



CENTENNIAL TODAY

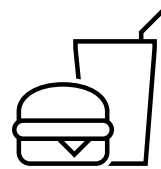
Thursday, February, 6 2025 - Day 2

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: : Creamy Zucchini Parmesan (Veg)

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

AM Break

Sausage & Egg Breakfast Sandwich \$3.00

Today's Menu

Grilled Cheese \$5.00

Veggie Burger \$5.50

Zesty Chicken Ranch Wrap \$5.50

Lemongrass Chicken Banh Mi \$6.00

Foot Long Beef Chili Cheese Hot Dog \$7.00

Beef Taco Salad \$7.00

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.

HAIR WORKSHOP: BLACK HISTORY MONTH ART SHOWCASE

Hello everyone! There is a free hair workshop in E100 at lunch today for those interested in learning about Black Hair and potentially getting their hair braided! No sign-up required, you can just drop in during lunchtime! Thanks everyone!



Interested in furthering your chemistry education and possibly getting university credit? Come to B203 Monday Feb 10th at lunch for a small info session about AP Chemistry!

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.”

Also if you are continuing with us at Centennial next year the ELL dept and Ms Sousa is supporting students with course planning for next year. If you are not in an ELL class currently, you can book Flex with Ms. Sousa on Tues/Thursdays this week and the week of Feb 10th.

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.



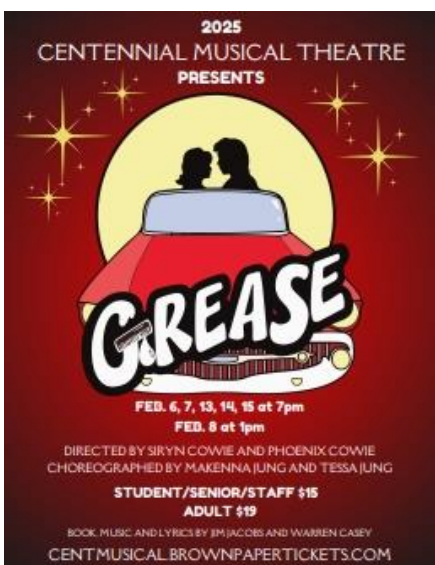
Black Art Showcase: Black History Month Club

POSTPONED DUE TO WEATHER! STAY TUNED FOR UPDATED WORKSHOP DATE!

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 11 during Flex.

All who are interested can scan this QR code!



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

The show dates are Feb. 6, 7, 8, 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.

RPM HOCKEY COMPANY LTD. EST. 1960

CHARACTER • INTEGRITY • TRADITION

CENTENNIAL HOCKEY ACADEMY

SEPTEMBER 2025 - JANUARY 2026

Offers in partnership with RPM Hockey Company, Centennial Secondary & School District 43

ABOUT THE ACADEMY

RPM & Centennial Secondary have developed a Ministry Approved program that provides students with the opportunity to obtain academic credit and pursue their sport of choice.

Academy is (good, inclusive & available for all skill levels)
Available for players Grades 9-12

RPM has been the popular choice of Parents, Players & Minor Hockey for over 44 years and Public Education for 21 years! That says a lot about the work we do day in and day out, season after season and year after year!

2025 HOCKEY ACADEMY INCLUDES:

- Academy Format - Semester - Sept. 2025 to Jan. 2026
- Inside the school timetable
- Students can play minor hockey & school sports
- Professional instruction
- On Ice Development
- Sport Specific Training
- Tactical/Game Play
- Performance Testing
- Guest Speakers & Workshops
- Complimentary Soft Goods
- Special Events
- Volunteer Experience

ACADEMY COST \$1,565

Once you have registered online at www.rpmhockey.com you must also notify the school that you would like to join their hockey academy.

Questions? Need more information?
We **strongly recommend** you attend our New Parent Zoom Meeting **Jan 21 @ 7pm**
Meeting ID: 856 9228 8054
Passcode: 092470

Registration opens Jan 22 @ 8:30am
Online @ www.rpmhockey.com
Registrations received are date and time stamped.

Contact:
Centennial Secondary Hockey Academy: Keith Peterson, kpeterson@sc43.bc.ca
Academy Administration: Craig Millin, craigm@rpmhockey.com
Academy Administration: Holly Rapawa, holly@rpmhockey.com
Academy Administration: Sam Parra, sam@rpmhockey.com

My son he has become an outstanding student as a result of mixing school with the sport he loves.
Putting my son in the Hockey Academy was the best thing I ever did for his hockey development and you can quote me. Parent - Midjet Zone Player

My son went from Santiam C to Santiam AAA and he not only brings home great marks, he looks forward to going to school every day.

Building great kids in the classroom, on ice and in their community!

The Q&A (Queers and Allies) Club

The Q&A (Queers and Allies) Club will be meeting Tuesday February 4th at lunch in the textiles room (E215) to design buttons that we will make on Tuesday February 11th. All supplies will be included. Everyone is welcome! If you have any questions, please talk to Ms. Munroe, Illing, or Mr. Mogensen. 😊

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!

