



CENTENNIAL TODAY

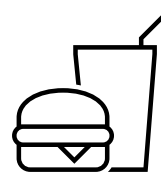
Thursday, March 13 , 2025 – Day 1

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:

Cajun Roasted Yam (Vegan)(GF)

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

AM Break

Bacon & Egg Bagel \$4

Dessert

Brown Butter Banana Cake \$2.50

Today's Menu

Grilled Cheese \$5.00

Pesto Chicken Panini \$5.50

Pulled Pork Enchilada Verde \$5.50 (GF)

Salads

Centennial Salad \$ 5.00 w/ Chicken \$7.00 (GF)

Spinach Kale 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.

FREE BOOKS IN THE LIBRARY!

The library has two carts of deleted books available to students on the main (stacks) level past the circulation desk. If you'd like some books for your home library, please stop by and help yourself!

CENTENNIAL DRAGON BOAT TEAM!



WE ARE LOOKING FOR PADDLERS!!!!

Students who are interested in joining the Centennial Dragon Boat Team for this season! There will be an **IMPORTANT MEETING on Wednesday, April 2nd in ROOM 221 at lunch!** You will need to sign-up, pick-up forms and listen for valuable information!

Our first practice will be on Tuesday, April 8th at Barnett Marine Park at the Lotus Sport Clubhouse from 4:30-6pm.

For more information, please see Mr. Asano!

EUROTOUR 2026
Paris, Nice, Florence and Rome!
Spring Break 2026



Missed the Eurotour 2026 info meeting?

Don't worry, we will have another parent info meeting in early April. In the meantime, why don't you add yourself to the Teams page? (You need to use your school district email and password) Applications will be opening shortly!!

For more information, email rchambers@sd43.bc.ca or mmattson@sd43.bc.ca

Scan the code below!





Everyone has a responsibility for looking after our facilities at Centennial. If you see an issue with any of our washrooms, please report it.

No toilet paper or soap... report it!

A mess on the floor... report it!

Vaping... report it!

Damage... report it!

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.

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

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.

