

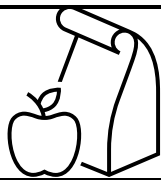


CENTENNIAL TODAY

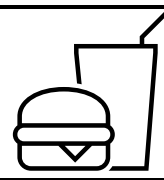
Friday, November 14, 2025 - Day 2

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: Tomato Basil (Veg)

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

AM Break

Bacon, Ham & Egg Breakfast Wrap \$3.00

Dessert

Red Velvet Cake \$3.00

Menu

Grilled Cheese \$5.00

Quinoa Veggie Wrap w/ Mango Salsa \$5.50

Chicken Strips & Fries \$7.50

Turkey & Salami Panini \$5.50

BBQ Beef Burger \$5.50

Southwest Chicken Rice Bowl \$7.00

Salads

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

Spinach & Kale 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.

International Students

INTERNATIONAL STUDENTS – Please complete the survey to choose your favorite design from the 4 designs created by International Students. Please fill out the form by noon on Nov 14th to select a winner.
<https://forms.office.com/Pages/ResponsePage.aspx?id=74xl2ZICUkKZJWRC3iSkS0bbrsNpP6ZAviM2BZvN135UOVQwWEVCS0haMzgXMURVQ0lRSjVJNjdOMS4u>

Tea Around the World Event (Centennial Foyer)

The Multi-cultural Leadership class will be putting on their Tea Around the World Event, this is a free event on Thursday Nov 20th at 8:15am-8:55am. This is the first time for many of our students as we have almost an entire new group this year!



SD43Education
FOUNDATION



SD43 Education Foundation Online Auction LIVE November 8 - 25, 2025

Make a Difference in Your Community

The SD43 Education Foundation Online Auction raises funds to support students and programs across Coquitlam, Port Coquitlam, Port Moody, Anmore, and Belcarra.

Last year, the following schools benefitted from sharing **\$51,120** in grants:

Birchland Elementary
Centennial Secondary
Hampton Park Elementary
Kilmer Elementary
Mundy Road Elementary
Port Moody Secondary

Cape Horn Elementary
Como Lake Middle
Heritage Woods Secondary
Meadowbrook Elementary
Parkland Elementary
RC Macdonald Elementary
CABE Secondary

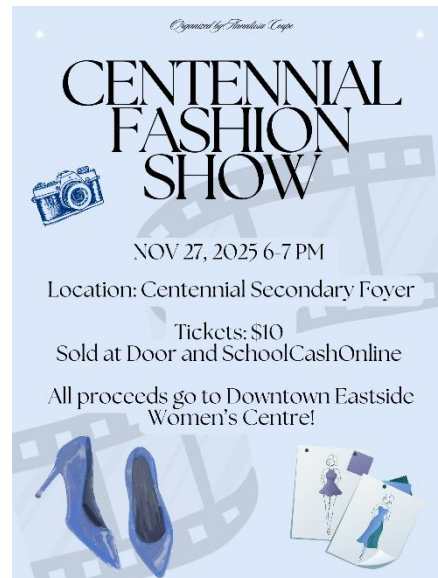
Castle Park Elementary
Gleneagle Secondary
Inquiry Hub
Montgomery Middle
Pinetree Secondary
Suwa'ikh School

Amazing Items and Experiences

Bid on vacations, hotel stays, dining experiences, local gift certificates, hockey and sports tickets, golf packages, technology, and more exciting items for everyone.

Visit, Bid and Share: www.32auctions.com/SD43foundation

CENTENNIAL FASHION SHOW



Tickets are now available for the Centennial Fashion show, on Thursday, November 27th from 6pm - 7pm in the school foyer. Tickets are \$10 each on School Cash Online. All proceeds go to the Downtown Eastside Women's Centre. You don't want to miss out on this show featuring talented student designers and models, and a chance to contribute to a worthy cause! Bring your ticket and student ID to show at the door.

Please email Mrs. Hipditch or Annaliesa (076-acoupe@sd43.bc.ca) if you have any questions.

Log on to school cash online or use this link to purchase tickets. Thank you!
<https://sd43.schoolcashonline.com/Fee/Details/159371/108/False/True>



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

UBC BLACK STUDENT OUTREACH SESSION AT SD43

On Thursday, November 20th, UBC will be holding an outreach program for Black students. *This session is a key part of UBC’s commitment to supporting Black youth in their post-secondary planning. They’ll be sharing information on university pathways, scholarships, and the support systems available to Black students at UBC and beyond.*

This field trip is open to any **Gr. 11 or 12 students** in SD43 who identifies as Black and will be held at the ELC (Education Learning Centre/SD43 1080 Winslow). Student will make their own way to and from the event (1pm - 2:30 pm)  [UBC Black Student Outreach Field Trip Consent Form.pdf](#)

Please return your form to Ms. Rai at mr Rai@sd43.bc.ca or hand in at the office Attn: Ms. Rai. **Applications are due NOVEMBER 17TH**

Grade 12



UBC ENGINEERING VIRTUAL PROGRAM FAIR NOV 14 6-8PM

Registration link: <https://engineering.ubc.ca/event/2025/ubc-engineering-virtual-program-fair>

UVIC IS IMPLEMENTING CHANGES AS OF MAY 2026 TO ITS ENGLISH LANGUAGE REQUIREMENT AND TO ENGLISH LANGUAGE PROFICIENCY TESTS (less restrictive)

