



CENTENNIAL TODAY

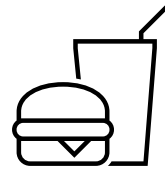
Thursday, February 20, 2025 - Day 1

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:: : Seven Grain Tomato Vegetable

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

AM Break

Bacon & Egg Breakfast Sandwich \$3

Ham Grilled Cheese \$5.50

Today's Menu

Grilled Cheese \$5.00

Pesto Chicken Panini \$5.50

BBQ Pulled Pork Sandwich \$6.00

Jerk Chicken Wings, Cornbread, Beans & Rice, Mango Salsa \$7.00

Chicken & Sausage Gumbo w/ Cheese Biscuit \$7.00

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...

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)



@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

ORGANIZATIONS THAT WELCOME HIGH SCHOOL STUDENT VOLUNTEERS
Community Volunteer Connections (CVC) | ORGANIZATIONS THAT WELCOME HIGH SCHOOL STUDENT VOLUNTEERS

Suggestions from Community Volunteer connections



CAMP IGNITE FOR GRADE 11/12 FEMALES - AUGUST 7 - 10 2025 🔥🚒🔥

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**. Coquitlam Fire/Rescue will be sponsoring up to two participants this year (space permitting), meaning that at least one lucky Coquitlam student will be able to attend the program at no cost.

ROCKY POINT ICE CREAM HIRING FAIR

Employment – Rocky Point Ice Cream Saturday March 1st Minimum wage: \$17.40

Must be a Canadian Resident Stop by for an interview so we can get to know you!

*Please print off, fill out, and bring the application and your resume to the hiring fair.

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.

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](#)



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](#)

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

BCIT ENTRANCE AWARDS

Available to students who are planning to attend our institute starting May 1, 2025, to April 30, 2026.

Up to 25 BCIT President's Entrance Awards, available only to current BC High School students

Valued up to \$4,000 each. Deadline: April 15, 2025 [Financial Aid & Awards - BCIT](#)

NEW SCHOLARSHIPS POSTED - Due APRIL & MAY

Diabetes Hope scholarships, BCVPA Scholarships, Eagle Ridge Aux Bursary, Tidbits of Change (Parent/Mentor), BC Scholarship Society (Indigenous)


POST-SECONDARY INFO SESSIONS

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
VCC 101 Get to know us Info Session	2/25/2025 NEW
CAPILANO - EXPLORE CAPU NORTH VANCOUVER CAMPUS	2/26/2025
LAW ENFORCEMENT DIPLOMA INFO SESSION - JIBC - FEB 26	2/26/2025
Medical Imaging and Radiation careers - Virtual info session NEW	2/27/2025
UBC - All about UBC info session	2/27/2025 NEW
DOUGLAS COLLEGE NURSING UPDATE FOR INTERNATIONAL STUDENTS	2/28/2025

VISIT THE CAREER CENTRE FOR DETAILS ON CRITERIA AND ELIGIBILITY

SCHOLARSHIP APPLICATIONS ARE NOW OPEN!

DISTRICT AUTHORITY AWARDS & LOCAL SCHOLARSHIP PACKAGE CLASS OF 2025




The form will remain open until the deadline of April 16th at 3:30
34 Awards for 2025


ELIGIBILITY:
CANADIAN CITIZEN OR PERMANENT RESIDENT
GRADUATING CENTENNIAL STUDENT
Use the information document to review all awards and criteria.

Consult the info sheet on the website for criteria and details!


Websites to EXPLORE




Education Planner BC
Search, Plan & Apply to BC Post Secondary Institutions. email account & search post secondary programs/ careers/ assessment tests.




POST-SECONDARY BC
Updated website- 30 BC Institutions.



MY BLUEPRINT
Sign up with your school email account & search post secondary programs/ careers/ assessment tests.



CENTENNIAL CAREER CENTRE
Regular updates and announcements for Post secondary, Scholarships, Volunteering and Employment.



DISTRICT AUTHORITY AWARDS \$1,250 FOR GRADS WHO EXCEL IN ONE OF SEVEN FOCUS AREAS*

BC Ministry – DISTRICT AUTHORITY SCHOLARSHIPS ~ 35 AWARDS OF \$1250

Review Eligibility: [District/Authority Scholarships - Province of British Columbia \(gov.bc.ca\)](#)

Open to Canadian students and Permanent Residents only.

FOR STUDENTS who EXCEL and have SUPERIOR ACHIEVEMENT in a focus area:

APPLIED SKILLS, FINE/PERFORMING ARTS, PHYSICAL

ACTIVITY, TECHNICAL/TRADES TRAINING,

INT'L LANGUAGES, INDIGENOUS LANGUAGES AND CULTURE, COMMUNITY SERVICE (Volunteer Activity)

Apply within the Local Scholarship Form - Details on the INFO SHEET.

***Attendance, - Punctuality - Work habits – Cooperation* are considered**

*****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.

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

Senior Boys Basketball

With wins over Heritage Woods and Terry Fox last week, the Senior Boys clinched hosting the Fraser North Championships as the Coquitlam league winner.

The Centaurs take on Riverside in the 1st Round this Thursday at 7:15PM in the Blue Gym. Come out at support your Centaurs!

There will be charged each day to cover all the costs for the championships. \$5 for adults, \$2 for students

Golf Team Meeting Friday, February 21st at 11:30 am

There will be a meeting for all students interested in playing on the Centennial Senior Golf Team on Friday, February 21st at 11:30 am 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).

Ultimate Frisbee Team:

Tryout : 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)

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