



# CENTENNIAL TODAY

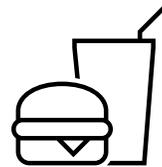
**Friday, March 13, 2026 - Day 1**

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: Chicken Corn Chowder**

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

### **AM Break Closed Today**

#### **Menu**

Grilled Cheese \$5.00

Veggie Lasagna \$5.50

Sweet Chili BBQ Chicken Wrap \$5.50

Beef Shepherd's Pie \$5.50

Tortellini Chicken Alfredo \$5.50

Italian Cold Cut Sub \$5.50

# ALL STUDENTS

## 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!



## Drag Club Meeting



“Its time to dust the Cuda off and get ready for this year’s High School drag race season! If you are interested in joining the Drag race club we will be having a meeting after spring break on April 1st, 2026. We will meet in room A205 at lunch.

## Costa Rica - Spring Break 2027

Do you want to see sloths, waterfalls, toucans, beautiful beaches, and cloud forests all while biking, rafting, paddling, and hiking across Costa Rica?? We want you! There are still spots available on the Spring Break 2027 Trip. Please see Ms. Melvin or Ms. Chyzowski in F105 (or email) to learn more. If you wish to apply: [Costa Rica Spring Break 2027 - Application Form – Fill out form](#)



**COSTA RICA**

**SPRING BREAK TRIP- MARCH 2027**

**CROSS-COUNTRY TRAVERSE  
HIKING, BIKING, PADDLING**

Scan here for trip information!

Scan here to APPLY!  
DEADLINE MARCH 13th

EMAIL MS. CHYZOWSKI OR MS. MELVIN FOR INFO (ROOM F105)

## ATTENTION GRADE 12'S – VALEDICTORIAN INFO

# VALEDICTORIAN SELECTION PROCESS

### NOMINATION QUALIFICATIONS:

- Individuals or partners may submit a single application package (4 references each for paired candidates; can overlap).
- Must be in good standing to graduate as of June 2026 (no 'IE' Reports or course failures this year)
- Good attendance record (including FLEX, Advisory, Cent Time)
- No Suspensions in Grade 12 Year
- 4 teacher nominations (link to be sent to teachers)

### NOMINATION PROCESS:

Interested potential nominees must submit the following to be considered for nomination:

- Teacher Nomination Forms (4) (this is an online form where the link has been emailed to all teachers and was included in the email sent to families)
- Short Essay (1 page MAX, typed, double-spaced) – “**Why I Should Be Valedictorian**”, completed on your own that includes how you **CONNECT** to the school community, **INSPIRE** others in positive ways and **ENGAGE** in your academic pathway - Submit to Mr. Lore at [fllore@sd43.bc.ca](mailto:fllore@sd43.bc.ca).

**\*This package is to be emailed before 4 pm, March 13 (no exceptions)**



**STUDENT ART COUNCIL**  
**MEMBER RECRUITMENT!**

Join us during the 1<sup>st</sup> week of **SPRING BREAK** to complete our second mural!

Benefits:

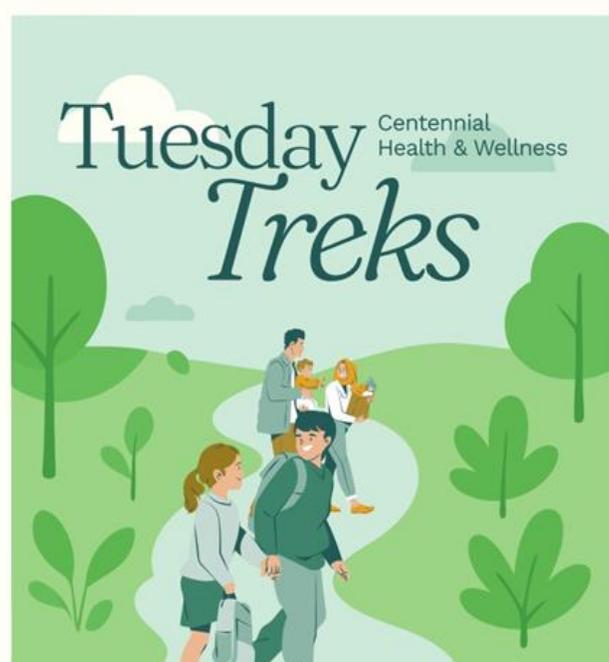
- Volunteer Certificates will be provided!
- Meet like-minded artists!!
- Gain experience completing a large-scale project!

