

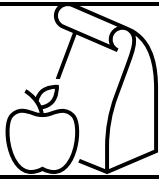


# CENTENNIAL TODAY

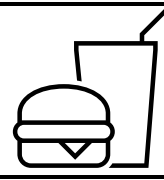
**Friday, December 12, 2025 - Day 1**

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: Tomato Basil (GF)**

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

### **AM Break**

Steak & Potato Breakfast Wrap \$3.00

Waffle w/ Blueberry Sauce \$5.00

### **Dessert**

Apple Crumble w/ Ice Cream \$3.00

Chocolate Cake \$3.00

### **Menu**

Grilled Cheese \$5.00

Bacon Cheeseburger \$6.00

Chicken Enchilada Verde \$5.50 (GF)

Chicken Caesar Wrap \$5.50

Chicken Strips & Fries \$7.50

Monte Cristo Sandwich \$5.50

### **Salads**

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

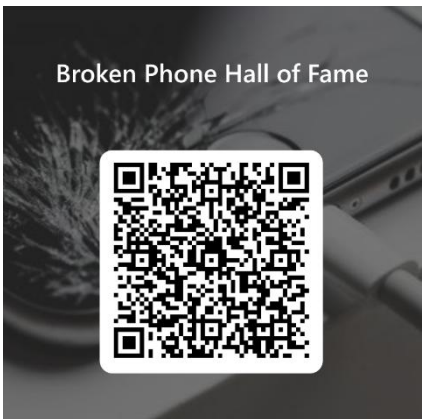
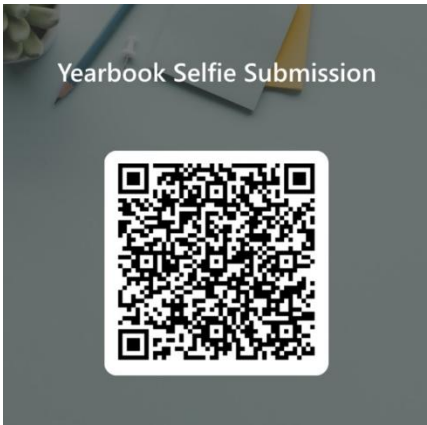
Romaine & Spinach Caesar Salad \$4.50 w/ Chicken \$5.50

Chopped Salad \$4.00

# ALL STUDENTS

**Please come to the office to pick up your Student Id Card.**

**For the Yearbook**



**Yearbook - Body Arts**

If you have a tattoo or body piercing, please fill out this form and yearbook will get in touch with you to take photos.  
<https://forms.office.com/Pages/ResponsePage.aspx?id=74xl2ZICUkKZJWRC3iSkS-CHx eoPICFMhOiD1zLL2JJUNDUyUkRMRFI1MkxLRVZQU DN CMTVYMIlwRy4u>

**ELL/International Students**

Xmas party - Cookie decorating on Wed Dec 17<sup>th</sup> at lunch in F215, use the link to sign up.  
<https://forms.office.com/Pages/DesignPageV2.aspx?origin=NeoPortalPage&subpage=design&id=74xl2ZICUkKZJWRC3iSkS4WaaVPBRWtEmNTqdmAd-f5UOUwxOFFDVzIINkM4U1dZQTFPSEhaSjRYSi4u>

**International Students**

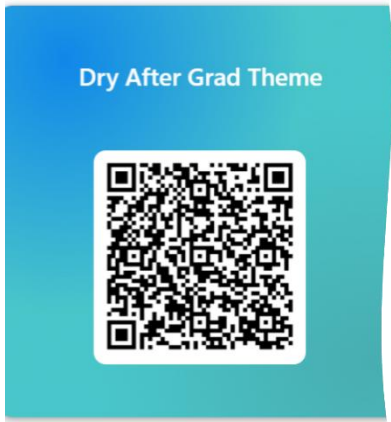
Field trip to Capilano Suspension bridge to see Canyon Lights will be Dec 15<sup>th</sup> (leave at 3:30, return approx. 8pm) see Ms. Sousa or your ELL teacher for a form. Limited spaces available.

