

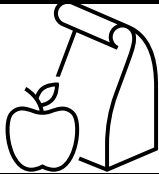


CENTENNIAL TODAY

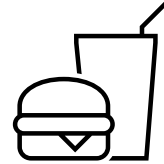
Friday, February 13, 2026 - Day 1

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 (Veg)

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

AM Break

Maple Pork Sausage Wrap \$3.00

Menu

Grilled Cheese \$5.00

Meatball Sub \$6.00

Pulled Pork Burrito w/ Guacamole & Salsa \$6.00

Chicken Strips & Fries \$7.50

Salads

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

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.

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!



International / ELL Students

Please sign up for a fun lunch activity that is Valentine's themed





PALS

Peer Academic Learning Support

Courses we can provide help with:

✓ Science

✓ English

✓ Music

✓ Math

✓ Socials

✓ and MORE...

Book your flex at the library for Open Tutoring!
Available all days of the week – pick your days!

One-on-one Tutoring

Tutor form

Tutee form

"I will help."

"I need help."

STARTING FEB 2!

SEMESTER 2

Environmental Studies Academy - Applications Open!

ES Academy applications are open now for the 2026/2027 school year for current Grade 9, 10, & 11 students. Scan the QR code, find the application in the @cent.es Instagram bio, or see Ms. Melvin or Ms. Chyzowski in F105 to apply! We will be hosting a Parent Info Session this Thursday, February 12th at 6:00pm in the theater. Students are welcome to join! **Deadline to Apply is February 13th.**



Immunization dates are as follows:

February 18 and 26 (Grade 9-12 catch-up)
May 15 (Grade 9-12 make-ups)

SCHOLARSHIPS FOR GRADE 11 STUDENTS

Transform adversity into opportunity and pursue your dreams through post-secondary education!

150+ SCHOLARSHIPS UP TO \$25,000 EACH*

personalized financial aid counselling, university selection advising, and other support services

APPLY NOW

APPLY NOW: horatioalger.ca/en/scholarships
DEADLINE: March 31, 2026

*Are You Eligible?

- Canadian Citizenship or Permanent Residence
- Household Income Under \$80,000

Grade 11 Scholarships

- *Are You Eligible?**
- Adversity
 - Canadian Citizenship or Permanent Residence
 - Household Income Under \$80,000

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

VISIT [43CAREERS.CA](https://43careers.ca) FOR DETAILS!

"What the L" - Applications Now Open!

ICBC Learner Permit Program

Please complete the application below and submit it to your Youth Worker, Counselor or Post Secondary Advisor.

[What the L Application 2026.pdf](#)

*Applications will be accepted on a needs-based system

- Applications due: March 11, 2026
- Program Dates: Tuesday, May 12 & 19, 2026 @ 1100 Winslow Avenue

TUESDAY MAY 12 AND MAY 19, 2026 **SAVE THE DATE**

WHAT THE L

Coquitlam School District will be providing students with an opportunity to participate in a 2-day instructional program with an ICBC instructor to better prepare them for their Learners Permit test through ICBC.

- ✓ 2 day program
- ✓ L permit study guide provided
- ✓ Test is already booked. Skip the wait times!
- ✓ Must be 16 by May 19
- ✓ Free lunch!
- ✓ Transportation to ICBC provided

Ready to get your permit?
Applications open February 11

Talk to your counselor or go to our website under **certificates** to access the application package.

For questions contact: mrindahl@sd43.bc.ca

OCCUPATIONAL FIRST AID
LEVEL 1 COURSE

SAVE THE DATE
FRIDAY MAY 22, 2026
8:30AM - 4:30PM
LUNCH IS PROVIDED!

OFA Level 1 (Occupational First Aid) is a one-day, WorkSafeBC-recognized course focusing on basic, essential life-saving skills for low-risk workplaces. Participants who successfully complete the course will receive a 3 year certification.

TRAINING INCLUDES:

- ✓ Assess scene safety
- ✓ Perform CPR
- ✓ Use an AED
- ✓ Treat bleeding and wounds
- ✓ Handle minor burns

COURSE FEE:
Discounted rate of \$95 (typically \$150+)

ELIGIBILITY:
Must be 16 years old at the time of the course

APPLY:
Online or talk to your counselor
Applications are due Wednesday May 6, 2026

ANY QUESTIONS REACH OUT TO MRINDAHL@SD43.BC.CA

SCHOOL DISTRICT 43 EDUCATION LEARNING CENTRE
1080 WINSLOW AVE, COQUITLAM, BC V3J 0M6

SAVE THE DATE

WEDNESDAY APRIL 29 2026 **THURSDAY APRIL 30 2026** **FRIDAY MAY 1 2026**

INDIGENOUS STUDENTS IN TRADE SAMPLER

Applications Open: Wednesday February 11, 2026
Applications Due: Wednesday March 11, 2026

FOR QUESTIONS CONTACT: MRINDAHL@SD43.BC.CA

ROCKY POINT ICE CREAM HIRING FAIR

Rocky Point Ice-Cream is having a hiring fair on Feb 22nd, 10am -

2pm <https://www.rockypointicecream.com/workwithus> Please download the application form, complete it before attending the Hiring Fair, and bring it with you on the day.

