

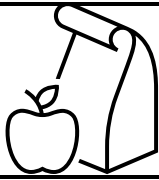


CENTENNIAL TODAY

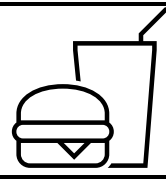
Thursday, December 4, 2025 - Day 1

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: Vegan Red Lentil & Potato (GF)

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



AM Break

Sausage & Egg Breakfast Sandwich \$3.00

Dessert

Gingerbread Cookies \$3

Menu

Grilled Cheese \$5.00

Rueben Sandwich \$6.00

Lemongrass Chicken Banh Mi \$6.00

Sweet Chili Chicken Burger \$6.00

Beef Taco Salad \$7.00



Salads

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

Romaine & Spinach 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

Field trip to Capilano Suspension bridge to see Canyon Lights will be Dec 15th (leave at 3:30, return approx. 8pm) see Ms. Sousa or your ELL teacher for a form. Limited spaces available.

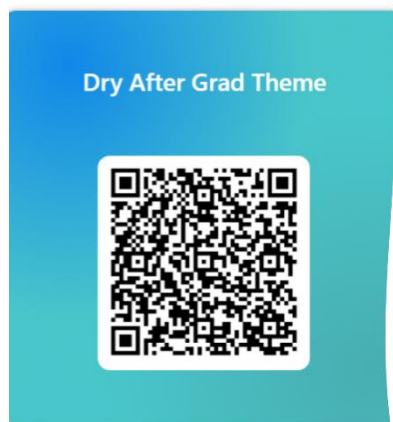


Semester 2 Course Change Requests

Semester 2 course change requests must be submitted by **December 16th at 4:00pm**. Please ensure that you read all the information and criteria before submitting your request.



Attention Grads: Vote for your After Grad Theme!



Winter Formal Dance



Hey Centaurs,

Our winter formal dance is right around the corner and tickets are on sale through school cash online.

Date: Thursday, December 11th

Time: Doors open at 6:30/Dance & Dinner 7pm-9:30pm

Cost: \$25

- Currently tickets are on sale for grade 12 & grade 11.***
- All grade ticket sales start November 27.***





On **Friday Dec 12th**, the Coquitlam Express take on the Prince George Spruce Kings and in partnership with the Gamar Foundation, they are hosting a Centennial School Spirit Night and Teddy Bear Toss.

They are offering an opportunity for all Centennial students and staff to attend the game at **no cost**. If you are interested in claiming tickets, please click on the link and fill out the form by Dec 11th to secure your tickets. Tickets will be sent to your email. [Centennial Spirit Night | Coquitlam Express](#)



Centennial Secondary, it's almost time for your Graduation Photo Sessions!



Pictures will be taken at Centennial - Artona will set up portable in the parking lot.

Appointments will be available from **2025-12-05 to 2025-12-18**. Be sure to sign up if you haven't done so yet.

- **Students can book online.** Please share this link with your graduating students and parents to book an appointment: www.artona.com/bookings

Grad Hoodies are here!

If you ordered a Grad Hoodie in September, they are now available for **pick up during Cent Time/Flex in the lower B-pod**. Ms. Baldwin or one of her students, will be available to help collect your hoodie.



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

REO

RESEARCH EXPLORATION OPPORTUNITY

Tour first-class research facilities

Learn basic lab techniques and experiments

Be mentored one-on-one by lab personnel

GENERAL INFORMATION

REO offers high school students, especially those from underrepresented groups* in STEM, the free unique opportunity to explore research labs at partner universities across Canada during a week of spring break.

*e.g., women in tech, LGBTQ+, Indigenous peoples, racial minorities, and youth residing in rural or low income areas

About REO at UBC

- Eligibility: Grades 9 - 12 students
- Timeline: March 16 - 20, 2026
- Location: UBC Vancouver Campus

SCAN HERE TO APPLY

For more info, check out linktr.ee/ubcstemfellowship

Deadline: January 9th, 2026

STEM Fellowship

Please direct questions to: ubc@stemfellowship.org

Vancouver International Children's Festival

Be A Volunteer!

Accepting Applications Now!

Perks

- Free snacks and treats at the Volunteer Centre
- Free wristband to the Activity Village
- Signed Confirmation outlining that you volunteered "x" hours for the Festival.
- School credit for Volunteer and/or Work Experience
- Eligible for a Reference Letter for volunteers who contribute a minimum of 24 hours

Why Volunteer?

- Get involved in an exciting creative project
- Meet extraordinary people
- Learn and develop new skills
- Take part in a festive community event where you are encouraged to dress up every day you come to work
- Share your love of interacting by volunteering with kids
- Show that you care about your community

May 25 - May 31 2026

Call 604-708-5655 with any questions, we would love to hear from you! Our volunteer coordinator will start in January and will follow up with you then!

childrensfestival.ca/about/volunteer-application-form Volunteer@childrensfestival.ca

VOLUNTEER OPPORTUNITIES!

Spring Camps and Summer Camps

- Gain experience working with kids and youth
- Make a positive impact in the community
- Volunteer hours are very flexible

Volunteer application forms are available on our website: www.RfCamps.com

- Swimming
- Sports
- Arts and Crafts
- Table Games
- Forest Exploration
- Playground Games
- Talent Shows
- and much more!

Non-profit, child-centred, outdoor-based day camps

March 16-27, 2026
June 26-September 4, 2026

DEADLINE: JANUARY 31ST

Sponsor teacher required!

SIF

APPLY HERE!

What's the SIF?

- Annual grant put on by SLC
- Available to all SD43 students with a project or initiative that needs funding

This year, Initiatives must:

- Benefit a community in some way
- Global, local, school-based scales

IF YOU:

- Are a student leader
- Are passionate about helping a community
- Have an initiative that needs funding

APPLY FOR THE STUDENT INITIATIVES FUND!

UBC Black Futures CALL FOR INTERESTED PARTICIPANTS (LIMITED SEATS AVAILABLE)

The Black Futures program is a unique opportunity for **Gr. 11 and 12 Black students** from across Greater Vancouver to be introduced to post-secondary options and discussions about higher education. With a slogan of “if you can see it, you can be it”, it allows students to envision their academic future. Students DO NOT need to be planning on attending UBC to be a part of this program.

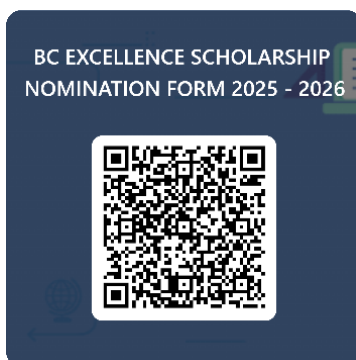
The program consists of **four in-person meetings at UBC**. High school students will meet with UBC students, as well as a variety of faculty and other professionals. There is no cost for students to attend. Transportation to and from UBC will be provided and students will be chaperoned by SD43 teachers. If you are interested, **please see your Post Secondary and Career Advisor by December 18th**, so that your name can be added to the list—there are only 10 spots available, so don't wait!

Grade 12's

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](#)

<https://forms.office.com/r/392S6tEBDD>



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](#)

Visit the **Employment** page of the Career Centre for quizzes, resume' tips and more!
[Career Centre - Centennial Secondary School](#)

SPORTS



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

