

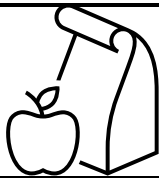


CENTENNIAL TODAY

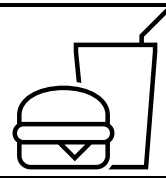
Friday, November 7, 2025 - Day 2

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

Sausage & Egg Breakfast Sandwich \$3.00

Dessert

Red Velvet Cake \$3.00

Cinnamon Sugar Bannock \$2.50

Menu

Grilled Cheese \$5.00

Tomato Basil Panini \$6.00

Clubhouse Panini \$6.00

Chicken Strips & Fries \$7.50

Sweet Chili Sockeye Salmon Burger \$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

IMPORTANT: Today the school is following the THURSDAY Bell Schedule.

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



SD43 Education
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	Cape Horn Elementary	Castle Park Elementary
Centennial Secondary	Como Lake Middle	Gleneagle Secondary
Hampton Park Elementary	Heritage Woods Secondary	Inquiry Hub
Kilmer Elementary	Meadowbrook Elementary	Montgomery Middle
Mundy Road Elementary	Parkland Elementary	Pinetree Secondary
Port Moody Secondary	RC Macdonald Elementary	Suwa'ikh School
	CABE Secondary	

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.schoolcashionline.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

EDUCATION PLANNER BC - PARENTS AS CAREER COACHES WEBINAR – Nov 12



EducationPlannerBC

[REGISTER HERE](#)

Visit the online Centennial Career Centre Page

[Career Centre - Centennial Secondary School \(sd43.bc.ca\)](#)

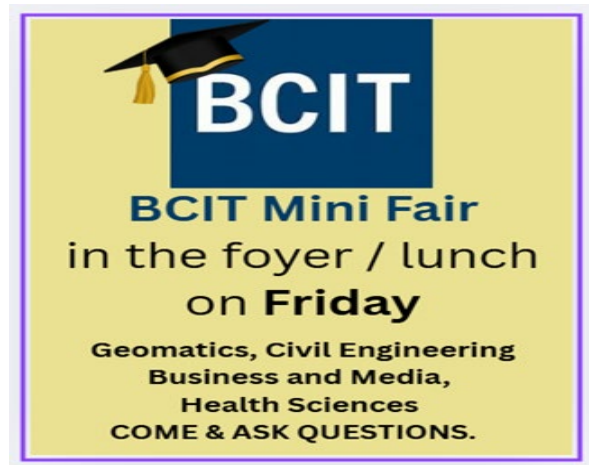


@cent43careercentre

**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

Grade 12



MINI-FAIR ON FRIDAY AT LUNCH IN THE FOYER - COME ASK YOUR QUESTIONS!

NATIONAL PORTFOLIO DAY AT ECUAD

Saturday, Nov 8, 2025 11:00am – 3:00pm

REGISTER: [Nov. 8 Undergrad Portfolio Day - Vancouver, BC | National Portfolio Day](#)



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.

UPCOMING EVENTS- DETAILS ON THE [Career Centre](#)

BCIT MINI-FAIR AT LUNCH IN THE FOYER*****	... 11/7/2025
NATIONAL PORTFOLIO DAY (HOSTED AT EMILY CARR UNIVERSITY)	... 11/8/2025
Wolf Scholars (U of T) (Arts and Science St. George)	... 11/10/2025
Education Planner - Parents as Career Coaches Webinar (PECC) for Parents	... 11/12/2025
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
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

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](#)

MARK YOUR CALENDARS

BCIT WILL HAVE A MINI-FAIR AT LUNCH IN THE FOYER ON **FRIDAY NOVEMBER 7TH** (HEALTH SCIENCES, CIVIL ENGINEERING, GEOMATICS, BUSINESS & MEDIA AND MORE!)

UBC PERSONAL PROFILE

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

SPORTS

🔑 Centennial Girls Field Lacrosse – Info Meeting & Sign-up!

Interested in joining Centennial girls field lacrosse team? Come to the info session and sign-up on **Wednesday, Nov. 12 at lunch in Room F103**. All skill levels welcome!
Questions? Email **Ms. Murray** at kemurray@sd43.bc.ca

Ski and Snowboard Club

Thank you to all those who applied for the club this year. We had a record number of 72 applicants for only 48 spots. Please check your email or Teams to see if you were selected. Come to room F105 to pick up your forms from Ms. Chyzowski at Lunch or Flex by the end of the week! **All forms need to be signed and returned and transportation fee paid by November 12th to secure your spot.** Spots may become available to those on the waitlist on November 13th.

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