Interested in BCIT Health Care?

Thinking about healthcare? BCIT programs you can apply to right from grade 12 – BCIT

VOLUNTEER WITH THE PORT MOODY/COQUITLAM CONSTITUENCY YOUTH COUNCIL

- **When?** The Constituency Youth Council meets from April 2026 to March 2027.
- **Why?** Giving youth a voice is vital to our government. A youth perspective brings a new light to issues touching our community and our country. The CYC in Port Moody-Coquitlam is working hard to be the youth voice for our community.
- Application Link: [Click Here](#) Apply by March 1, 2026.

COURSE PLANNING PREPARATION GRADES 9-11

Search for admission requirements and programs in BC
[Start your search](#)

Search for post-secondary programs across Canada

[MyBlueprint](#) (use your school email and password)

WHAT IS UNIVERSITY TRANSFER?

Did you know that more than 55,000 students move between colleges and universities every year across the Canadian province of British Columbia?

Video: [The BC Transfer System - YouTube](#)

[BC Transfer Guide](#)

Grade 11 Scholarships - Horatio Alger Association

Due March 31st - 10 X 25K, 160 @ 10K

[Undergraduate Scholarships - Horatio Alger Canada](#)

BCIT ONLINE INFO SESSION CST/CIT COMPUTING DIPLOMAS

FEB 12 5:30 - 6:30 Register in advance [Events for February 2026 – BCIT](#)

BCIT ONLINE INFO SESSIONS AND HEALTH CAREERS WEEK

[Events for February 2026 – BCIT](#)

Register in advance

PNE EMPLOYMENT - APPLICATIONS NOW OPEN

2026 PNE Summer Jobs - Playland & FIFA Fan Festival™ in Vancouver, British Columbia | Careers at Pacific National Exhibition

Grade 12's

ENTERING A FORMAL ARTS RELATED PROGRAM?

Check out these \$2,000 awards from the Theatre Legacy Society. [Grants & Funding | Port Coquitlam Community Foundation](#) Due March 31

ENTERING TEACHING IN THE FUTURE?

Due Feb 17th - \$5,000 X 20 awards in BC

[Pathway to Teacher Education Scholarship - Province of British Columbia](#)

SFU ENTRANCE AWARDS AND ENTRANCE BURSARIES FOR HIGH SCHOOL APPLICANTS

REMAIN OPEN TO MARCH 31ST

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

BE THE LIGHT SCHOLARSHIPS

[Be The Light scholarships are for South Asian girls in need | Surrey Now-Leader](#)

Due Feb 17TH - 20 awards of \$2,500

EAGLE RIDGE HOSPITAL AUXILLIARY BURSARIES 2026

2 x \$2500 bursaries for grads entering health care. References, Essay, proof of 2yr residency and financial need. [2026-STUDENT-BURSARY-APPLICATION.pdf](#) Due March 31.

Free programs via zoom with Minerva (weekly/biweekly) or during Spring Break for young women - March - June

PLANNING TO APPLY AT BCIT

Double check program availability here: [Program Availability – BCIT](#) Note: Students will be required to upload their school transcript within the BCIT application.

Ask your counsellor for a PDF.

WHY GEOSCIENCE MATTERS - WEBINAR

Feb 26th 6-7 pm Speaker panel (online) with professionals working in industry, academia, and government.
REGISTER: <https://forms.office.com/pages/responsepage.aspx?id=RtUantX4ek-GD1c4Z6NT0kAhoBoDW3KtpJuM3e9vNNUOVlaMFAwSE5GQjJRRTQ4OV04QlI3Q0JJVS4u&route=shorturl>
Info: [GDic4Z6NT0kAhoBoDW3KtpJuM3e9vNNUOVlaMFAwSE5GQjJRRTQ4OV04QlI3Q0JJVS4u&route=shorturl](#)

Many **scholarships** have been added/updated for April - May: [Career Centre - Centennial Secondary School](#)

BCIT PATHWAY TO SUCCESS AWARDS

IF YOU ARE PLANNING TO APPLY TO **BCIT FOR A TECHNOLOGY, TECHNICAL STUDIES OR TRADE PROGRAM**, there are 3 awards of \$3,000 for SD43 students! Application deadline for students: April 3, 2026

