

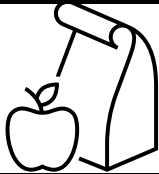


CENTENNIAL TODAY

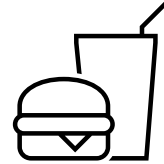
Thursday, January 15, 2026 - Day 1

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: Lentil, Ham & Bean (GF)

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

AM Break

Ham, Egg & Cheese Wrap \$4

Pesto Chicken Panini \$5.50

Dessert

Banana Cream Pie \$3.00

Menu

Four Cheese Pizza \$5.50

Rueben Sandwich \$5.50

Philly Cheese Veggie Dog \$4.00

French Onion Braised Beef & Mushroom Stew w/ Lobster Ravioli \$7.00

Butter Chicken w/ Basmati Rice, Veggies & Naan \$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.

JANUARY 19, 20 & 22 ASSESSMENT SCHEDULE – DON'T MISS IT!

Date	Exam	Time	Room	Students
Monday, January 19, 2026	Literacy 12	9:00am - 12:00pm	LEC - E202	See Roster
Monday, January 19, 2026	Literacy 12	9:00am - 12:00pm	B104	A - BO
Monday, January 19, 2026	Literacy 12	9:00am - 12:00pm	B106	BRU - DE A
Monday, January 19, 2026	Literacy 12	9:00am - 12:00pm	B108	DE FAZ - GE
Monday, January 19, 2026	Literacy 12	9:00am - 12:00pm	B202	GI - JAN
Monday, January 19, 2026	Literacy 12	9:00am - 12:00pm	B204	JAV - LAW
Monday, January 19, 2026	Literacy 12	9:00am - 12:00pm	B206	LE - MAT
Monday, January 19, 2026	Literacy 12	9:00am - 12:00pm	Library	MAY - RET

Date	Exam	Time	Room	Students
Monday, January 19, 2026	Literacy 12	12:00pm - 3:00pm	F202	REY - SIR
Monday, January 19, 2026	Literacy 12	12:00pm - 3:00pm	F206	SK - VAS
Monday, January 19, 2026	Literacy 12	12:00pm - 3:00pm	F204	VIE - Z

Date	Exam	Time	Room	Students
Tuesday, January 20, 2026	Literacy 10	9:00am - 12:00pm	LEC - E202	See Roster
Tuesday, January 20, 2026	Literacy 10	9:00am - 12:00pm	B203	A - Bach
Tuesday, January 20, 2026	Literacy 10	9:00am - 12:00pm	B205	BACO - CAMO
Tuesday, January 20, 2026	Literacy 10	9:00am - 12:00pm	B213	CAMP - CO
Tuesday, January 20, 2026	Literacy 10	9:00am - 12:00pm	B217	CON - DRA
Tuesday, January 20, 2026	Literacy 10	9:00am - 12:00pm	B221	DU - HAN, YI
Tuesday, January 20, 2026	Literacy 10	9:00am - 12:00pm	B216	HAN, YU - IZ
Tuesday, January 20, 2026	Literacy 10	9:00am - 12:00pm	B219	JA - KIM, ALY
Tuesday, January 20, 2026	Literacy 10	9:00am - 12:00pm	Library	KIM, AST - MED

Date	Exam	Time	Room	Students
Tuesday, January 20, 2026	Literacy 10	12:00pm - 3:00pm	B220	MEE - PAN
Tuesday, January 20, 2026	Literacy 10	12:00pm - 3:00pm	B114	PAN - RAH
Tuesday, January 20, 2026	Literacy 10	12:00pm - 3:00pm	B122	RAM - SCHA
Tuesday, January 20, 2026	Literacy 10	12:00pm - 3:00pm	B222	SCHN - SPAE
Tuesday, January 20, 2026	Literacy 10	12:00pm - 3:00pm	B120	ST P - WELD
Tuesday, January 20, 2026	Literacy 10	12:00pm - 3:00pm	B124	WHIT - ZHAO
Tuesday, January 20, 2026	Literacy 10	12:00pm - 3:00pm	B108	ZHO - ZIL