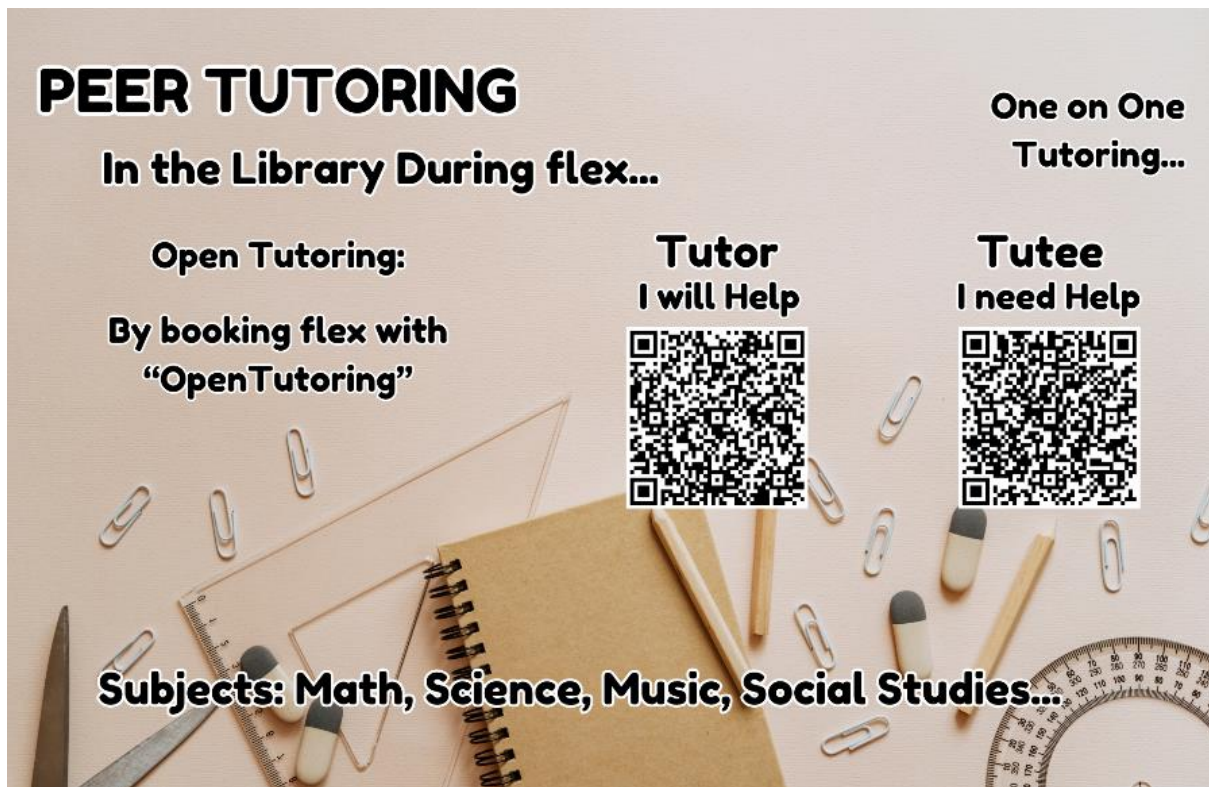
The Q&A (Queers and Allies) Club

Will be meeting after Spring break at the 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. 😊

Tech Leader? 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 per week commitment during a Flex block. Please fill in the QR code to apply on the next page.




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...

CAREER CENTRE

Visit the online Centennial Career Centre Page - [Career Centre - Centennial Secondary School \(sd43.bc.ca\)](https://sd43.bc.ca)



[@cent43careercentre](https://www.instagram.com/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 UNIVERSITY APPLICATIONS AND SKILLS

Ongoing/Online courses (tuition-based) held virtually. Incoming Grade 11&12's. [University applications and skills | Extended Learning](#)

BCIT Biotechnology Career Awareness Workshop B

The deadline has been extended from March 14 to March 31st (after Spring Break). [Career Centre - Centennial Secondary School](#) (Career Exploration)

Opportunities

SFU CAMPS - EMPLOYMENT OPPORTUNITIES NOW OPEN

All applications are currently OPEN! [Employment Opportunities - SFU Camps - Simon Fraser University](#). Deadlines vary.

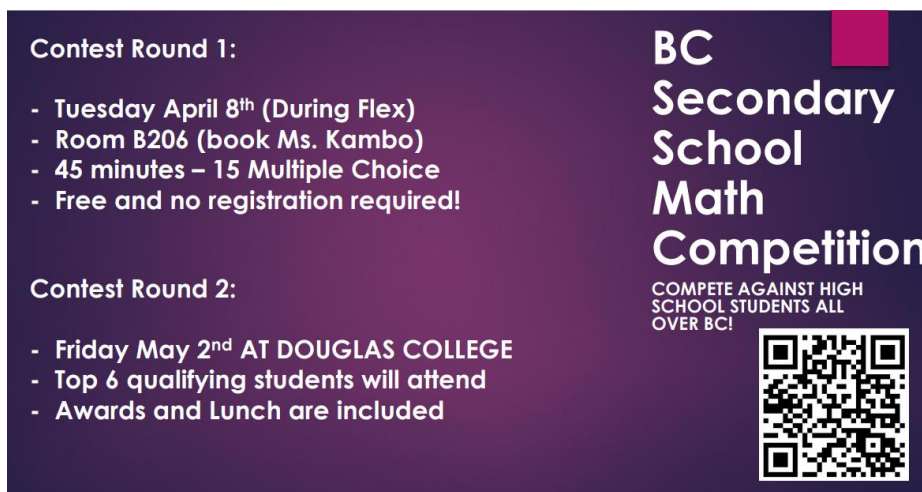
UBC GEERING UP Volunteering

Junior Instructor Program. Junior Instructors are high school or university students who lend a helping hand at our clubs and camps. STEM Mentors. [Junior Instructor Program | UBC Geering Up](#)

Apply by March 22nd. (one week minimum July to Sept)

BC High School students are invited to compete in a contest that consists of two parts: Part 1 takes place at our school during Flex and part 2 takes place at Douglas College to compete against other BC high school students. Only the top 6 scoring students will make it to part 2.

The contest will take place during Flex on Tuesday April 8th and students are asked to book flex in advanced so I may have an idea of numbers. They do not have to sign up other than booking flex and the contest is free to participate.