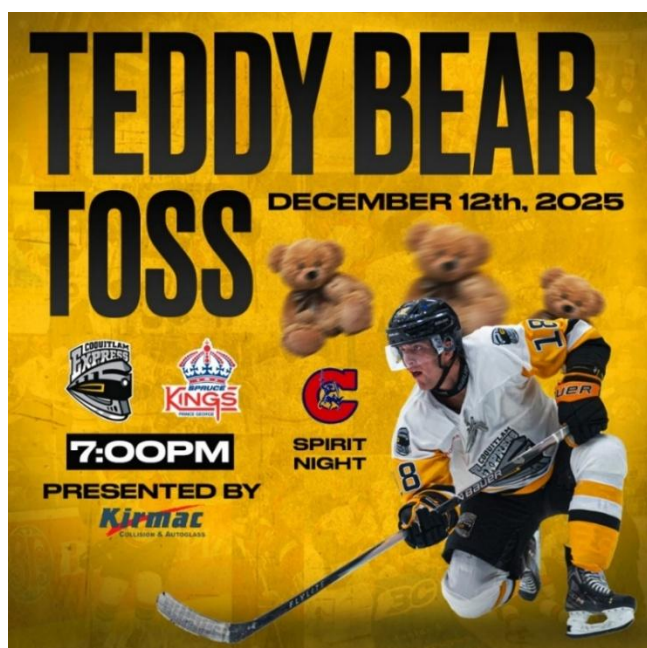
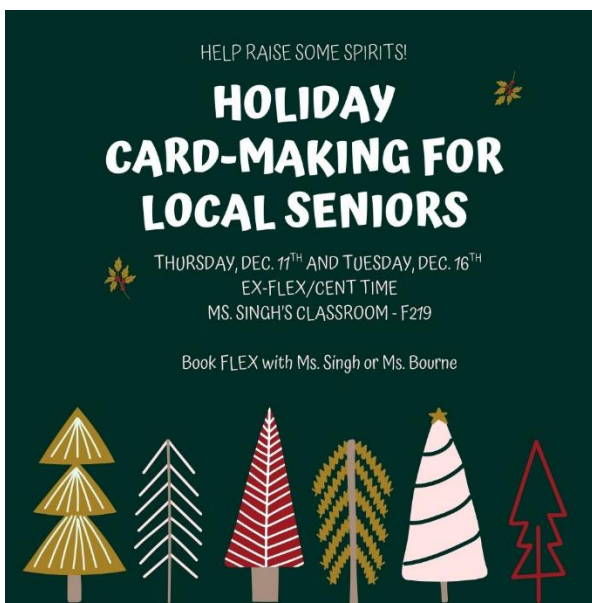


**Semester 2 Course Change Requests**

Semester 2 course change requests must be submitted by **December 16<sup>th</sup> at 4:00pm**. Please ensure that you read all the information and criteria before submitting your request.

***Attention Grads: Vote for your After Grad Theme!***





On **Friday Dec 12<sup>th</sup>**, the Coquitlam Express take on the Prince George Spruce Kings and in partnership with the Gamar Foundation, they are hosting a Centennial School Spirit Night and Teddy Bear Toss.

They are offering an opportunity for all Centennial students and staff to attend the game at **no cost**. If you are interested in claiming tickets, please click on the link and fill out the form by Dec 11<sup>th</sup> to secure your tickets. Tickets will be sent to your email. [Centennial Spirit Night | Coquitlam Express](#)



## **Graduation Photo Sessions have started!**



**Pictures will be taken at Centennial - Artona will set up portable in the parking lot.**

Appointments will be available from **2025-12-05 to 2025-12-18**. Be sure to sign up if you haven't done so yet.

- **Students can book online.** Please share this link with your graduating students and parents to book an appointment: [www.artona.com/bookings](http://www.artona.com/bookings)





## Flex Login:

Log in: 076-email address

Password: student ID number (You will be prompted to change this after you log in)

If you still cannot log in, please come down to the tech centre (in the library) to see us for support.

**Everyone has a responsibility** for looking after our facilities at Centennial.

**If you see an issue with any of our washrooms, or any other concern, please report it.**

No toilet paper or soap... report it!

A mess on the floor... report it!

Vaping... report it!