Date	Exam	Time	Room	Students
Thursday, January 22, 2026	Numeracy 10	9:00am - 12:00pm	LEC - E202	See Roster
Thursday, January 22, 2026	Numeracy 10	9:00am - 12:00pm	B203	A
Thursday, January 22, 2026	Numeracy 10	9:00am - 12:00pm	B205	B - CAM
Thursday, January 22, 2026	Numeracy 10	9:00am - 12:00pm	B213	CAR - CRAN
Thursday, January 22, 2026	Numeracy 10	9:00am - 12:00pm	B217	CRI - E
Thursday, January 22, 2026	Numeracy 10	9:00am - 12:00pm	B221	F - HAN
Thursday, January 22, 2026	Numeracy 10	9:00am - 12:00pm	B219	HAR - JAM
Thursday, January 22, 2026	Numeracy 10	9:00am - 12:00pm	Library	JAN - LEP

Date	Exam	Time	Room	Students
Thursday, January 22, 2026	Numeracy 10	12:00pm - 3:00pm	B216	LI - McH
Thursday, January 22, 2026	Numeracy 10	12:00pm - 3:00pm	B218	MED - OR
Thursday, January 22, 2026	Numeracy 10	12:00pm - 3:00pm	B220	OU - RAM
Thursday, January 22, 2026	Numeracy 10	12:00pm - 3:00pm	B114	RAMO - SCHAR
Thursday, January 22, 2026	Numeracy 10	12:00pm - 3:00pm	B122	SCHN - SPA
Thursday, January 22, 2026	Numeracy 10	12:00pm - 3:00pm	B202	ST - WIL
Thursday, January 22, 2026	Numeracy 10	12:00pm - 3:00pm	B204	WO - ZIL



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!



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)

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

Lunch-and-Learn: Making the Invisible Visible MyBlueprint webinar

 **February 25 | 12 PM ET**

Neurodivergent students continue to face barriers in post-secondary education and the workforce. In this Lunch-and-Learn, explore insights from Canada's first national study of 400 neurodivergent students and graduates. Learn what supports (and hinders) successful transitions after high school and walk away with practical, neuro-affirming strategies to help students build self-advocacy skills and navigate post-secondary pathways with confidence.

Reserve Your Spot

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

CMOLIK FOUNDATION SCHOLARSHIPS - UP TO 45K Due JAN 30TH.

Internal nomination Form:

<https://forms.office.com/r/PMrMgcGjm2>

Eligibility

- Must be a current resident of BC
- Must have lived in Canada for at least 7 years
- Must be in Grade 12
- Must have demonstrated financial need (total annual family income not exceeding \$80,000)
- Must have faced adversity
- Must be planning to be a full-time student
- Must be ineligible for the BC Tuition Waiver Program (for former youth in care)
- Must use funding for a post-secondary institution or college
- Must be endorsed by their school principal (*see info about the nomination/ endorsement process below)
- Must agree to sometime during their lifetime fund a non-related person in furthering his or her post-secondary education, in a manner similar to the support received from The Cmolik Foundation


SFU UGGLA FAMILY SCHOLARSHIPS DUE JAN 19TH

Ten scholarships are awarded each year to 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. [Ugglu Family Scholarship - Undergraduate Admission - Simon Fraser University](#)

UBC HAS EXTENDED ITS APPLICATION DEADLINE TO JANUARY 20TH, 2026 @ 11:59 PM

UBC is aware that our online application on the EducationPlannerBC website is experiencing technical issues. The application is open, but intermittent disruptions may prevent you from accessing the website to submit your application to UBC. We are working with EducationPlannerBC to resolve this matter, but we recommend that you work through your application carefully and save your progress frequently - to ensure your work isn't lost during one of these disruptions. If you experience issues while you're working on your application or if you cannot access the website at all, please take a break and try again a little later. We want to reassure you that these disruptions will not negatively affect your application to UBC. **UBC has extended the deadline to apply and you now have until January 20, 2026, at 11:59 pm (PST) to submit your application.** We'll update this space with more details as we get them.

