



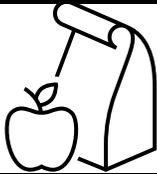
CENTENNIAL TODAY



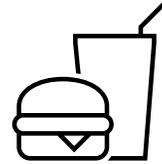
Thursday, February 19, 2026 - Day 2

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: Potato Lentil (Vegan, GF)

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

AM Break

Pork Sausage Wrap \$3

Bacon & Egg Everything Ciabatta \$4

Cinnamon Bun \$3

Menu

Grilled Cheese \$5.00

Carolina BBQ Pulled Pork Sandwich w/ Slaw \$6.00

Cuban Pork Sandwich \$6.00

Chicken Panini \$5.50

Foot Long Veggie Chilli Dog \$5.00

Greek Chicken Wrap \$6.00

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.

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!



ATTENTION GRADE 12's:

There is a grade 12 assembly for all students this **Friday (February 20)** during Flex in the theater. Important information on upcoming grad events, dates and the process to run for the valedictorian of the 2026 graduating class will be discussed. You don't want to miss this one!

BHM Jamaican Jerk Chicken and Festival Cooking Workshop

The Black History Month Club is hosting a cooking workshop this week on Thursday, February 19th, 2026, during Cent Time in the Foods Room. Led by Ms. Khadija Mohamed, come and learn how to make Jamaican Jerk Chicken and Festival with us! There are 20 spots available and it's first come, first serve. Scan the QR code to sign up, and we look forward to seeing you there!

BHM Snacks and Drinks Sampling

Black History Month Club invites you to join us in Block 1 on Friday Feb 20th starting at 8:15 AM to try some Black and African snacks. Start your day with some interesting treats! Hope to see you there!



ARE YOU INTERESTED IN AP PSYCHOLOGY BUT HAVE QUESTIONS ABOUT THE COURSE?

Book Flex this Friday (Feb 20) with Ms. Chambers in room E214.

Attention All Students interested in Emily Carr!

There will be a presentation on Tuesday March 3rd during EX FLEX in Ms. Castro’s Art Room E121.

If you would be interested in attending the presentation by an academic admissions officer/advisor from Emily Carr, please sign up with Ms. Castro for your Flex.

Baking Club

For the month of February, the Bake club is planning a kindness event for RAK week. We are offering cookies for anyone who can make a card for seniors in Chartwell Old Folks home. We will have a table in the cafeteria at lunch providing CARDS and COOKIES on the last week of February (**Feb 24-26th**). Please come and sign a card!

Immunization dates are as follows:

February 26 (Grade 9-12 catch-up)

May 15 (Grade 9-12 make-ups)



CAREER CENTRE

Visit the online Centennial Career Centre Page

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



@cent43carecentre

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

WORK BC CAREER DISCOVERY QUIZZES

[Career Discovery Quizzes | Career Discovery Quizzes](#)

NEW BCIT Course for Grade 11's interested in Nursing

[Preparation for Nursing Education \(NURS 1005\) – BCIT](#) Fee based course running for one week in June/July NOW OPEN.



EDUCATION PLANNER BC - LIVE LEARNING SESSION

[EducationPlannerBC](https://www.educationplannerbc.ca)

MARCH 4TH 6:30 - 7:30 Online. Register for free.

EXPLORE CAPU INFO NIGHT

- Explore CapU Info Night – North Vancouver

Thursday, February 26 from 5pm to 7:30pm [RSVP here](#)

VISIT [43CAREERS.CA](https://43careers.ca) FOR DETAILS!

"What the L" - Applications Now Open!

ICBC Learner Permit Program

Please complete the application below and submit it to your Youth Worker, Counselor or Post Secondary Advisor.

 [What the L Application 2026.pdf](#)

*Applications will be accepted on a needs-based system

- Applications due: March 11, 2026
- Program Dates: Tuesday, May 12 & 19, 2026 @ 1100 Winslow Avenue



TUESDAY MAY 12 AND MAY 19, 2026 **SAVE THE DATE**

WHAT THE L

Coquitlam School District will be providing students with an opportunity to participate in a 2-day instructional program with an ICBC instructor to better prepare them for their Learners Permit test through ICBC.

