first year of Post-Secondary education.

ANGAD HUNDAL SOCIETY AWARD AND SCHOLARSHIP (5,000 & 2500)

[Angad Hundal Society](#) **Apply by June 30th**

HORATIO ALGER TECHNICAL AND VOCATIONAL SCHOLARSHIPS - Apply by June 15th

[Vocational & Technical Scholarships - Horatio Alger Canada](#)

[Vocational & Technical Education Applicant FAQ - Horatio Alger Canada](#)

FOR individuals pursuing a certificate or diploma program. **125 of the awards are for BC residents ONLY & require <\$100,000 income** (the others are <65K) Some awards are now \$9,000 (70).

KNOW YOUR SFU BURNABY - FOR ACCEPTED/UNDECIDED STUDENTS

On campus - the admissions team will be there to assist. **April 24th 5 - 8pm Register** here: [#KnowYourSFU Burnaby Events - Fall Term Start \(September 2025\) - Simon Fraser University](#)

DOUGLAS COLLEGE ENTRANCE AWARDS DEADLINE EXTENDED

[Entrance Awards & Scholarships | Douglas College](#)

Students who meet the criteria should **apply by April 15th, 2025.**

Bursaries are available Aug 15 - Sep 15 for new students with financial need.

[Awards, Bursaries & Scholarships | Douglas College](#)

FOR MORE SCHOLARSHIPS VISIT THE CAREER CENTRE -

[Career Centre - Centennial Secondary School](#)

SPORTS

JR & SR Badminton

Congratulations!! to the SR Boys for their wins over Riverside (6-1) and Carney (6-1). And to the JR Boys and Girls teams for beating both Riverside and Carney. Our last home game will be on Thursday (April 17th) for the JR team.

Go Centaurs!!

Unified Basketball Team

Our Unified Basketball team had a very special day on Friday, April 12th at the SD43 District Championship at Terry Fox Secondary.

The folks at Fox were fantastic hosts and put on a first-class event.

We managed to win our pool during round robin play and won the semi-final game before losing in a close game in the final to Port Moody. By finishing second in the District Championships, we qualified for the inaugural 2025 Special Olympics BC Regional Championships being hosted at Point Grey Secondary on Wednesday, April 16th.

There will be three Vancouver schools, two Coquitlam schools, two Langley schools, one from Surrey and one from Chilliwack. We are so proud of our players. They all contributed on the court and were excellent representatives of Centennial.



Centennial Ultimate Frisbee Team:

The next home game is on Thursday April 17 at 3pm against Riverside. Come enjoy the sunshine afterschool and support the team!

The Ultimate team still has space for 4 more girls - you need to be available for 2:30pm games on Fridays until May 9.

If you are interested, see Ms. Purdey in room B212 at lunch or email her Lpurdey@sd43.bc.ca.



Go Centaurs!!!!

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
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
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