



CENTENNIAL TODAY

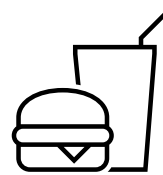
Monday, March 3 , 2025 - Day 1

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: Beef Orzo Vegetable

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

AM Break

Turkey Sausage & Egg Wrap \$3

Today's Menu

Grilled Cheese \$5.00

Monte Cristo Sandwich \$5.50

Crispy Chicken Caesar Wrap \$5.50

BBQ Beef Burger \$5.50

Poutine \$6.00

Cheesy Beef Cavatappi \$5.50

Braised Beef Shepherds Pie \$6.00

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.

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 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

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.

The Q&A (Queers and Allies) Club

Will be meeting Tuesday March4th at lunch in the textiles room (E215) Everyone is welcome! If you have any questions, please talk to Ms. Munroe, Illing, or Mr. Mogensen. ☺

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...

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

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

OPPORTUNITIES

SFU CAMPS – Volunteer and employment opportunities opening soon!
Visit the website to see available positions
[Volunteer Opportunities - SFU Camps - Simon Fraser University](#)
[Employment Opportunities - SFU Camps - Simon Fraser University](#)


LAST CALL FOR JILL OF ALL TRADES AND INFIGENOUS TRADES SAMPLER
APPLICATIONS ARE DUE BY MARCH 7TH

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 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](#) 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

Grade 12's

BURSARY ALERT - no applicants yet!

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

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

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 \(gov.bc.ca\)](https://www2.gov.bc.ca/gov/content/education-training/scholarships/district-authority-scholarships)

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

STUDENT TRANSCRIPT SELECTIONS

[Order transcripts and certificates - Province of British Columbia](https://www2.gov.bc.ca/gov/content/education-training/scholarships/district-authority-scholarships)

Students who are unsure about their selections can contact Mrs. HW

at dhealeywright@sd43.bc.ca

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