Damage... report it



## 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, Wednesday, Thursday and Friday 8:00am – 3:30 pm. email [dhealeywright@sd43.bc.ca](mailto:dhealeywright@sd43.bc.ca)

### REO

#### RESEARCH EXPLORATION OPPORTUNITY

Tour first-class research facilities

Learn basic lab techniques and experiments

Be mentored one-on-one by lab personnel

#### GENERAL INFORMATION

REO offers high school students, especially those from underrepresented groups\* in STEM, the free unique opportunity to explore research labs at partner universities across Canada during a week of spring break.

\*e.g., women in tech, LGBTQ+, Indigenous peoples, racial minorities, and youth residing in rural or low-income areas

#### About REO at UBC

- Eligibility: Grades 9 – 12 students
- Timeline: March 16 - 20, 2026
- Location: UBC Vancouver Campus

For more info, check out [linktr.ee/ubcstemfellowship](https://linktr.ee/ubcstemfellowship)

#### SCAN HERE TO APPLY

Deadline: January 9<sup>th</sup>, 2026

STEM Fellowship

Please direct questions to: [ubc@stemfellowship.org](mailto:ubc@stemfellowship.org)

### Vancouver International Children's Festival

## Be A Volunteer!

#### Accepting Applications Now!

#### Perks

- Free snacks and treats at the Volunteer Centre
- Free wristband to the Activity Village
- Signed Confirmation outlining that you volunteered "x" hours for the Festival.
- School credit for Volunteer and/or Work Experience
- Eligible for a Reference
- Letter for volunteers who contribute a minimum of 24 hours

#### Why Volunteer?

- Get involved in an exciting creative project
- Meet extraordinary people
- Learn and develop new skills
- Take part in a festive community event where you are encouraged to dress up every day you come to work
- Share your love of interacting by volunteering with kids
- Show that you care about your community

Call 604-708-5655 with any questions, we would love to hear from you! Our volunteer coordinator will start in January and will follow up with you then!

[childrensfestival.ca/about/volunteer-application-form](https://childrensfestival.ca/about/volunteer-application-form)

[Volunteer@childrensfestival.ca](mailto:Volunteer@childrensfestival.ca)

## VOLUNTEER OPPORTUNITIES!

### Spring Camps and Summer Camps

- Gain experience working with kids and youth
- Make a positive impact in the community
- Volunteer hours are very flexible

**Volunteer application forms are available on our website:**  
[www.RfCamps.com](https://www.RfCamps.com)

- Swimming
- Sports
- Arts and Crafts
- Table Games
- Forest Exploration
- Playground Games
- Talent Shows
- and much more!

Non-profit, child-centred, outdoor-based day camps

March 16-27, 2026

June 26-September 4, 2026

**SAVE THE DATE – Grade 10/11**



**SD43 TRADES PROGRAMS**  
**OPEN HOUSE**  
**WEDNESDAY, JANUARY 14<sup>TH</sup> - 6PM**  
@ TERRY FOX SEC (MAIN FOYER) 1260 RIVERWOOD GATE

**SD43 LEVEL 1 PROGRAMS:**  
\*INFO  
\*HOW TO APPLY

**MEET INSTRUCTORS:**  
\*VCC \*KPU  
\*BCIT \*SD43

**STUDENT SUPPORTS:**  
\*ACCESS BC  
\*BCCWITT  
\*SKILLED TRADES BC  
\*STEP BC

**NO REGISTRATION REQUIRED**

**43CAREERS.COM**

VOLUNTEER FOR SHARE

**SHARE Joy  
Gift Wrap & Toy Kiosk**

Toy Kiosk is open November 23 - December 24  
Gift Wrap is open December 5 - December 24  
Coquitlam Centre, Level 2 by Walmart & H&M

**VOLUNTEER REGISTRATION NOW OPEN!**



**UBC Black Futures CALL FOR INTERESTED PARTICIPANTS (LIMITED SEATS AVAILABLE)**

The Black Futures program is a unique opportunity for **Gr. 11 and 12 Black students** from across Greater Vancouver to be introduced to post-secondary options and discussions about higher education. With a slogan of “if you can see it, you can be it”, it allows students to envision their academic future. Students **DO NOT** need to be planning on attending UBC to be a part of this program.

