



CENTENNIAL TODAY

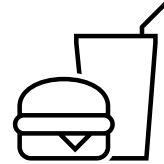
Thursday, February 5, 2026 - Day 1

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: Mulligatawny Soup (Curry Chicken & Apple)

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

AM Break

Meat Lovers Breakfast Wrap \$3.00

Menu

Grilled Cheese \$5.00

Turkey & Bacon Wrap \$5.50

Crispy Chicken Burger \$6.00

Foot Long Veggie Chili Hot Dog \$5.00

Thai Coconut Curry Chicken Rice Bowl \$7.00

Salads

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

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.

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.

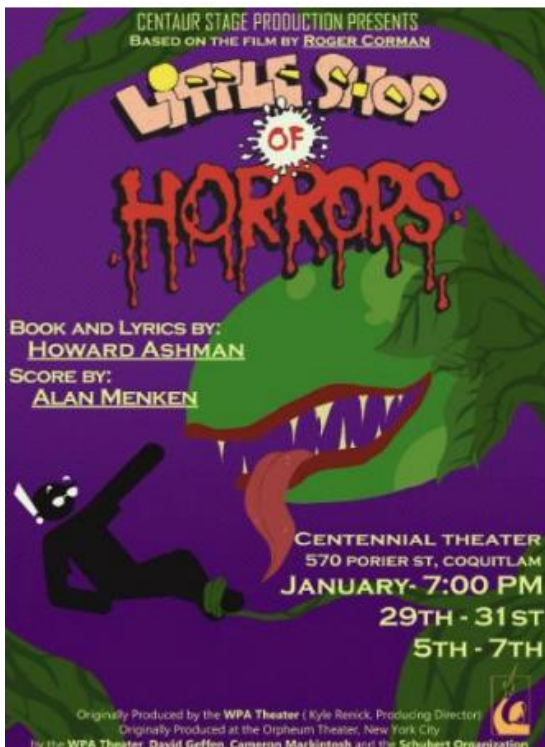
If you see an issue with any of our washrooms, or any other concern, please report it.

No toilet paper or soap... report it!

A mess on the floor... report it!

Vaping...report it!

Damage...report it!



Little Shop of Horrors hits the Centennial stage with performances on February 5th-7th at 7:00pm, along with a special matinee on January 31st at 1:00 pm

Tickets can be purchased online; any unsold tickets will be available at the door on the night of the performance (cash only)



Congratulations To ; Hailey Shin, Rhiannon Mikita, Lauren Boakes, and Hayoon Kwon whose masterful art pieces are currently on display in the SD43 Art Students: Emerging Talent 28 Art Show at Place Des Arts until March 11th. Their work can also be viewed digitally through the Place Des Arts Gallery Website. Thank you for sharing your talents with our community. Go Centaurs!



📍 AP Psychology Information Session – During Flex on Monday!

Are you currently in grade 10 or 11 and are thinking about taking **AP Psychology next year?**
Come learn what AP Psychology is all about and how it can help prepare for post-secondary and beyond!

- 📅 **Monday, February 9**
- 🕒 **During Flex**
- 📍 **Room E214**
- 👤 **With Ms. Chambers**

We'll cover:

- What the AP class involves
- Workload & expectations
- Exam information
- How AP can benefit your future plans
- Time for your questions!

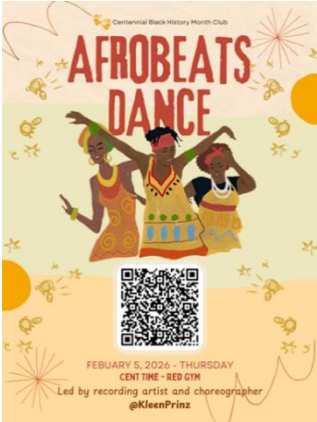
All interested students are welcome.

Don't miss this chance to get informed before choosing your courses!

