



CENTENNIAL TODAY

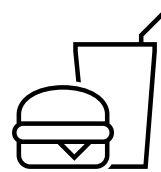
Thursday, February 13, 2025 - Day 1

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 Cauliflower (veg)

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

AM Break

Bacon & Egg Bagel \$4.00

Pesto Chicken Panini \$5.50

Today's Menu

Grilled Cheese \$5.00

Buffalo Cauliflower Quesadilla \$5.50

Baked Penne Meat Sauce \$5.50

Cheese Pizza \$5.50

Pork Schnitzel Burger \$6.00

Chicken Shawarma Wrap \$6.00 (halal)

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.

TODAY AFTER SCHOOL IS THE SCHOLARSHIP MEETING FOR DOMESTIC GRADUATING STUDENTS!

THOUSANDS OF DOLLARS AVAILABLE. LEARN HOW TO APPLY IN THE LIBRARY AFTER SCHOOL.

Paws Rescue Society

will be holding a valentine's themed raffle! The winner will receive a cozy valentine's day themed stuffed mug, as well as a \$5 cafeteria voucher! The winner will be announced on Feb 14 via Instagram, so make sure to follow [pawsrescuesociety](https://www.instagram.com/pawsrescuesociety).

You can enter the raffle at our booth at the Cent Connections Carnival on Thursday at Cent time. It cost \$2 (one ticket to enter) and is only limited to the participants who paid for tickets.



ENTER
PAWS RESCUE SOCIETY
VALENTINE'S RAFFLE!

ENTER OUR RAFFLE FOR A CHANCE TO WIN A COZY STUFFED MUG ALONG WITH A \$5 CAFÉ VOUCHER! THE RAFFLE WILL BE OPEN TO PARTICIPANTS AT THE CENT CONNECTIONS CARNIVAL ON THURSDAY DURING CENT TIME

It requires one ticket to enter (\$2), and the winner will be announced on Feb 14 via Instagram, so don't forget to follow [pawsrescuesociety](https://www.instagram.com/pawsrescuesociety) on Instagram.

\$5 CAFETERIA VOUCHER

PAWSRESCUESOCIETY



CHARITY WATER CLUB
CUPCAKE COOKIES

WORKSHOP

B214 FEB 13

\$5 FOR 3 COOKIES OR 2 CUPCAKES

Sign up in the foyer from Feb 5 to 7 to make your own personalized cookies or cupcakes!

Cent Connect Invites YOU!!

Join us at our Carnival on February 13th at Cent Time! Find new connections and make new friends using our program.

All Centennial students are welcome! Fees are \$2 per booth/snack. Students that are apart of Cent Connect get everything for free!

If you're graduating this year it's time to write your grad quote! Your quote can be up to a maximum of 100 characters long (including spaces). The form closes on February 28th. Follow the QR code below to get access!"



International Students

"International Students who are up for renewal: The deadline for International students to pay program fees for the next school year is March 1, 2025. Students are not guaranteed their place in our school after this date."

MEDICAL DISEASE CLUB AND CHARITY: WATER CLUB COLLABORATION

Hey everyone! Medical Disease Club and Charity: Water is doing a collab for Valentines Day!

Medical Disease Club is selling candy grams for \$3! All proceeds are to raise money for those suffering from the life-threatening disease Sepsis! Medical Disease will begin fundraising this Thursday.

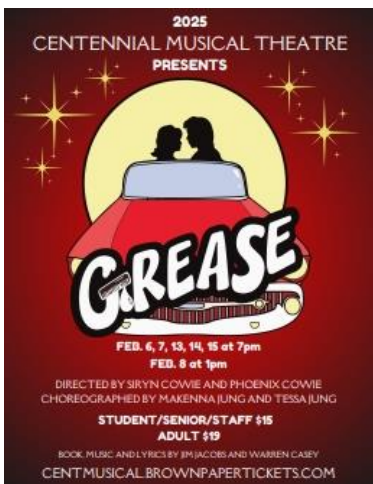
Charity: Water Club is hosting a cookie and cupcake decorating workshop on Feb 13. It's \$5 for two cupcakes or 3 sugar cookies! The first 10 people get an extra cupcake at the workshop! All proceeds go to Charity: Water organization to support over 700 million people without clean water. Fundraising will begin on Wednesday.