 [SFAA-23 V5-print.pdf](#)

 [SFAA-21 V10.pdf](#)

KPU DISCOVERY DAYS - FEB 13TH RICHMOND AND FEB 20TH SURREY

REGISTER:
[KPU Discovery Days | Kwantlen Polytechnic University](#)

NEXT DOUGLAS COLLEGE INFO SESSION- FEB 24TH 5PM VIA ZOOM
[Information sessions | Douglas College](#)

STUDENT TRANSCRIPT SERVICE - HELP VIDEO How to send your transcripts
[How to register for a Basic BCeID and access the Student Transcripts Service \(STS\)](#)
Reminder: UBC and SFU require this to be completed by Jan 31.

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!

GRAD SCHOLARSHIP MEETING
Thursday, February 19TH
3:30 IN THE LIBRARY!



District Awards
Ministry Awards
Local Scholarships & Bursaries

Grade 12
Canadian or PR
Post-secondary plans

Search thousands of programs.
Discover career paths.
Explore financial resources.
Apply to post-secondary in B.C.



Learning to Lead™

MINERVA

Spring Applications Now Open!

Learning to Lead is a leadership opportunity open to self-identified girls in Grades 10-12. Participants gain confidence through interactive workshops and activities within a fun and supportive community of friends and mentors.

- Gain confidence
- Connect with peers and supportive mentors
- Build practical leadership and communication skills

Learning to Lead™ will take place via Zoom from 6pm-8pm PST:

- Wednesday, April 8th
- Wednesday, April 15th
- Wednesday, April 22nd
- Wednesday, April 29th

Apply today!



Applications close April 3rd

Thank you to Lead Supporter
ARITZIA



Rise and Shine

MINERVA

Tools for Mental and Emotional Wellness

Looking to enhance your wellness toolkit?
Rise and Shine is back for the Spring!

Rise and Shine is a wellness program for girls and gender diverse youth ages 15-24. This program contains 5 workshops designed to help youth develop essential skills to nurture their mental and emotional health and walk away with valuable and practical tools for navigating their resilience and building their confidence.

Rise and Shine will take place via Zoom from 10-11:30am PST:

Monday, March 16th
Tuesday, March 17th
Wednesday, March 18th
Thursday, March 19th
Friday, March 20th

Apply today!



Applications close March 13th



 **Future Ready**

Grow your skills. Build your network. Shape your future.
Future Ready helps young women and gender diverse youth 17-26 build confidence, develop essential life and career skills, and connect with a supportive community of peers and mentors. Over seven engaging sessions, you'll gain clarity about your goals, strengthen your voice, and explore opportunities for your future.

What You'll Learn

Future Ready is all about helping youth develop their career readiness and leadership skills through:

- Interactive learning through workshops, group-based discussions, and real-world workplace scenarios.
- Networking with inspiring mentors who can offer advice and guidance around next career steps.
- Real-world practice of foundational career skills to build confidence.

Spring 2026 Dates

Future Ready will take place via Zoom over seven sessions every second Tuesday from 6-7:30pm PT:

- March 10: Opening Session and Values
- March 24: Managing Change
- April 7: Effective Communication
- April 21: Emotional Resilience
- May 5: Building Confidence
- May 19: Effective Networking
- June 2: Advocating for Yourself and Closing Circle

REGISTER TODAY! Deadline to apply is March 3rd

Scan Here



Thanks to the support of our donors, this program is offered at no cost to participants.



SPORTS

PARENT INFORMATION SESSIONS

Jan 20th

- Hockey Academy @ 7pm
ZOOM Meeting ID: 884 5412 9110
Passcode: 504797

Jan 21st

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

Jan 23rd

- Grade 8 Tour @12pm

Jan 28th

- Grade 9-11 Parent Info @6pm

Feb 12th

- Environmental Sc Academies @ 6pm

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

Track & Field - Team Sign-up

Be sure to follow these steps to sign up for the Track & Field Team. You need to complete all steps to secure your spot on the team!



- 1.Fill out the online application form (see posters or QR code)
- 2.Return your signed medical form to Ms. Chyzowski in F105 (come to get a form if you did not attend the meeting last week)
- 3.Sign-up for the TeamLinkt app and join our team - EZNY-6Y4Z



Centennial Boys Hockey Team Signup

It’s that time of the year to seek vengeance for our disappointing semi-final shootout loss last season. **Registration is now open for Centennial boy’s spring hockey team. Tryouts will be conducted mid-February- \$30 tryout fee.** Season is short- starting at the beginning of April with playoffs late May. Spread the word. Scan the code to sign up for tryouts. **See Mr. Peterson**



A203 for more info.

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