The program consists of **four in-person meetings at UBC**. High school students will meet with UBC students, as well as a variety of faculty and other professionals. There is no cost for students to attend. Transportation to and from UBC will be provided and students will be chaperoned by SD43 teachers. If you are interested, **please see your Post Secondary and Career Advisor by December 18<sup>th</sup>**, so that your name can be added to the list—there are only 10 spots available, so don’t wait!

**Grade 12's**

**UBC SAUDER - HONG KONG UNIVERSITY DUAL DEGREE ONLINE INFO SESSION**

The UBC Sauder - Hong Kong University Dual Degree Program offers a unique opportunity to earn two globally recognized business degrees in just four years.

**Date: Thursday, December 18, 2025 (Friday, December 19 in Hong Kong)**

**Time: 6:00 - 7:00 PM PT / 10:00 - 11:00 AM HKT**

**[UBC Sauder – Hong Kong University Dual Degree Information Session | UBC Sauder School of Business](#)**

**EMILY CARR UNIVERSITY ADMISSIONS WEBINAR**

January 13<sup>th</sup> 6pm - 7pm ONLINE **[Register for webinar](#)**

**SFU UGGLA FAMILY SCHOLARSHIPS**

**[Ugqla Family Scholarship - Undergraduate Admission - Simon Fraser University](#)** **DUE JANUARY 19<sup>th</sup>, 2026** Ten scholarships are awarded each year to domestic students who face significant financial barriers to participation in post-secondary education. This may include students who identify as Indigenous, Black, or a person of colour, students living with disabilities, LGBTQIA2S+ students, and students of all gender identities. Additional criteria.

UPCOMING SCHOLARSHIP DEADLINES

BEEDIE LUMINARIES BUILD SCHOLARSHIPS (TRADES(BCIT))	... 12/15/2025
BEEDIE LUMINARIES RISE SCHOLARSHIP (NEWCOMERS/REFUGEES)	... 12/15/2025
BEEDIE LUMINARIES SHINE SCHOLARSHIP (GRADUATING GRADE 12'S)	... 12/15/2025
Burger King McLamore Foundation Scholarship	... 12/15/2025
ENVIRONMENTAL PUBLIC HEALTH BURSARY FOR INDIGENOUS STUDENT	... 12/15/2025
SFU UNDERGRADUATE ENTRANCE SCHOLARSHIPS (USES) (to Dec 15th/Docs Jan 31)	... 12/15/2025
SCHOLARSHIP SEARCH ENGINE LINKS	... 12/30/2025
January Marie Lapuz Award	... 12/31/2025
SPEAT BC (SOCIETY OF PUNJABI ENGINEERS & TECHNOLOGISTS BC)	... 12/31/2025



**Cmolik Foundation Internal Application Form - Due January 30th, 2026**  
Must have demonstrated financial need (total annual family income not exceeding \$80,000)

Application Criteria

In addition to meeting the eligibility requirements, student applications will be adjudicated by a selection committee that will consider the student’s proven resilience in the face of adversity, positive work ethic, academic suitability, contributions to community, the clarity of educational goals, focused commitment, fit with the organization, and the support of references.

Internal Deadline: January 30th <https://forms.office.com/r/PMrMqcGjm2>

**New\*\* CAPU SUMMER INTENSIVES - SQUAMISH CAMPUS - stay on campus**  
[Summer Intensives - Capilano University](#) to learn more about our Summer 2026 courses,  
email [squamish@capilanou.ca](mailto:squamish@capilanou.ca)



Upcoming events and deadlines



### CAREER CENTRE WEEKLY NEWS

MONDAY 8	UBC ENTRANCE AWARD DEADLINES - <b>Extended</b>	Due by 11:59 PM	Dec 8th
TUESDAY 9	ACE CERTIFICATE Info Session (BCIT)	Virtual 6:30 – 7:30 pm	ONLINE
WEDNESDAY 10	EMILY CARR U (ADMISSIONS& PORTFOLIO) VIU FUTURE STUDENT'S DISCOVER UVIC	WEBINAR 3PM-4PM WEBINAR 5PM-6PM WEBINAR 5PM-6PM	VIRTUAL EVENTS
THURSDAY 11	LANGARA BSN INFO VCC BSN INFO	WEBINAR 1:30-2:30 PM WEBINAR 4:00-5:00 PM	FOR FUTURE NURSING APPLICANTS (Going in at Year 2)
FRIDAY 12	Awards: SFU Entrance Awards, BEEDIE LUMINARIES & more	Upcoming DEADLINE Dec. 15 <sup>th</sup>	Apply in advance of the deadline date!