Black Art Showcase: Black History Month Club

Hello Centennial! Black History Month Club is continuing their Black Art Showcase with a free Jamaican Cooking Class for Jamaican Beef Patties, hosted by Ms. Nembhard.

On February 13 during Cent Time.

All who are interested can scan this QR code!



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

The show dates are Feb. 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.

The Math Club invites you to play board games (and card games) in B206 every Wednesday at lunch! Meet some friends and develop some strategic thinking skills. **Please see Ms. Do** if you have questions.

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. 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/week commitment during a Flex block. Please fill in the QR code to apply!

A poster for Peer Tutoring featuring a background of school supplies like a notebook, ruler, and paper clips. The text is arranged as follows:
PEER TUTORING
In the Library During flex...
Open Tutoring:
By booking flex with "OpenTutoring"
Tutor I will Help (with a QR code)
Tutee I need Help (with a QR code)
One on One Tutoring...
Subjects: Math, Science, Music, Social Studies...

The Q&A (Queers and Allies) Club

Will be meeting Tuesday February 18th at lunch in the textiles room (E215) to design buttons that we will make on Tuesday February 25th. All supplies will be included. Everyone is welcome! If you have any questions, please talk to Ms. Munroe, Illing, or Mr. Mogensen. 😊

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

VOLUNTEER AT FESTIVAL DU BOIS!

Event is held in Makin Park, March 7,8 & 9. [Volunteer Form – Festival du Bois](#)

Save the DATE!

**BCIT JILL OF ALL TRADES
APRIL 10TH, 2025**

- 1-DAY event for female students grades 9-12
- Transportation & lunch provided
- Hands-on and interactive experience
- Get a behind-the-scenes look at BCIT's state-of-the-art facilities, interact with industry professionals

BCIT

CONTACT: AIMPELLEZZERE@SD43.BC.CA

DEADLINE TO APPLY - MARCH 7TH SUBMIT COMPLETED PAPER APPLICATION TO MRS. HEALEY WRIGHT OR YOUR COUNSELLOR.

Education USA zoom Information session for SD43

March 6th from 5-6pm - Join Zoom Meeting

<https://fulbrightcanada.zoom.us/j/85471673671?pwd=zZGhkoDUMHuwIEuFA3zDwx14WNTNqf.1>

Meeting ID: 854 7167 3671 Passcode: 159127

GRADE 11 SCHOLARSHIP - FOR STUDENTS WITH CRITICAL FINANCIAL NEED.

Due March 15th. [Undergraduate Scholarships - Horatio Alger Canada](#)

UBC WOMEN IN ORTHOPAEDICS PROGRAM (Virtual)

March 1st, from 10:00-11:30 am. For female students grades 10-12. <https://orthopaedics.med.ubc.ca/women-in-orthopaedics/>

Here is the link to the registration form:

https://ubc.ca1.qualtrics.com/jfe/form/SV_aabBZt3RPWrjSiG Apply by Feb. 24th.

BCIT BIG INFO HAS NUMEROUS HEALTH SCIENCES INFO SESSIONS

4pm - 7pm Feb., 19th at the Burnaby campus - Many sessions to choose from: Nursing, Biotechnology, Medical Laboratory Science, Sonography, MRI, Radiation Therapy and many more. [Career Centre - Centennial Secondary School](#)

EXPLORE CAPU INFO NIGHT - WEDNESDAY FEB. 26TH 5:30 - 8:00 PM NORTH VANCOUVER CAMPUS



VOLUNTEERING [HERE](#)

Coquitlam Heritage is looking for volunteers for black history month.
Place des Arts is looking for spring break camp volunteers.

SAVE THE DATE: (SD43 CAREER AND TRADES)

JILL OF ALL TRADES - Explore trades at BCIT on April 10 - APPLY ASAP - deadline: MARCH 7TH - [School District No. 43 \(Coquitlam\)](#)

INDIGENOUS STUDENTS IN TRADES AT Port Moody - April 15 APPLY BY MARCH 7TH - [School District No. 43 \(Coquitlam\)](#)

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)

Grade 12's

*****NEW *** STARTING UBC IN THE FALL? ALPHA GAMMA DELTA UBC ENTRANCE AWARD**

FOR FEMALE STUDENTS

Apply by March 15th. This new award is posted on the career centre website. \$2,000 award for an outstanding all-round female secondary school graduate entering the University of British Columbia - Vancouver in September 2025. See full criteria.

