



# CENTENNIAL TODAY

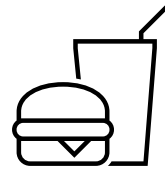
Thursday, February 27, 2025 - Day 2

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: Cream of Mushroom

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

### AM Break

Sausage & Egg Breakfast Sandwich \$3

Tortellini Alfredo \$5.50

Cinnamon Bun \$3

### Today's Menu

Grilled Cheese \$5.00

Cajun Chicken Penne \$5.50

Lemongrass Chicken Banh Mi \$6.00

BBQ Beef Burger \$5.50

Chicken Strips & Fries \$7.50

### 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

🍩 **LAST CHANCE TO PREORDER!** 🍩 Our Krispy Kreme presale ends this **Today!!** Donuts arrive **next Thursday**, and prices will be higher then—so lock in your sweet deal now! 💰🌟 Help us fight sepsis and treat yourself at the same time!

All proceeds go to the Canadian Sepsis Foundation, which helps advocate for improved treatments and spreads awareness about Sepsis.

For more information go to our Instagram 📱 @cent\_medical\_disease\_club

**WE DONUT LIKE SEPSIS**

DID YOU KNOW \$325 MILLION IS SPENT ON TREATING SEPSIS PATIENTS IN CANADA EACH YEAR

**PRESALE DATES:**  
FEB 20, 21, 26, 27

**\$15** - 1 DOZEN  
**\$5** - 3 DONUTS  
**\$2** - 1 DONUT

WE ACCEPT CASH & E-TRANSFER

**5 SEPSIS FACTS**

- SEPSIS IS LIFE-THREATENING**  
It occurs when the body's response to an infection causes widespread inflammation, leading to organ failure or death if untreated.
- IT CAN BE CAUSED BY ANY INFECTION**  
Common sources include pneumonia, urinary tract infections, and bloodstream infections. So be aware of the symptoms!
- SYMPTOMS**  
Fever, chills, Rapid heart rate, Fast breathing or shortness of breath, Extreme fatigue or weakness, Confusion or disorientation (altered mental state), Sweaty or clammy skin, dizziness, lightheadedness, Severe pain or discomfort near the infection site.
- TIME IS CRITICAL**  
Sepsis worsens rapidly and every hour without treatment increases the risk of death. Immediate medical attention is crucial.
- THE LEADING DISEASE**  
It causes an estimated 11 million deaths globally each year, more than cancer or heart disease in some regions.

**Sepsis Survivor**

## Black History Month - African Bingo and Trivia Event

**The Black History Month Club** is having a game workshop on Thursday February 27th during lunch in room E100. Come join us and learn about black cultures and African countries through a bingo and trivia game. We will have prizes available for those who win.

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 28<sup>th</sup>. Follow the QR code below to get access!"

**Grads!**  
Get your grad quotes in for the yearbook!

## 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](mailto: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. 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...**

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](mailto:dhealeywright@sd43.bc.ca)

General Information

UBC RESOURCES:  
What can I do with my degree? [Your degree](#) | [Student Services](#)

- OPPORTUNITIES
- MINERVA - LEARNING TO LEAD PROGRAM (GIRLS GRADE 10-12)
  - University of Toronto Med YSP and Law YSP (SUMMER PROGRAMS) ✳
  - BCIT BIOTECHNOLOGY CAREER AWARENESS WORKSHOP GRADE 12(PREFERRED) GRADE 11 (CONSIDERED) APPPLY ASAP!!
  - KPU Open Doors, Open Minds Indigenous Day
  - Emily Carr Spring Break Art Camp
  - Pinetree Pro D Youth Job Ready Camp ages 13-15
  - UBC Future Global Leaders programs/Summer - Registration fills quickly
  - The YES summer Camp - Registration is open (summer programs)
  - MINERVA - Rise and Shine program (Spring)
  - LaSalle College SWEAT Spring Break Camp
  - MCGILL SUMMER ACADEMY - GRADES 10/11

**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](#)

**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 9<sup>th</sup> 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](mailto:volunteer@placedesarts.ca)

**VOLUNTEER AT FESTIVAL DU BOIS!**

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

**Education USA zoom Information session for SD43**

March 6<sup>th</sup> from 5-6pm - Join Zoom Meeting

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

Meeting ID: 854 7167 3671 Passcode: 159127

**Grade 12's**

BURSARY ALERT - no applicants yet!

[Theatre Society Legacy Fund Bursary](#) Apply now! Deadline March 15<sup>th</sup> for grads entering programs in drawing, painting, sculpting, photography, digital art, performance art, dance, music, poetry, prose, theatre, and culinary arts.



Gulf & Fraser Million Dollar Bursary ...	2/28/2025
Capilano Entrance Awards/Scholarships ...	3/1/2025
Lionel Chemistry Scholarship ...	3/1/2025
BCSTA Scholarships ...	3/2/2025
Diabetes Hope Scholarship ...	3/3/2025
Science Without Borders® Challenge - INTERNATIONAL ART CONTEST ...	3/3/2025
ReMax Quest for Excellence (contest) ...	3/9/2025
Western University's National Indigenous Scholarship Program ...	3/14/2025
YVR Emerging Artist Scholarships - British Columbia and Yukon First Nations artists ...	3/14/2025
Alpha Gamma Delta - UBC Entrance award for female students *NEW ...	3/15/2025

**DOUGLAS COLLEGE VIRTUAL INFO 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's Engineering Open House**

**Engineering Open House** .

Wednesday, March 5, 2 – 6 PM BCIT Burnaby Campus

**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](#)

**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**

Websites to EXPLORE

**Education Planner BC**  
Search, Plan & Apply to BC Post Secondary Institutions.

**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, 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 \(gov.bc.ca\)](http://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**

**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](#)

**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](mailto: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 3<sup>rd</sup> 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