



CENTENNIAL TODAY

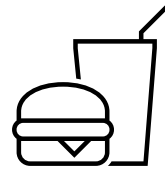
Monday, February 24, 2025 - Day 1

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: Leek & Potato (veg)

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

AM Break

Ham & Egg Breakfast Wrap \$3

Today's Menu

Grilled Cheese \$5.00

Crispy BBQ Chicken Wrap \$5.50

Turkey Burger \$6.00

Veggie Burger \$5.50

Cheesy Beef Cavatappi \$5.50

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.

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


Event details:

Inside Douglas – A Student Perspective

Choosing the right post-secondary path is a big decision, and we know how overwhelming it can feel. That's why we're inviting you to **Inside Douglas: A Student Perspective**, where current Douglas College students - who were in your shoes just last year - will share their experiences, insights, and advice on academics, campus life, and more.

This interactive panel discussion is your chance to connect with students who have navigated the same questions and challenges you may have. Hear firsthand about their transition from high school to college, explore program options, and ask questions to help you make an informed decision for your next steps.

Event Details:

 **Session 1:** Saturday, March 1, 2025, | 11:00 AM – 12:15 PM | [RSVP Here](#)

 **Session 2:** Wednesday, March 5, 2025, | 4:00 PM – 5:15 PM | [RSVP Here](#)

 **Platform:** Zoom – (link provided upon RSVP)

We look forward to seeing you there! If you have any questions, please do not hesitate to email Hana Tran at trant26@douglascollege.ca"

Today is the last day to sign up for the final math contest of the year!!

The contest is April 2 (gr. 12) and April 3 (Gr. 9, 10, 11)

Please encourage your students to sign up. These contests look great on University applications 😊



<https://forms.office.com/r/dViiv7c0Hm>

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. Olchoway 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



One on One Tutoring...

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

The Q&A (Queers and Allies) Club

Will be meeting Tuesday February 25thth at lunch in the makerspace in the library to design and make buttons. 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-Centennial-Secondary-School)



@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

NOW ACCEPTING APPLICATIONS for the BCIT Career Awareness Workshop
Workshop B: Spring/Summer Term – April 28 – May 2, 2025.

We will be accepting 24 students with priority given to Grade 12 students first and then Grade 11 and 10 students based on date order they apply and district allotment.

IMPORTANT TIMELINES:

Applications close: Friday, March 21, 2025  [2025 Career Awareness Workshop B Package April 2025.pdf](#)

(THIS ITEM IS ALSO POSTED ON THE CAREER CENTRE [Career Centre - Centennial Secondary School](https://sd43.bc.ca/Career-Centre-Centennial-Secondary-School))

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

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=zZGhkoDUMHuwIEuFA3zDwx14WNTNqf.1>

Meeting ID: 854 7167 3671 Passcode: 159127

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

DOUGLAS COLLEGE VIRTUAL INFOR SESSIONS FOR ADMITTED STUDENTS

Admissions, Financial aid, Course Registration, Student Services

- Tuesday, March 11th at 11:30am - [Please share this link](#)

- Wednesday, March 12th at 5:00pm - [Please share this link](#)

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

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

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

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

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.

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

POST-SECONDARY BC
Updated website- 30 BC Institutions.

CENTENNIAL CAREER CENTRE
Regular updates and announcements for Post secondary, Scholar, 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

SPORTS

Basketball Provincials Playoffs

Wow!!

What a weekend for basketball!!

Junior Girls basketball Team!

Congratulations! Darcy Grant and assistant coach Hayley and the team for achieving 3rd place in the PROVINCE !!!

This is a major achievement for the girls basketball program!

They have put Centennial ON THE MAP for Provincials.

The last time our girls went to the Provincials was a very long time ago!

It was an exciting weekend of provincials at GW Graham Secondary in Chilliwack!

The Senior Boys Basketball Team

Congratulations! to coaches Alan Kaselj, Lucian Sauciuc, Rob Sollero and the entire team, has also clinched a spot in the provincials!!

It was a do-or-die game at LEC this evening against Burnaby South who was leading the entire game until the final 8 seconds when Ethan Toy delivered a 3-pointer game winning shot!!

It was an unbelievable comeback.

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