- ✓ 2 day program
- ✓ L permit study guide provided
- ✓ Test is already booked. Skip the wait times!
- ✓ Must be 16 by May 19
- ✓ Free lunch!
- ✓ Transportation to ICBC provided

Ready to get your permit?
Applications open February 11

Talk to your counselor or go to our website under **certificates** to access the application package.

For questions contact: mrindahl@sd43.bc.ca



OCCUPATIONAL FIRST AID

LEVEL 1 COURSE

SAVE THE DATE

FRIDAY MAY 22, 2026
8:30AM - 4:30PM **LUNCH IS PROVIDED!**

OFA Level 1 (Occupational First Aid) is a one-day, WorkSafeBC-recognized course focusing on basic, essential life-saving skills for low-risk workplaces. Participants who successfully complete the course will receive a 3 year certification.

TRAINING INCLUDES:

- ✓ Assess scene safety
- ✓ Perform CPR
- ✓ Use an AED
- ✓ Treat bleeding and wounds
- ✓ Handle minor burns

COURSE FEE: Discounted rate of \$95 (typically \$150+)

ELIGIBILITY: Must be 16 years old at the time of the course

APPLY: Online or talk to your counselor
Applications are due Wednesday May 6, 2026

ANY QUESTIONS REACH OUT TO MRINDAHL@SD43.BC.CA

SCHOOL DISTRICT 43 EDUCATION LEARNING CENTRE
1080 WINSLOW AVE, COQUITLAM, BC V3J 0M6



SAVE THE DATE

WEDNESDAY APRIL 29 2026
THURSDAY APRIL 30 2026
FRIDAY MAY 1 2026

INDIGENOUS STUDENTS IN TRADE SAMPLER

Applications Open: Wednesday February 11, 2026
Applications Due: Wednesday March 11, 2026

FOR QUESTIONS CONTACT: MRINDAHL@SD43.BC.CA



ROCKY POINT ICE CREAM HIRING FAIR

Rocky Point Ice-Cream is having a hiring fair on Feb 22nd, 10am -

2pm <https://www.rockypointicecream.com/workwithus> Please download the application form, complete it before attending the Hiring Fair, and bring it with you on the day.

VOLUNTEER WITH THE PORT MOODY/COQUITLAM CONSTITUENCY YOUTH COUNCIL

- **When?** The Constituency Youth Council meets from April 2026 to March 2027.
- **Why?** Giving youth a voice is vital to our government. A youth perspective brings a new light to issues touching our community and our country. The CYC in Port Moody-Coquitlam is working hard to be the youth voice for our community.
- Application Link: [Click Here](#) Apply by March 1, 2026.

COURSE PLANNING PREPARATION GRADES 9-11

Search for admission requirements and programs in BC

[Start your search](#)

Search for post-secondary programs across Canada

[MyBlueprint](#) (use your school email and password)

Grade 11 Scholarships - Horatio Alger Association

Due March 31st - 10 X 25K, 160 @ 10K

[Undergraduate Scholarships - Horatio Alger Canada](#)

BCIT ONLINE INFO SESSIONS AND HEALTH CAREERS WEEK

[Events for February 2026 – BCIT](#)

Register in advance

Grade 12's

SCHOLARSHIP MEETING TODAY

AFTER SCHOOL IN THE LIBRARY! FOR DOMESTIC AND PR GRADUATING STUDENTS.

ENTERING A FORMAL ARTS RELATED PROGRAM?

Check out these \$2,000 awards from the Theatre Legacy Society. [Grants & Funding | Port Coquitlam Community Foundation](#) Due March 31

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

WHY GEOSCIENCE MATTERS - WEBINAR

Feb 26th 6-7 pm Speaker panel (online) with professionals working in industry, academia, and government.

REGISTER: <https://forms.office.com/pages/responsepage.aspx?id=RtUantX4ek->

Info: [GDic4Z6NToKAHoBoDW3IKtpJuM3e9vNNUOVlaMFAwSE5GQjJRRTQ4OV04QIi3Q0JJVS4u&route=shorturl](#)

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

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](#)

KPU DISCOVERY DAYS - FEB 20TH SURREY

REGISTER:

[KPU Discovery Days | Kwantlen Polytechnic University](#)

NEXT DOUGLAS COLLEGE INFO SESSION- FEB 24TH 5PM VIA ZOOM

[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](#)

Our biggest local donor Coquitlam Foundation

Scholarship

applications now **OPEN** until March 31st



Just for SD43 Grads!

