



CENTENNIAL TODAY

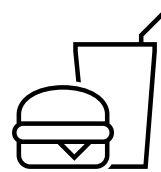
Thursday, April 17, 2025 – Day 2

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 of the Day: Lentil Curry (Vegan) (GF)

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

AM Break

Sausage & Egg Breakfast Sandwich \$3.00

Dessert

Red Velvet Cake \$3

Chocolate Pudding Cup w/ Raspberry \$2.50

Today's Menu

Grilled Cheese \$5.00

Roasted Cauliflower Quesadilla \$5.50

Chipotle Ranch Turkey Wrap \$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.



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.

THE ISAAC NEWTON PHYSICS CONTEST

STUDENTS INTERESTED IN PARTICIPATING IN on MAY 1st should see

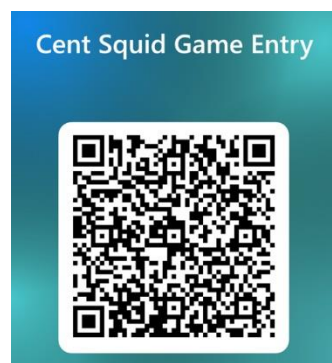
Ms Curran in B220 or email her at mcurran@sd43.bc.ca

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!

Congratulations!



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!

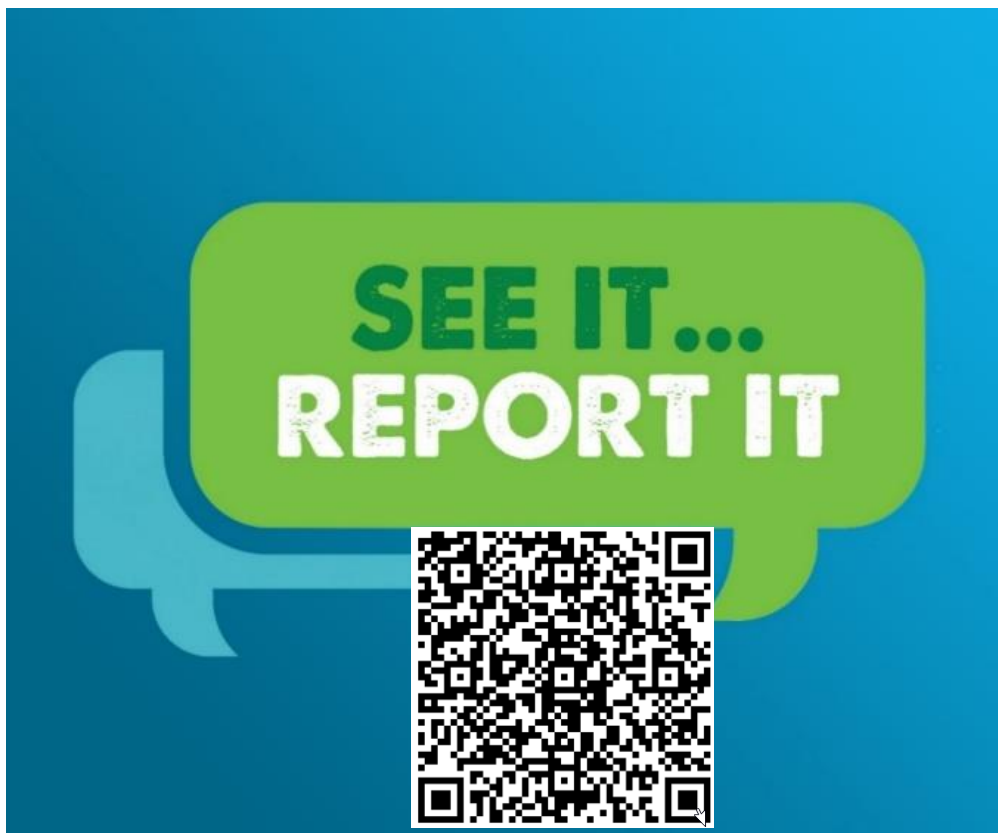
Everyone has a responsibility for looking after our facilities at Centennial. If you see an issue with any of our washrooms, please report it.

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.

A poster for Peer Tutoring in the library during flex time. The background features school supplies like a spiral notebook, paper clips, a ruler, and a protractor. The text is arranged as follows: 'PEER TUTORING' in large bold letters at the top left; 'In the Library During flex...' below it; 'Open Tutoring: By booking flex with "OpenTutoring"' in the middle left; 'Tutor I will Help' above a QR code in the middle; 'Tutee I need Help' above another QR code in the middle right; 'One on One Tutoring...' in the top right; and 'Subjects: Math, Science, Music, Social Studies...' at the bottom.

PEER TUTORING

In the Library During flex...

Open Tutoring:
By booking flex with
"OpenTutoring"

Tutor
I will Help

Tutee
I need Help

One on One
Tutoring...

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](https://www.instagram.com/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

CAMP IGNITE - DEADLINE MAY 1

For information on the program itself, please visit www.campaignite.com. To get an idea of what the program entails, check out the [awesome videos](#) under the "PUBLICITY" tab on the website. The online fillable application form can be found under the "JOIN US" tab, or by clicking [HERE](#). Applications must be submitted no later than May 1, 2025.

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](#)

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.

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 Centennial Unified Basketball team went to Point Grey Secondary School yesterday in Vancouver for the first ever Regional Championships. We won our pool beating Point Grey, Magee, Langley Secondary and Frank Hurt (Surrey). We made it to the final where we played Port Moody. Our Centaurs played a fantastic team game and won the game and the gold medal. Congratulations to all the members of 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	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