



CENTENNIAL TODAY

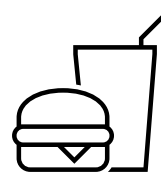
Tuesday, February 18, 2025 - Day 1

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 Zucchini (veg)

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

AM Break

Bacon & Egg Breakfast Sandwich \$3

Turkey Tetrazzini (Mushroom Cream Sauce Penne) \$5.50

Today's Menu

Grilled Cheese \$5.00

Rueben Sandwich \$5.50

Braised Beef Shepherd's Pie \$6.00

Nashville Hot Chicken Sandwich \$6.00

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.

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."

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.

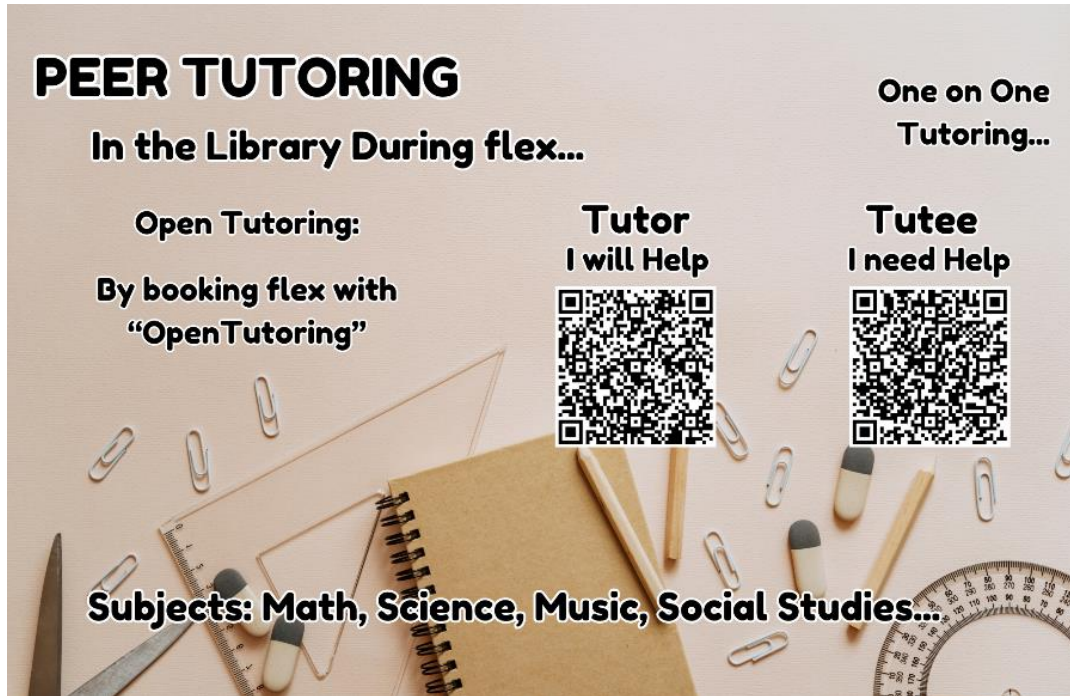
Paws Rescue Club: Paws Rescue Club is up and running! We help injured and unadoptable animals. Last year, we sponsored Bubba the cat! Please scan the QR code to join.

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!




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...

**One on One
Tutoring...**

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 \(sd43.bc.ca\)](http://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, Tuesday, Wednesday and Friday 8:00am – 3:30 pm.
email dhealeywright@sd43.bc.ca

General Information

UBC PHARMACEUTICAL SCIENCES Discover Pharmacy - The Snake Game Edition

Interested students in grades 10-12 are invited to attend this informative session at the UBC Vancouver campus March 9th from 10 am - 12:30 pm [Register](#) before Monday, March 3, 2025 at 4:00pm to secure your spot.

Upcoming February Info Sessions

- CapU Arts and Entertainment Management info session (virtual) 2/19/2025
- CapU SCHOOL OF OUTDOOR RECREATION INFO SESSION (virtual) 2/20/2025
- UBC Sauder info session Feb 20 2/20/2025
- KPU Discovery Days 2/21/2025
- BCIT Forensic Science and Technology ONLINE Info Session 2/24/2025
- UBC women in Orthopaedics program (virtual) Females gr 10-12 2/24/2025
- CAPILANO - EXPLORE CAPU NORTH VANCOUVER CAMPUS 2/26/2025
- LAW ENFORCEMENT DIPLOMA INFO SESSION - JIBC - FEB 26 2/26/2025
- DOUGLAS COLLEGE NURSING UPDATE FOR INTERNATIONAL STUDENTS 2/28/2025

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

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=zZGhkoDUMHuwlEuFA3zDwx14WNTNqf.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](#)

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.

[Grade 12's](#)

UFV ENTRANCE SCHOLARSHIP Info Session (ZOOM) Details:

- When: Wednesday, February 19 (3:30–4:30 pm PST)

[Students can SIGN UP here!](#)

*****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.

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.

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

Ultimate Frisbee Team:

Ultimate tryouts will be next week! (assuming the snow is gone....)

Tryout 1: Tuesday Feb. 18 - 3:30pm

Tryout 2: Friday Feb. 21 - 3:30pm

Location: Centennial Turf Field

Bring a water bottle and cleats if you have them. All genders, grades, and skill levels are welcome!

Interested, but can't make the tryouts? See Ms. Purdey (office: B212)

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!

Track and Field Team 2025!



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