

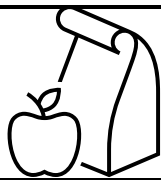


CENTENNIAL TODAY

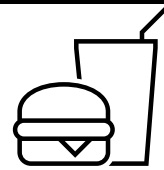
Monday, January 5, 2026 - Day 1

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: Sausage Lentil

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

AM Break

Turkey Sausage & Egg Breakfast Wrap \$3.00

Menu

Grilled Cheese \$5.00

Chicken Parmesan Sandwich \$6.00

Baked Cheddar Cheese Pierogies \$5.50

Salad

Caesar Salad \$4.50 w/ Chicken \$5.50

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.



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)



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

SAVE THE DATE – Grade 10/11

SD43 TRADES PROGRAMS
OPEN HOUSE
WEDNESDAY, JANUARY 14TH - 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 13th 6pm - 7pm ONLINE [Register for webinar](#)

SFU UGGLA FAMILY SCHOLARSHIPS

[Ugqla Family Scholarship - Undergraduate Admission - Simon Fraser University](#) **DUE JANUARY 19th, 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](#)



SPORTS

FEMALE SPRING ICE HOCKEY TEAM

Centennial is suiting up our **1st 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.*



EST. 1986

RPM HOCKEY COMPANY LTD.



CENTENNIAL

HOCKEY ACADEMY

SEPTEMBER 2022 - JANUARY 2027

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

New Parent - Zoom Meeting

January 20 2026 at 7:00 pm

Meeting ID: 884 5412 9110

Passcode: 504797

SHARER CHARACTER INTEGRITY & LEADERSHIP

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!

2025 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

Contact:

Centennial Secondary Hockey Academy

Academy Administration

Academy Administration

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

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!

2025 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

Contact:

Centennial Secondary Hockey Academy

Academy Administration

Academy Administration

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

ACADEMY COST

\$1,565

Once you have registered online at www.rpmhockey.com you must also notify the school that you would like to join their hockey academy.

Keith Peterson kpeterson@sd43.bc.ca

Craig Millin craig@rpmhockey.com

Holly Rogers holly@rpmhockey.com

Saim Portia saim@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