Check out our first mural on our Insta!

**APPLY NOW!**

QUESTIONS? WANT MORE INFO?  
Please Contact:  
130-schung@sd43.bc.ca

OR DM US!  
@studentartcouncil.sd43



Tuesday Centennial Health & Wellness  
**Treks**

Illustration of people walking on a path in a park.

**April 7, 14, & 21**  
Meet at the flagpole  
at 10:05AM!

**Walk & talk to Como Lake Park**  
Meet new people, enjoy the outdoors, and get in your steps!

**Permission slip required!**  
Please pick one up from  
Ms. Bourne (F202) or Ms. Singh (F219)

# CAREER CENTRE

Visit the online Centennial Career Centre Page  
[Career Centre - Centennial Secondary School \(sd43.bc.ca\)](http://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)

## **DREAM IT BE IT CAREER CONFERENCE FOR GIRLS - MARCH 14TH PRESENTED BY THE SOROPTOMIST CLUB**



**Indigenous Trades Sampler Apr 29 - May 1 Apply by NEW APRIL 15TH DEADLINE**  
**[INDIGENOUS STUDENTS IN TRADES SAMPLER - APPLICATION 2026.pdf](#)**



### **SCIENCE ALIVE SFU - SUMMER CAMP VOLUNTEERS**

Apply by March 20<sup>th</sup> Apply on our website: [Volunteer with Us — Science ALIVE @ Simon Fraser University - STEM Programs for K-12 Youth](#)

### **BIG BROTHERS SUN RUN VOLUNTEERS - APRIL 17-19**

[Community Volunteer Connections - Volunteer Now - Vancouver Sun Run - Big Brothers Charity Volunteer](#)

### **Camp Byng Summer Leadership Training - Fee based 14-17yrs**

[Login | Scouts Canada - Camp Byng](#)

### **Indigenous Resources via ACCESS - Miscellaneous opportunities**

[Career Centre - Centennial Secondary School](#)

### **NEW\* COMMUNITY VOLUNTEER CONNECTIONS (CVC) VOLUNTEER HANDBOOK**

[Community Volunteer Connections | Volunteer - Individuals and Groups](#)

### **Grade 11 Horatio Alger Scholarships due March 31 <80k annual income**

[Scholarships - Horatio Alger Canada](#)

### **SPRING VOLUNTEER OPPORTUNITIES - [Career Centre - Centennial Secondary School](#)**

XdHacks Mini Vancouver Ambassadors, Place des Arts Spring Break volunteers, James Park Spring Break volunteers.

## Grade 12's

### LOOKING AT A TRADES FOUNDATION COURSE?

TRADES TRAINING SEAT FINDER: [Trades Training BC - The Hub for BC's Public Trades Training Programs & Schedules](#)

DOUGLAS COLLEGE UPCOMING INFO SESSIONS AND FAIRS - April 1 [Information sessions | Douglas College](#) Register in advance.

BCIT BURNABY CAMPUS WELCOME April 8th 2-6pm <https://www.bcit.ca/event/burnaby-campus-welcome/>



[The YOC Scholarship | Youth of Canada](#) Due June 15th

**Due March 31 - Theatre Society Legacy Fund - entering Arts**  
[The Theatre Society Legacy Fund](#)

Grade 12 STUDENTS WHO ARE HOPING FOR TEACHER REFERENCES FOR THE SPRING SCHOLARSHIP APPLICATIONS SHOULD ASK ASAP - **Deadline April 9 (Centennial) and April 15 (SD43)**

### COQUITLAM FOUNDATION SCHOLARSHIPS - APPLY NOW!

?