THURSDAY JANUARY 15TH IS THE DEADLINE DAY FOR MANY PROGRAMS AND SCHOLARHIPS!




Register for a Basic BCeID

Online ID for secure access to B.C. government services.

Register

MAKE A BCeID#



Log in to StudentTranscripts Services (STS) with BCeID

Access STS with Basic BCeID for exam results & transcripts/certificates

Log in

SEND TRANSCRIPT/ SELECT THE SCHOOLS

Grade 12's applying to post- secondary BCeID# and STS. A two-part process.

SFU AND UBC ARE REQUESTING THIS BE DONE BY JAUARY 31ST!

UBC ENGINEERING INFO SESSION IN PERSON (FEMALE STEM STUDENTS)

To register, please fill in the RSVP form here <https://forms.gle/CrqQUbuoFML7uKgf8>

- In person event at UBC campus: Thursday January 22nd, 6pm to 8pm The deadline for registration is end-of-day, Sunday January 18th.

BCGUE (BC General Employees Union) Scholarships now open.

Visit the website for eligibility (Union member/relative see details) and criteria (Essay) up to 80 (\$2500) awards for full time and (\$1500) part time studies.

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

UPCOMING POST SECONDARY EVENTS

UBC applications close	...	1/15/2026
SCHOLARSHIPS JANUARY		
SCHULICH LEADER SCHOLARSHIPS -2025-26 Nomination process & FORM Due January 15th 2026	...	1/15/2026
SIKH HERITAGE BC SCHOLARSHIPS	...	1/15/2026
SOROPTOMIST AWARDS FOR WOMEN (TRICITIES)	...	1/15/2026
UBC APPLICATION DEADLINE	...	1/15/2026

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**.

SFU UGGLA FAMILY SCHOLARSHIPS

[Uggla 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.



Smolik 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.

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 TO 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](#)

Our biggest local donor

Coquitlam Foundation

Scholarship

applications now

OPEN

until March 31st



Just for SD43 Grads!

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.



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.**





RPM HOCKEY COMPANY LTD.

EST. 1980

CENTENNIAL HOCKEY ACADEMY

SEPTEMBER 2026 - JANUARY 2027

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





SCHOOL DISTRICT 43

Centennial Secondary & School District 43






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!

2026 HOCKEY ACADEMY INCLUDES:

- Academy Formal 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

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.

New Parent - Zoom Meeting

January 20 2026 at 7:00 pm
Meeting ID: 884 5412 9110
Passcode: 504797

Contact:
Centennial Secondary Hockey Academy
Academy Administration
Academy Administration

Keith Peterson
Craig Millin
Holly Rogers
Sam Porta

kpeterson@sd43.bc.ca
raig@rpmhockey.com
holly@rpmhockey.com
sam@rpmhockey.com






JOIN THE TRI-CITY EAGLES FIELD HOCKEY CLUB - REGISTER NOW

U10 MINI & MITE FIELD HOCKEY

The U-10 Mini & Mites Field Hockey Program is open to girls and boys born between 2016 and 2021 and is a great way to learn, play, and have fun on the field.

The season fee is **\$155** — register before **February 1** and **save \$20** on your season fee! Registration for the Spring season closes **March 31**.

All games and practices are held at Cunnings Field at Town Centre in Coquitlam.

U11 - U14 BOYS

The Junior Boys Program is open to players born 2012 – 2015, while younger boys born 2016 - 2021 can join our Mini & Mite programs.

REGISTER NOW

REGISTER NOW AT TCFIELDHOCKEY.COM

U11 - U18 JUNIORS

Girls born 2008-2015 can join U-11 to U-18 teams in the Greater Vancouver Junior Field Hockey League, playing a fun, exciting, and competitive season from late March to June.

Sign up before **February 1** and **save \$20** on the **\$190** season fee!

U11 - U18 JUNIORS

Boys born 2008-2015 can join U-11 to U-18 teams in the Greater Vancouver Junior Field Hockey League, playing a fun, exciting, and competitive season from late March to June.

Sign up before **February 1** and **save \$20** on the **\$190** season fee!

Don't wait – secure your spot and join the fun this season!



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