Immunization dates are as follows:

February 11 (Grade 9's)
February 18 and 26 (Grade 9-12 catch-up)
May 15 (Grade 9-12 make-ups)

Black History Month Club Presents: An Afrobeats Dance Workshop!!!



Join us in celebrating Black History Month with our first workshop of the month: Afrobeats Dance led by local recording artist and choreographer Prinz. The workshop will be on **Thursday February 5th at Cent Time in the Red Gym**. Come ready to move, learn, and connect with the culture behind the dance style. Students and staff are welcome! No experience needed, just fill out this form using the QR code below, and show up ready to dance and have fun!

CAREER CENTRE

Visit the online Centennial Career Centre Page
[Career Centre - Centennial Secondary School \(sd43.bc.ca\)](https://sd43.bc.ca/career-centre)



@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

SCHOLARSHIPS
FOR GRADE 11 STUDENTS

Transform adversity into opportunity and pursue your dreams through post-secondary education!

150+ SCHOLARSHIPS UP TO \$25,000 EACH*

+ personalized financial aid counselling, university selection advising, and other support services

APPLY NOW

APPLY NOW: horatioalger.ca/en/scholarships
DEADLINE: March 31, 2026

*Are You Eligible?
• Canadian Citizenship or Permanent Residence
• Household Income Under \$80,000



Grade 11 Scholarships

- *Are You Eligible?**
- Adversity
 - Canadian Citizenship or Permanent Residence
 - Household Income Under \$80,000

Grade 11 Scholarships - Horatio Alger Association

Due March 31st - 10 X 25K, 160 @ 10K
[Undergraduate Scholarships - Horatio Alger Canada](#)

BCIT ONLINE INFO SESSION CST/CIT COMPUTING DIPLOMAS

FEB 12 5:30 - 6:30 Register in advance [Events for February 2026 – BCIT](#)

BCIT ONLINE INFO SESSIONS AND HEALTH CAREERS WEEK

[Events for February 2026 – BCIT](#)

Register in advance

POST-SECONDARY BC EVENT LISTING: FEBRUARY

[Events - Post-Secondary BC](#)

PNE EMPLOYMENT - APPLICATIONS NOW OPEN

2026 PNE Summer Jobs - Playland & FIFA Fan Festival™ in Vancouver, British Columbia | Careers at Pacific National Exhibition

FUTURE GLOBAL LEADERS (UBC) REGISTRATION OPENS FEB 3

Future Global Leaders The Future Global Leaders program is for High school students ages 15 to 18. They can try out a university subject before applying to university. Registration opens on February 3rd. Fee based - Bursaries available.

UNIVERSITY AND COLLEGE FAIR (VANCOUVER) via Schoolfinder

- Saturday, February 28 from 1-5pm at the [Pinnacle Hotel Harbourfront](#)
- Free admission
- Scholarships Canada seminar at 12pm
- University, college, gap year options, and work / study abroad opportunities
- [Registration link is here](#)



Walrus- Youth Short Story Contest

Amazon Canada First Novel Award: Youth Short Story Category | The Walrus

3,00 words or less, ages 13-17, Canadian citizen. See contest rules & details at link. Submission deadline of **February 8, 2026**. \$500 finalists. \$5,000 grand prize.

ADVENTURES IN CITIZENSHIP - ROTARY CLUB SPONSORSHIP

APPLY TO BE THE ONE (SPONSORED) STUDENT FROM COQUITLAM TO TRAVEL TO OTTAWA AND LEARN ABOUT GOVERNMENT – SEE MRS. HEALEY WRIGHT IN THE CAREER CENTRE TO PUT YOUR NAME IN FOR CONSIDERATION BY MARCH 1.