Need a Tutor?

2024 Semester 1

Presented to you by The Flex Peer Tutoring program

Fixed Tutoring

Weekly one-on-one tutoring throughout the semester during Flex and Cent time!

✓ Math
✓ Science
✓ Social Studies
✓ Music

Want to learn more? Visit us at centutor.wordpress.com

Open Tutoring

Drop into the library during flex!
We will accommodate you subject to availability

Scan Me to become a tutor!

Are you interested in becoming a Peer Tutoring?

We are looking for students to make a once/week commitment during a Flex block. Please fill in the QR code to apply!

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

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](https://sd43.bc.ca)

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



UBC FUTURE GLOBAL LEADERS SUMMER PROGRAM

REMINDER: Registration for the [UBC Future Global Leaders summer on-campus program](#) opened Feb. 4th

[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)

Coquitlam Public Library Science Expo 2025

Register by Feb. 23 to participate. [Science Expo - Coquitlam Public Library](#) Info document [science-expo-info-doc-v-3.pdf](#)



Grade 12's

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!"



NEW SCHOLARSHIPS

Confratellanza Italian-Canadese Scholarships JUNE 15/Italian decent/many \$1000 awards)
BCIT Pathway Awards - 3 X \$3,000 for SD43.DUE APRIL 4TH

UBC's LANGUAGE 11 REQUIREMENT (for students entering Fall 2025)

If you are applying for Language 11 waiver Please instruct your counsellor to submit this request — and be sure to give them plenty of advance notice before the February 15 deadline. To apply for exemption from the language 11 requirements, UBC needs a written statement from your principal or counsellor indicating your date of entry and grade of entry into the Canadian school system and your **UBC reference number**. Statements must be emailed to language11.waiver@ubc.ca.

Scholarship Meeting Feb. 12TH - LIBRARY 3:20

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

Description

Our Camp volunteers make camp a rewarding experience for campers, during both the spring and summer months. They assist staff in break-time activities, help guide campers through performance scenes and facilitate hands-on art projects. Art Camp volunteers work a full day for a full week and are asked to sign up for a minimum of one week of camp. Art camp volunteers can expect to accumulate 40 volunteer hours during a week of camp and must be able to commit to an orientation session before camp begins. Deadline to apply is end of January.

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

🔗 Contact Volunteer Coordinator - volunteer@evergreenculturalcentre.ca

POST-SECONDARY INFO SESSIONS

Visit the [CAREER CENTRE/POST-SECONDARY](#) for ongoing info session dates.

BCIT BIG info, Explore CapU, TWU Open House, Discover UVic, Discovery Days KPU.

Trades Open House Jan 29th at Heritage Woods 6pm.

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 [Start your search](#)

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

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

BC SCHOOL SPORTS SCHOLARSHIP PACKAGE

BCSS is offering several scholarships for the 2024-2025 school year to recognize ***excellence in athletics, leadership, and community service***. (More than 22 awards from \$500 to 1,500 available) CRITERIA VARIES. (MIN 75%, SERVICE, LEADERSHIP, BCSS MEMBER SCHOOL PARTICIPATION) Apply by **April 25th at 4pm**

For detailed criteria and instructions, refer to the FULL CRITERIA HERE: [BCSS Scholarship Application booklet](#)

SFU SELF-REPORTING

All BC/Yukon high school students applying to the fall term must self-report their grades. Log into your account on [goSFU](#) and select the "Self-Reported Grades" link at the bottom of the screen. For detailed information on how/what to self-report for admission 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](#)

DEADLINES to SELF REPORT:

Feb 7 Beedie applicants

March 31 All other applicants

Save the date! BCIT Big Info **February 19th 4pm - 7pm** Burnaby campus



DOUGLAS COLLEGE - ENTRANCE AWARDS and SCHOLARSHIPS

The submission period for fall 2025 [Entrance Awards and Scholarships](#) will close on March 31st 2025. There are a variety of one-time awards up to \$3,500 and renewable awards of up to \$20,000, payable over four years.

STUDENT TRANSCRIPT SELECTIONS

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

Graduating students who have applied to schools in Ontario must select OUAC on their STS selections.

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](#)

POST SECONDARY BC RESOURCES

An excellent way to start your research – [For Students - Post-Secondary BC \(postsecondarybc.ca\)](#)
[EducationPlannerBC](#)



SPORTS

Badminton Results

Thank you to everyone who came out to tryouts this week! The team results are posted outside of room B122 and on our [Instagram @cent.badminton](#)

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.

TRI-CITY EAGLES
FIELD HOCKEY

Join the Tri-City Eagles Field Hockey Club

FOLLOW US @tcefieldhockey

WWW.TCFIELDHOCKEY.COM

Mites / Mini (U10)
EARLY BIRD PRICING ENDS FEB 25
INFORMATION

Junior (U11-U18)
EARLY BIRD PRICING ENDS FEB 1
INFORMATION

Register Now
2025

Early Bird Pricing Open Until:
February 1st for Juniors
February 15th for Mites/Minis

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