[Scholarships and Bursaries | Coquitlam Foundation - Invest . Enrich . Inspire](#)  
**(DUE MARCH 31) (\$750 - \$2,000)**

### SCHOLARSHIP MEETING INFO

[2026 CENTENNIAL LOCAL INFO SHEET MTG 2 SPRING.pdf](#)

[SCHOLARSHIP SLIDES 2025 2026 SPRING UPDATE PDF.pdf](#)

### **BC Ministry District Authority Awards** **(30 available for Centennial 2026 Grads)**

\$1250 for Excellence in one of 7 focus areas. CDN or PR Students apply via the Local Scholarship Form Details here: [2026 CENTENNIAL LOCAL INFO SHEET MTG 2 SPRING.pdf](#)

### **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](#)

## **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

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

## **March 31 deadlines (External Scholarships) Career Centre - Centennial Secondary School**

*****COQUITLAM FOUNDATION BURSARIES now openCOQUITLAM and/or SD43 STUDENTS ONLY!*****DUE MARCH 31	... 3/31/2026
*****COQUITLAM FOUNDATION BURSARIES*****COQUITLAM and/or SD43 STUDENTS ONLY!	... 3/31/2026
BC HYDRO POWER PIONEERS COMMUNITY SERVICE AWARDS	... 3/31/2026
BC Tech Scholarships	... 3/31/2026
BCRVPA BC Retired	... 3/31/2026
Capilano Entrance Awards/Scholarships	... 3/31/2026
CAPU Additional Entrance Awards	... 3/31/2026
DOUGLAS COLLEGE ENTRANCE SCHOLARSHIP APPLICATIONS DUE MARCH 31ST	... 3/31/2026
Douglas College Entrance Scholarships Oct 1 to March 31	... 3/31/2026
Eagle Ridge Hospital Auxiliary Bursary (2)	... 3/31/2026
GRADE 11 - HORATIO ALGER NATIONAL ENTREPRENURIAL SCHOLARSHIPS	... 3/31/2026
GRADE 11 Canadian Scholarships	... 3/31/2026
<a href="https://www.yvraf.com/our-program-resources/emerging-artists-scholarships/">https://www.yvraf.com/our-program-resources/emerging-artists-scholarships/</a>	... 3/31/2026
Kochhar & Co.	... 3/31/2026
Manulife Life Lessons Scholarship/contest (Loss of parent or guardian)	... 3/31/2026
Nature Vancouver Scholarships	... 3/31/2026
PCAHA - Pacific Coast Amateur Hockey Association Scholarships	... 3/31/2026
SFU ENTRANCE AWARDS, BURSARIES AND SCHOLARSHIPS - deadline March 31	... 3/31/2026
SFU ENTRANCE AWARDS, BURSARIES AND SCHOLARSHIPS ( to March 31)	... 3/31/2026
Theatre Society Legacy Fund Bursary (Entering a formal arts program - defined as a creative activity that expresses imaginative or technical skills. It produces a product or an objectexperience. It includes drawing, painting, sculpting, photography, digit	... 3/31/2026

## **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](#)

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



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



# SPORTS

## Centennial Paddling Club



**Calling All Paddlers!**

Are you a Centennial student interested in Hawaiian Outrigger Paddling? We'd love to have you join us!

Come to our information meetings on Wednesday, March 4th and Wednesday, April 1st during lunch in Room B221 to learn more about the team and upcoming opportunities.

Can't make it to one of the meetings? No problem — stop by and see Mr. Asano for more information.

Come check it out and be part of the crew! 🏄‍♀️

# 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**



HAVE AN AWESOME SPRING BREAK!!