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



BRITISH COLUMBIA EducationPlannerBC

Learning to Lead™

MINERVA

Spring Applications Now Open!

Learning to Lead is a leadership opportunity open to self-identified girls in Grades 10-12. Participants gain confidence through interactive workshops and activities within a fun and supportive community of friends and mentors.

- Gain confidence
- Connect with peers and supportive mentors
- Build practical leadership and communication skills

Learning to Lead™ will take place via Zoom from 6pm-8pm PST:

- Wednesday, April 8th
- Wednesday, April 15th
- Wednesday, April 22nd
- Wednesday, April 29th

Apply today!



Applications close April 3rd

Thank you to Lead Supporter ARITZIA



Rise and Shine

MINERVA

Tools for Mental and Emotional Wellness

Looking to enhance your wellness toolkit?
Rise and Shine is back for the Spring!

Rise and Shine is a wellness program for girls and gender diverse youth ages 15-24. This program contains 5 workshops designed to help youth develop essential skills to nurture their mental and emotional health and walk away with valuable and practical tools for navigating their resilience and building their confidence.

Rise and Shine will take place via Zoom from 10-11:30am PST:

Monday, March 16th
Tuesday, March 17th
Wednesday, March 18th
Thursday, March 19th
Friday, March 20th

Apply today!



Applications close March 13th



Future Ready

MINERVA

Grow your skills. Build your network. Shape your future.

Future Ready helps young women and gender diverse youth 17-25 build confidence, develop essential life and career skills, and connect with a supportive community of peers and mentors. Over seven engaging sessions, you'll gain clarity about your goals, strengthen your voice, and explore opportunities for your future.

What You'll Learn

- Interactive learning through workshops, group-based discussions, and real-world workplace scenarios.
- Networking with inspiring mentors who can offer advice and guidance around next career steps.
- Real-world practice of foundational career skills to build confidence.

Spring 2026 Dates

Future Ready will take place via Zoom over seven sessions every second Tuesday from 6-7:30pm PT:

- March 10: Opening Session and Values
- March 24: Managing Change
- April 7: Effective Communication
- April 21: Emotional Resilience
- May 5: Building Confidence
- May 19: Effective Networking
- June 2: Advocating for Yourself and Closing Circle

REGISTER TODAY!
Deadline to apply is **March 3rd**

Scan Here



Thanks to the support of our donors, this program is offered at no cost to participants.



SPORTS



Badminton Practice

Senior team practice **Thursday, February 19 at 6pm** in the **Red Gym**.

Important dates for Girls interested in playing Soccer for Centennial:



👉 Sr. Girls TRYOUTS - *Tues, Feb 24th; Tues, Mar 3rd, Wed, March 5th - all 3:30 pm - 5 pm on the turf.*

👉 Jr. Girls TRYOUTS- *Mon, Feb 23rd; Mon, March 2nd; Wed, March 4th - all 3:30 pm - 5 pm on the turf.*

Please see Coach Melvin, Coach Comeau, Coach Purdey or Coach Perry if you have any questions!

Centennial Girls Soccer Team - Tryouts



Track & Field – Last Call



All athletes need to complete the online form by the end of the day (Feb 18th), signed medical forms need to be returned to Ms. Chyzowski *no later than Friday at 9:00am*, and you **MUST** create a TeamsLinkt account and join our team for all notifications: **EZNY-6Y4Z**. There will be a mandatory meeting to confirm the team list: **Monday at Lunch in F105**.

Centennial Boys Hockey Team Signup

It's that time of the year to seek vengeance for our disappointing semi-final shootout loss last season. **Registration is now open for Centennial boy's spring hockey team. Tryouts will be conducted mid-February- \$30 tryout fee.** Season is short- starting at the beginning of April with playoffs late May. Spread the word. Scan the code to sign up for tryouts. **See Mr. Peterson A203 for more info.**



SD43 Mountain Biking Team

Here we GO!

Grade 9-12s Sign Up for this year's team using the link in Bio. You'll need your SD43 Login. More info on the team is in the Forms.

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