Details: <https://clubrunner.blob.core.windows.net/00000007975/en-ca/files/page/welcome-to-the-rotary-adventure-in-citizenship-program/poster-2026-bilingual/POSTER-2026-BILINGUAL.pdf>

Grade 12's

BC TECH SCHOLARSHIPS 2026

NOW OPEN DUE MARCH 31 100 x \$1500 AWARDS FOR BC - [2026 BC Tech Scholarship - BC Tech Association](#)

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](#)

UPCOMING DEADLINES FEB 15

BCGUE SCHOLARSHIPS 2026	... 2/15/2026
BGUE - BC GENERAL EMPLOYEES UNION SCHOLARSHIPS (MEMBER)	... 2/15/2026
Circle of Fellows Entrance Scholarship - Corpus Christi College	... 2/15/2026
Connex Foundation Scholarships (SkilledTrades, Facilites Mgmt, Construction)	... 2/15/2026
U of A Awards due Feb 15	... 2/15/2026

KPU DISCOVERY DAYS - FEB 9TH LANGLEY, FEB 13TH RICHMOND AND FEB 20TH SURREY REGISTER:

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

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

[Information sessions | Douglas College](#)

[Scholarships - BCGEU](#) Deadline to apply Feb 15th, 2026

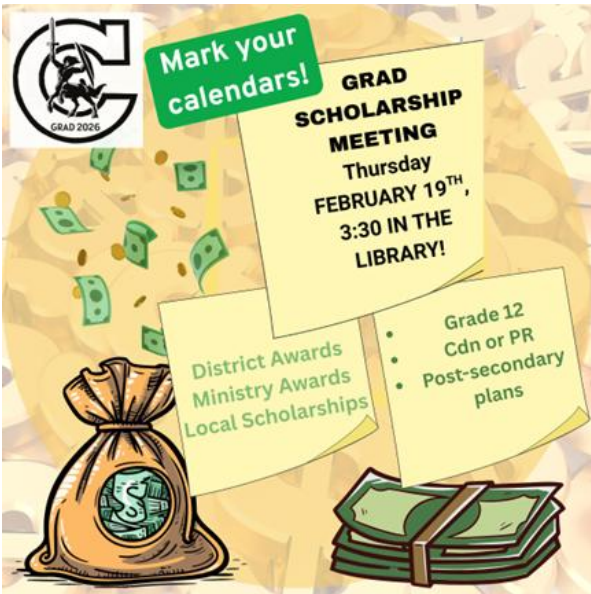
STUDENT TRANSCRIPT SERVICE - [HELP VIDEO How to send your transcripts](#)
[How to register for a Basic BCeID and access the Student Transcripts Service \(STS\)](#)

Reminder: UBC and SFU require this to be completed by **Jan 31**.

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

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)



Track & Field - Info Session and Sign-up

There will be an information session on Wednesday, **February 4th at lunch in the RED GYM** to learn more about the upcoming Track & Field Season! All are welcome, including returning and new athletes who would like to be involved in a fun, community-based spring sport! Sign up for the team using the QR Code. Please read the information on the form carefully before committing.



Golf Team Meeting Friday, January 30th at 11:30 am

There will be a final meeting for all students interested in playing on the Centennial Senior Golf Team on *Friday, January 30th at 11:30 am in the LEC (Room E202)*. Students in Grade 9-12 who have their own golf clubs (and shoes) and have played on a full-size golf course before are encouraged to come to the meeting. The Centennial Golf Team plays 1-2 rounds per week (typically starting in late March) in preparation for the District Championships, and hopefully the Fraser North and Provincial Championships. Our five top players will be identified during practice rounds to see who will represent Centennial at competitive events. If you are unable to attend, please see Mr. Peacock in the LEC (Room E202).

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.**



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		CENT TIME 10:07 – 11:12	
Lunch 11:28 – 12:13	BLOCK 3 11:16 – 12:19	BLOCK 3 10:16-11:28	BLOCK 3 11:16 – 12:19	BLOCK 3 10:16-11:28
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		BLOCK 4 1:05 – 2:08	
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