As of May 2026, English language proficiency can also be demonstrated in the following ways. These updates affect students applying for entry in Summer 2026, September 2026 and all future academic terms. [English language requirement - Admissions - UVic](#)

INTERESTED IN ELECTRICAL FOUNDATIONS - NEW (OPEN) SEATS AT KPU AND VCC! **[Electrician - Trades Training BC](#)**

BEEDIE LUMINARIES SCHOLARSHIPS NOW OPEN **[Beedie Luminaries | Scholarships for B.C. Students](#)**

Check out the BUILD and SHINE scholarships for high school students

UBC BEYOND TOMORROW SCHOLARSHIPS FOR BLACK STUDENTS [Beyond Tomorrow Scholars Program - UBC | Undergraduate Programs and Admissions](#)

APPLY BY DEC. 1

SCHOLARSHIP SEARCH ENGINES:

- [EDUCATION PLANNER BC SCHOLARSHIPS & BURSARIES PAGE](#)

An overview of Scholarships, links, search engines and tips.

- [Scholarships Canada](#)

Extensive database for scholarships and funding

- [Schoolfinder](#)

Scholarships and financial aid, tuition...

- [Yconic](#)

Social Network, search engine, research

- [Student Scholarships.org](#)

- [ScholarTree.ca](#)

Based on their profile, students will see all of the scholarships that they're eligible for

- [BC Scholarships search engine](#)

Did you miss the scholarship meeting? Please read the handout and review the PowerPoint.

 [Scholarship MTG 1 HANDOUT 2025-2026.pdf](#)

 [SCHOLARSHIP MEETING 1 fall 2025.pdf](#)

Attention All Grade 12 Students Applying for Post Secondary in the Fall- Emerging Talent Art Show!

The Place Des Arts Emerging Talent show will be happening this year from January 23rd to Mid March. It is an opportunity for Grade 12 students to have their work featured in the Place Des Arts gallery- this opportunity would look wonderful on your applications to Emily Carr, OCAD, and other various Post Secondary Art Schools.

If you would be interested in submitting a piece or two of your work, or for more information, please see Mrs. Castro in the Art Room E121!

UPCOMING POST – SECONDARY INFO SESSIONS - DETAILS ON THE [Career Centre](#)

UBC Engineering PROGRAM FAIR Virtual Nov 14th	...	11/14/2025
Dalhousie online open house	...	11/15/2025
SFU Faculty Showcase at SFU Surrey	...	11/15/2025
UBC Engineering info sessions Sep – Nov 2025	...	11/15/2025
CAPILANO U – IDEA Online info session ✳	...	11/18/2025
Ask me Anything – UBC Engineering Admissions Nov. 19th	...	11/19/2025
Live learning session EDUCATION PLANNER BC	...	11/19/2025
Corpus Christi St. Marks College virtual Preview night	...	11/20/2025
FRASER HEALTH MEDICAL CAREERS INFO SESSION–LUNCH Makerspace *****	...	11/20/2025
Memorial U virtual Open House Nov 18 –20	...	11/20/2025
UBC Black Student Outreach session at SD43 ✳	...	11/20/2025
UVIC Finance 101	...	11/20/2025
UBC SAUDER BUSINESS FUNDAMENTALS EVENT NOV 22 ON CAMPUS ✳	...	11/22/2025

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

TERRY FOX HUMANITARIAN AWARD

Applications **OPEN NOW** to Dec. 1st

[Applicant Information | Terry Fox Humanitarian Award](#)

Mark your calendars - CAP U EXPLORE NOV 29 IN PERSON



SFU (USES) UNDERGRADUATE ENTRANCE SCHOLARSHIPS

Open to December 15th!

[Undergraduate Scholars Entrance Scholarships \(USES\) - Financial Aid and Awards - Simon Fraser University](#)

UBC PERSONAL PROFILE

Information and video [Write your Personal Profile - UBC | Undergraduate Programs and Admissions](#)

SPORTS

All **swimmers** that are going to provincials on Friday need to check in to make sure you have your ride to Watermania in Richmond- THERE ARE THREE OPTIONS: Check in either ON TEAMS using the POLL or in person with Ms. Curran in B220 on Wednesday at lunch or THURSDAY am at practice.

-  **Centennial Girls Field Lacrosse Try-outs**
- Fri, Nov. 14th 3:30-4:30pm
 - Mon, Nov. 17th 3:30-4:30pm
 - Mon, Nov. 24th 3:30-4:30pm

You will need a stick, mouthguard and goggles. New & experienced players are welcome!
For more information, please follow our Instagram **centgirlsfieldlacrosse** or email Ms. Kelly Murray at kemurray@sd43.bc.ca.

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



Community Events

École Westwood Elementary PAC

INVITES YOU TO OUR

Winter MARKET

NOVEMBER

29

10AM TO 4PM

3610 HASTINGS ST, PORT COQUITLAM

LOCAL VENDORS | JR VENDORS
GAMES | SILENT AUCTION | DOOR PRIZES
FOOD & DRINK FOR PURCHASE

\$5 ADMISSION
OR \$2 ADMISSION WITH FOOD BANK DONATION
KIDS 12 & UNDER FREE