

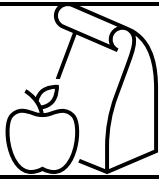


# CENTENNIAL TODAY

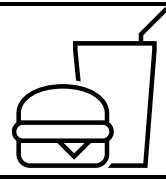
**Friday, December 19, 2025 - Day 2**

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: Bacon Corn Chowder**

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

### **AM Break**

Breakfast Quesadilla w/ Bacon & Grilled Peppers & \$4.00

Two Egg Breakfast w/ Turkey Sausage & Waffles \$5.00

### **Dessert**

Holiday Cookies \$3.00

Crème Brulé \$3.00

### **Menu**

Grilled Cheese \$5.00

Mac & Cheese \$5.50

Chicken Enchilada Verde \$5.50

Grilled Veggie Lasagna \$5.50

Chicken Strips & Fries \$7.50

Pork Carnitas Burrito \$6.00

### **Salads**

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

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

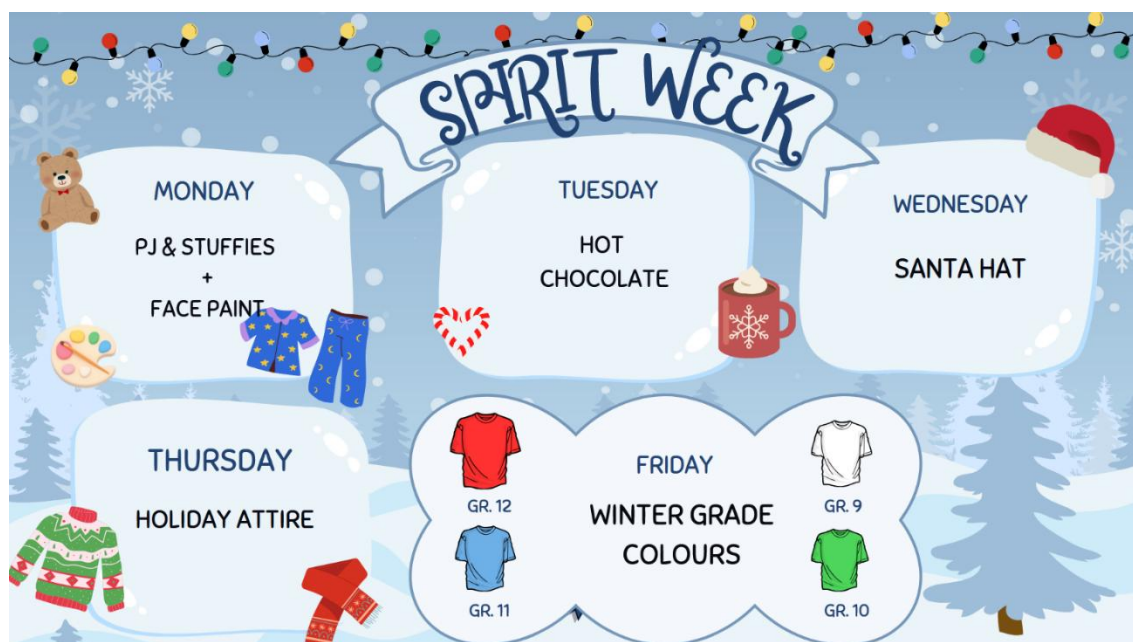
Chopped Salad \$4.00

## ALL STUDENTS

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

**IMPORTANT – BELL SCHEDULE WILL BE SWITCHED FOR THURSDAY/FRIDAY DEC 18 & 19**

**SPIRIT ASSEMBLY AT 10:10 AM on Friday (Cent Time)**



### **Ski and Snowboard Club**

There will be a brief, but mandatory meeting Friday, Dec 19 at lunch in F105. If you cannot attend Friday, please come see Ms. Chyzowski in person at lunch on Tuesday or Thursday. Passes need to be purchased using the link on Teams by December 17th! Let it snow, let it snow, let it snow!



**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.**



# PARENT INFORMATION SESSIONS

Jan 20<sup>th</sup>

- Hockey Academy @ 7pm

ZOOM Meeting ID: 884 5412 9110  
Passcode: 504797

Jan 21<sup>st</sup>

- Football Program @5:30pm
- Grade 8 Parent Info @6pm
- Optimizing Athletic Performance @8pm

Jan 23<sup>rd</sup>

- Grade 8 Tour @12pm

Jan 28<sup>th</sup>

- Grade 9-11 Parent Info @6pm

Feb 12<sup>th</sup>

- Environmental Sc Academies @ 6pm

Location: Centennial Theatre for all sessions (other than Hockey Academy)

**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!
- 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!

May 25 - May 31 2026

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

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!

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

Grade 12's

EMILY CARR UNIVERSITY ADMISSIONS WEBINAR  
January 13<sup>th</sup> 6pm - 7pm ONLINE [Register for webinar](#)

SFU UGGLA FAMILY SCHOLARSHIPS  
[Ugla 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.



## Cmolik Foundation Internal Application Form - Due January 30th, 2026

Must have demonstrated financial need (total annual family income not exceeding \$80,000) <https://forms.office.com/r/PMrMgcGjm2>

### 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.



### 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](#)



### 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](#)

Our biggest local donor

Coquitlam Foundation

Scholarship applications now OPEN until March 31st



Just for SD43 Grads!

SPORTS

GRADE 9 BASKETBALL HIGHLIGHTS

Follow the team [account@css.gr9bball](mailto:account@css.gr9bball) for updates and results.



FEMALE SPRING ICE HOCKEY TEAM

Centennial is suiting up our **1<sup>st</sup> ever Female Ice Hockey Team** in school history. Season kicks off April -May. Practices start in 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.*



RPM HOCKEY COMPANY LTD. EST. 1980

CENTENNIAL HOCKEY ACADEMY

SEPTEMBER 2026 - JANUARY 2027

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



CHARACTER • INTEGRITY • TRADITION

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 (coed, 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 45 years and Public Education for 22 years! That says a lot about the work we do day in and day out, season after season and year after year!



2026 HOCKEY ACADEMY INCLUDES:

- Academy Format - Semester - Sept. 2026 to Jan. 2027
- 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
- Personal Growth & Leadership

ACADEMY COST \$1,565

Once you have registered online at [www.rpmhockey.com](http://www.rpmhockey.com) you must also notify the school that you would like to join their hockey academy.

Contact:

Centennial Secondary	Keith Peterson	<a href="mailto:kpeterson@sd43.bc.ca">kpeterson@sd43.bc.ca</a>
Hockey Academy	Craig Millin	<a href="mailto:craig@rpmhockey.com">craig@rpmhockey.com</a>
Academy Administration	Holly Rogers	<a href="mailto:holly@rpmhockey.com">holly@rpmhockey.com</a>
Academy Administration	Sam Portis	<a href="mailto:sam@rpmhockey.com">sam@rpmhockey.com</a>

New Parent - Zoom Meeting

January 20 2026 at 7:00 pm

Meeting ID: 884 5412 9110

Passcode: 504797



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 - Midget Zone Player

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

[www.rpmhockey.com](http://www.rpmhockey.com)

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

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



HAPPY HOLIDAYS

