



CENTENNIAL TODAY

THURSDAY March 13* 2024 - Day 2*

In order 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.

Bon appetit!



Menu

~ LUNCH ~

Bon appetit!



Soup of the Day: Mulligatawny Soup (Curry Chicken with Apple)
Small \$2.50, Medium \$3.50, Large \$5.50

A.M. Break

Bacon & Salami Egg Wrap \$3

Sandwiches

Grilled Cheese \$5.00

Beef Lasagna \$5.50

Four Cheese Pizza \$5.50

Buffalo Chicken Pizza \$5.50

Cajun Chicken Taco Salad \$7.00

Mushroom Bao Buns \$6.00

Salads

Centennial Salad \$5.00 w/ Chicken \$7.00

Caesar Salad \$4.50 w/Chicken \$5.50

ALL STUDENTS

NEW ITEMS:



Hey Centaurs!

Spring is coming up even though we don't have cherry blossoms in the air YET! ... 🌸

To celebrate the last day of school before spring break and the upcoming spring season, we will be hosting a spirit week this week as well as a special event on Friday March 15th. This spirit week is different from any other, because you have a chance to win a bigger prize! a \$25 gift card of choice! We look forward to your participation!



Flex Time in the Library

After spring break (starting April 2), the library will host peer tutoring during Flex time. This means it will no longer be bookable by students in the Weekly Planner. Students of Mrs. Caldwell, Mr. Salembier, Ms. Olchoway and Mr. Ruditsch will continue to be booked into Flex in the Library by their teachers as needed.

CONGRATULATION TO OUR PHYSICS OLYMPICS TEAM for an impressive competition this weekend! We are still awaiting final overall results, but our Sound Lab team came 6th and our Quizzics team got top ten and qualified for the finals - super results given there were over 80 teams participating from all over BC. WELL DONE to Eloise, Daniel, Amanda, Matthew, Joanne, Hugo, Lukas, Sofiya, Bradley and Justin who attended and to Alex and Ryan for helping with the building of our solar car and cooling device.
PARTY ON WEDNESDAY TO CELEBRATE for ALL those who supported, helped, and participated this year!!!

Grade 12 Students

Grade 12's!!

We will be doing a **group grad photo** this coming Friday at Lunch on the outdoor stairs outside the music rooms at 11:45 sharp. Wear any Centennial clothing you have, if you don't have any, then try to wear cent colours – red, blue, white, grey, or black. See you there!

CAREER CENTRE

CAREER CENTRE

Visit the online Centennial Career Centre Page [HERE](#)



@cent43carecentre

Employment/volunteering – Post Secondary Information-
Scholarships & Awards – Trades Training -

Mrs. Healey Wright, your Post-Secondary and Career Advisor, is on site Monday, Wednesday Thursday and Friday 8:00am – 3:30 pm. **Support is available for all students! Appointments & Drop-in visits available in the counselling area or email**

dhealeywright@sd43.bc.ca

General

POST SECONDARY INFO SESSIONS AND EVENTS

SFU Beedie webinar 3/14/2024

VFS (Vancouver Film School) School of Animation Program Preview Event 3/14/2024

PSBC MARCH Events 3/30/2024

BCIT PATHWAY AWARDS 4/3/2024

SFU CAMPS – EMPLOYMENT

[Employment Opportunities – SFU Camps – Simon Fraser University](#) Applications now open

JOB SEARCH ENGINES

- [INDEED Job Search – part time COQUITLAM](#)
- [BC jobs Coquitlam part time](#)
- [WorkBC](#)

Be sure to check the [Career centre website](#) for more information and resources.

GRADE 12 CAREER CENTRE INFO

NEW SCHOLARSHIPS ON THE CAREER CENTRE – CHECK THEM OUT AT [THE LINK HERE](#) ON PAGE TWO

BC Adoptive Families Bursaries and Youth in Care Bursaries 4/15/2024

CHARLENE REAVELEY BURSARY PROGRAM 4/15/2024

Global Lift Equipment Scholarship (Essay) 4/15/2024

Jaymie Lynn Robertson 2024 Memorial Bursary (Epilepsy and Seizure education) 4/15/2024

KPU INTERNATIONAL SCHOLARSHIP INFO 4/15/2024

BC School Student Superintendents Association 4/16/2024

MyBlueprint H & R Block Awards 4/26/2024

BC Housing awards program 4/30/2024

Indigenous Forestry Scholarship program 4/30/2024

UVIC Entrance Scholarships - Various criteria 4/30/2024

MORE SCHOLARSHIPS POSTED

- **BCRPVPA scholarships**
- **PCAHA Scholarships**
- **Coquitlam Optimist – Robert Simms Memorial Scholarship**
Various awards of \$500 only for SD43 students – Pursuing post secondary, acceptable academic standing, financial need, community engagement. Due April 25th.
- For graduating students: **[Vocational & Technical Education Scholarships - Horatio Alger Association Canada](#)** TBA opens March 15.

ENTRANCE AWARDS

Douglas College is URGING students to apply for Entrance Awards for Fall 2024.

[Entrance Awards & Scholarships | Douglas College](#) **Apply by: March 31**

BCIT has numerous awards available: [Entrance Awards - BCIT](#) **Apply by: April 15.**

Reminder POST SECONDARY INFO SESSIONS AND EVENTS

Douglas College info fair - New West campus in person Thursday March 14th 5pm. 3/14/2024

LOCAL AND DISTRICT SCHOLARSHIP PACKAGE FOR GRADS

The INFO SHEET and link to the APPLICATION FORM can be found here: [Career Centre - Centennial Secondary School \(sd43.bc.ca\)](#) Deadline to Apply April 11 by 3:30

SPORTS

Dragon Boat Team:

Looking for Paddlers!!!!

There will be a meeting in room 221 on Wednesday, March 13th, at the beginning of lunch in Room 221 for the upcoming season. There will be forms and important information to be presented! Please attend!

Our first practice will be on Tuesday, April 9, 2024. If unable to attend the meeting, please see Mr. Asano.



SR Badminton

Yesterday our SR team had their first tournament against Pinetree and Riverside, ending in one loss and one win. Come cheer on our players April 2nd and 4th for our home tournament against Charles Best and Heritage!!

Tri-City Femail Ball Hockey U21 Team:

The season starts April 2nd and we are looking for Grades 11 and 12 girls. Visit the Tri-City website for more information.

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