Contest Round 1:


- Tuesday April 8th (During Flex)
- Room B206 (book Ms. Kambo)
- 45 minutes – 15 Multiple Choice
- Free and no registration required!

Contest Round 2:

- Friday May 2nd AT DOUGLAS COLLEGE
- Top 6 qualifying students will attend
- Awards and Lunch are included

**BC
Secondary
School
Math
Competition**

COMPETE AGAINST HIGH SCHOOL STUDENTS ALL OVER BC!



CACTUS CLUB IS HIRING (MARCH 10-16)

[Hiring and Job Opportunities | Cactus Club Cafe Careers](#) Search positions by location. Nearby locations are Coquitlam Centre and Coquitlam Schoolhouse.

Grade 12's

TIDBITS OF CHANGE YOUTH BURSARIES (PROJECTS WITH PARENT/MENTOR)

tidbitsofchange.org/youth-bursaries/ Summaries of your initiative and post secondary plans. Awards of \$1,000 - \$ 5,000. Deadline March 31

SFU ENTRANCE AWARDS AND BURSARIES (Academics/Community or Aid)

[High School Students - Financial Aid and Awards - Simon Fraser University](#) Deadline March 31.

DOUGLAS COLLEGE ENTRANCE AWARDS AND SCHOLARSHIPS

[entrance-scholarship-application-2025-2026_0.pdf](#) Deadline March 31

BCIT ENTRANCE AWARDS AND BURSARIES

[Entrance Awards - BCIT](#)

BCIT: :SFAA: :Entrance Award Descriptions.pdf Deadline April 15th

NEW - DR. JENNIFER TONG MEMORIAL SCHOLARSHIP \$1,000 [Dr. Jennifer Tong Memorial Scholarship – BC Council for Exceptional Children](#)

The scholarship is to honour the determination and perseverance of a Grade 12 student who has overcome adversity to achieve personal success. Deadline to apply April 15.

[TELUS Student Bursary | TELUS Friendly Future Foundation](#) **OPEN NOW**

Who is eligible to apply:

- Youth between the ages of 17 and 29 in financial need
- Accepted into, or attending, a first undergraduate degree or diploma program at a college, university or polytechnic institute in Canada
- Canadian citizen, permanent resident or Protected Person
- Students committed to delivering a social impact initiative during the course of their studies that will have a positive social or environmental impact in their community

Application opens March 5 for a maximum of two weeks or until 700 applications are received.

STILL CONSIDERING BCIT?

[Program Availability - BCIT link to ensure applications are being accepted for selected program](#)

GFNF (GRACE FAMILY NETWORK FOUNDATION) SCHOLARSHIPS

Opened March 1st. Application form: [Career Centre - Centennial Secondary School](#) 3 X \$1,000

- Criteria: students with outstanding academic and leadership achievements demonstrating financial need
- A one page essay on "**What experience has shaped your values?**"

LOCAL SCHOLARSHIP FORM (DUE APRIL 9TH) & DISTRICT SCHOLARSHIP FORM (DUE APRIL 15TH)

[Centennial Info Sheet - Local Scholarships/District Scholarships](#)
[Career Centre - Centennial Secondary School](#)

DEADLINES TO MARCH 15TH - [Career Centre - Centennial Secondary School](#)

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
Horatio Alger Scholarships for GRADE 11 STUDENTS	...	3/15/2025
Horatio Alger Vocational & Technical Education Scholarships (for grade 12 grads) OPEN MARCH 15TH	...	3/15/2025
POCO Community Foundation - Theatre Society Legacy Fund (TSLF) Bursary (includes drawing, painting, sculpting, photography, digital art, performance art, dance, music, poetry, prose, theatre and culinary arts.)	...	3/15/2025
TRIUMF Scholarship 2025	...	3/15/2025

SPORTS

The Senior Boys Basketball Team

Congratulations to the Sr. Boys Basketball team and their coaching staff on an outstanding season!

The Centaurs wrapped up their season on Saturday, defeating Heritage Woods – 64-60. By winning their last 3 games, the Centaurs placed 9th at Provincials.

Congratulations! to Alex Birsan, for being named to the 2nd all-star team.

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