More LINKS events, scholarships and details here : 







## BC Excellence Awards

*Apply to be our*  
**NOMINEE**

The BC Excellence scholarship is awarded to 55 high school graduates who have demonstrated service and leadership, both at school and in their communities, and who show aptitude for and commitment to their chosen career or area of post-secondary study. 55 Students selected for this award receive a \$5,000 scholarship voucher



### **BC EXCELLENCE AWARD (55 awards in BC)**

The Nominee application form is now open. The \$5,000 scholarship is geared toward students who have demonstrated service and leadership, both at school and in their communities, and who show aptitude for and commitment to their chosen career or area of post-secondary study. Min "B" average and more. **Due: Jan 12** Apply to be our nominee to enter the next phase. [BC EXCELLENCE SCHOLARSHIP NOMINATION FORM 2025 - 2026 – Fill out form https://forms.office.com/r/392S6tEBDD](https://forms.office.com/r/392S6tEBDD)

### **SCHULICH LEADER SCHOLARSHIPS**



We are excited to announce that the [University of Guelph](#) will be joining Schulich Leader Scholarships as one of our [20 partner universities](#)!

The Schulich Leader Scholarships 2026 nomination (internal) deadline is **JAN 15th**. Details on applying to be our nominee are here: [Career Centre - Centennial Secondary School](#)

### **TRICITIES SOROPTOMIST SCHOLARSHIPS ARE OPEN JAN 15th, 2026**

#### **Live Your Dream Awards - Soroptimist International of Tri Cities**

Bea Kelly Volunteer Award 5 X \$1500 [APPLICATION](#)

Give her Wings Award \$1500 [APPLICATION](#)

Spread your Wings Award for Refugees and Immigrants [APPLICATION](#)

### **DOUGLAS COLLEGE INFO SESSIONS - ONGOING** [Information sessions | Douglas College](#)

FINANCE PAGE LINK (SCHOLARSHIPS): [Career Centre - Centennial Secondary School](#)

Visit the **Employment** page of the Career Centre for quizzes, resume' tips and more!  
[Career Centre - Centennial Secondary School](#)

## **SPORTS**



Centennial is suiting up our **1<sup>st</sup> ever Female Ice Hockey Team** in school history. Season kicks off April -May. Practices start February. Scan the code below or see [Mr. Peterson in A203- Metal shop](#).

*Centennial Girls Hockey Club has never lost a Game.....come join the team.*



# **Go Centaurs!**



# Centennial Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
BLOCK 1 7:45 - 8:53	BLOCK 1 7:45 - 8:53	BLOCK 1 7:45 - 8:53	BLOCK 1 7:45 - 8:53	BLOCK 1 7:45 - 8:53
BLOCK 2 9:00-10:12	BLOCK 2 9:00 – 10:03	BLOCK 2 9:00-10:12	BLOCK 2 9:00 – 10:03	BLOCK 2 9:00 - 10:12
BLOCK 3 10:16-11:28	ExFLEX 10:07 – 11:12	BLOCK 3 10:16-11:28	CENT TIME 10:07 – 11:12	BLOCK 3 10:16-11:28
Lunch 11:28 – 12:13	BLOCK 3 11:16 – 12:19	Lunch 11:28 – 12:13	BLOCK 3 11:16 – 12:19	Lunch 11:28 – 12:13
BLOCK 4 12:13 – 1:25	Lunch 12:19 – 1:05	BLOCK 4 12:13 – 1:25	Lunch 12:19 – 1:05	BLOCK 4 12:13 – 1:25
FLEX 1:29 – 1:59	BLOCK 4 1:05 – 2:08	ADVISORY/FLEX 1:29 - 1:59	BLOCK 4 1:05 – 2:08	FLEX 1:29 - 1:59
BLOCK 5 2:03 - 3:15	BLOCK 5 2:12 - 3:15	BLOCK 5 2:03 - 3:15	BLOCK 5 2:12 - 3:15	BLOCK 5 2:03 - 3:15

Book your  
FLEX and  
CENT

SCAN ME