Pathway to Teacher Education Scholarship - Province of British Columbia

Students interested in applying for the Pathway to Teacher Education scholarship in the 2025 awards year are encouraged to get organized well before the application deadline of **3:00 pm PST on February 17, 2025**. The Pathway to Teacher Education scholarship is awarded to **20 outstanding high school graduates** in BC who have demonstrated a commitment to and aptitude for a career in K-12 teaching.

GENERAL

PLACE DES ARTS - SPRING BREAK CAMP VOLUNTEERS NEEDED

14+ DEADLINE TO APPLY EXTENDED TO MARCH 5TH. CHECK THE BULLETIN BOARD OR THE CAREER CENTRE FOR AVAILABLE SHIFTS AND EMAIL volunteer@placedesarts.ca

NEW SCHOLARSHIPS

BCIT Pathway Awards - 3 X \$3,000 for SD43. DUE APRIL 4TH

[Learn about District Authority Awards! Attend the meeting especially if 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

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

🔗 Contact Volunteer Coordinator - volunteer@evergreenculturalcentre.ca

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 Education Planner BC [Start your search](#)

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

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

SFU SELF-REPORTING

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](#)

BCIT Big Info **February 19th 4pm - 7pm** Burnaby campus



STUDENT TRANSCRIPT SELECTIONS

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

Students who are unsure about their selections can contact Mrs. HW at dhealeywright@sd43.bc.ca

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

SPORTS

[Golf Team Meeting Thursday, February 13th at 12:30 pm](#)

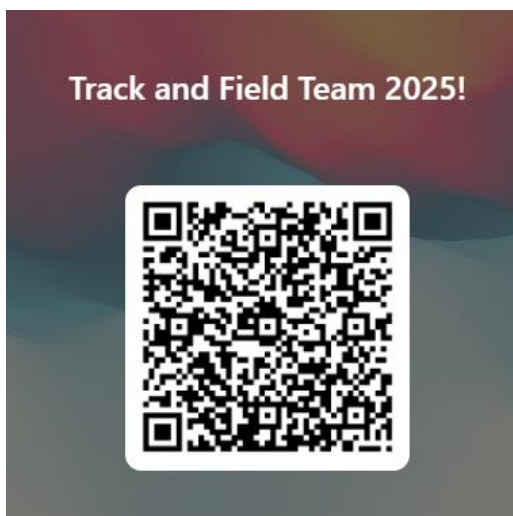
There will be a meeting for all students interested in playing on the Centennial Senior Golf Team on Thursday, February 13th at 12:30 pm in the LEC (Room E202). Students in Grades 9-12 who have golf clubs (and shoes) and have played on a full-size golf course before are encouraged to attend the meeting.

The Centennial Golf Team plays 1-2 rounds per week (typically starting in mid-late March) in preparation for the District Championships, and hopefully the Fraser North and Provincial Championships.

Our five top players will be identified during practice rounds to see who will represent Centennial at competitive events. If you are unable to attend, please see Mr. Peacock in the LEC (Room E202).

[Track & Field Sign-up](#)

If you are ready to sign up for Track & Field, please fill out the form! If you have more questions, please see Ms. Chyzowski in F105. Deadline to sign-up is February 19th!



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

A registration poster for the Tri-City Eagles Field Hockey club. The poster is dark with a white eagle logo in a circle on the left. Text on the left says "Join the Tri-City Eagles Field Hockey Club" and "FOLLOW US @tcfieldhockey". On the right, there are two sections: "Mites / Mini (U10)" with "EARLY BIRD PRICING ENDS FEB 23" and "INFORMATION" button, and "Junior (U11-U18)" with "EARLY BIRD PRICING ENDS FEB 1" and "INFORMATION" button. At the bottom, it says "Register Now 2025" and "Early Bird Pricing Open Until: February 1st for Juniors, February 15th for Mites/Minis". The website "WWW.TCFIELDHOCKEY.COM" is at the bottom left.

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