

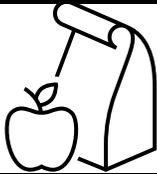


CENTENNIAL TODAY

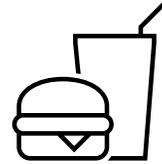
Thursday, March 5, 2026 - Day 1

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: Thai Green

Curry Chicken Vegetable

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

AM Break

Bacon, Egg Potato Breakfast Burrito \$5.00

Menu

Grilled Cheese \$5.00

Nachos w/ Queso, Salsa & Sour Cream \$4.00

Zesty Ranch Chicken Wrap \$5.50

Baked Rotini w/ Meat Sauce \$5.50

Pork Parmesan Sandwich \$6.00

Salad Bar

Promotion This Week! Purchase a salad bar ticket for \$5 and bring a friend for free! Eat together!

“When we give cheerfully and accept gratefully, everyone is blessed.”

Maya Angelou, poet and civil rights activist.

“The shared meal elevates eating from a mechanical process of fueling the body to a ritual of family and community.”

Michael Pollan, author and food systems advocate.

Salad Bar Menu

Soup: Thai Green Curry Chicken Vegetable

Mixed Greens (Local. UP Vertical Greens)

Romaine Lettuce

Pesto Marinated Tomato Bocconcini

Waldorf Salad (Celery, Apple & Walnuts)

Greek Pasta Salad

Garlic Bread

Salad Dressings

Balsamic Vinaigrette (GF)

Green Goddess (GF)

ALL STUDENTS

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 – VALEDICTORIAN INFO

VALEDICTORIAN SELECTION PROCESS

NOMINATION QUALIFICATIONS:

- Individuals or partners may submit a single application package (4 references each for paired candidates; can overlap).
- Must be in good standing to graduate as of June 2026 (no 'IE' Reports or course failures this year)
- Good attendance record (including FLEX, Advisory, Cent Time)
- No Suspensions in Grade 12 Year
- 4 teacher nominations (link to be sent to teachers)

NOMINATION PROCESS:

Interested potential nominees must submit the following to be considered for nomination:

- Teacher Nomination Forms (4) (this is an online form where the link has been emailed to all teachers and was included in the email sent to families)
- Short Essay (1 page MAX, typed, double-spaced) – “*Why I Should Be Valedictorian*”, completed on your own that includes how you **CONNECT** to the school community, **INSPIRE** others in positive ways and **ENGAGE** in your academic pathway - Submit to Mr. Lore at flore@sd43.bc.ca.

**This package is to be emailed before 4 pm, March 13 (no exceptions)*

AP EXAMS

If you are not currently taking an AP course and are interested in writing an exam for the following courses, please email Mr. Lore at flore@sd43.bc.ca before March 6th.

Exams being offered:

AP BIOLOGY (Monday, May 4 @ 8am)

AP PHYSICS 1 (Wednesday, May 6 @ noon)

AP CALCULUS (Monday, May 11 @ 8am)

AP PSYCHOLOGY (Tuesday, May 12 @ noon)



**STUDENT
ART COUNCIL**

MEMBER RECRUITMENT!

Join us during the 1st week of **SPRING BREAK**
to complete our second mural!

Benefits:

- Volunteer Certificates will be provided!
- Meet like-minded artists!
- Gain experience completing a large-scale project!

Check out our first mural on our Insta!

APPLY NOW!

QUESTIONS? WANT MORE INFO?
Please Contact:
130-schung@sd43.bc.ca

OR DM US!
[@studentartcouncil.sd43](https://www.instagram.com/studentartcouncil.sd43)



**TECH SUPPORT
FORM**

STAFF AND STUDENTS, FILL OUT
THE FORM TO GET SUPPORT
FROM THE TECH LEADERSHIP
CLUB FOR YOUR TECH NEEDS!

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

DREAM IT BE IT CAREER CONFERENCE FOR GIRLS - MARCH 14TH PRESENTED BY THE SOROPTOMIST CLUB



Grade 11 Horatio Alger Scholarships due March 31 <80k annual income Scholarships - Horatio Alger Canada

Grades 10 - 12 STUDENT INPUT NEEDED - SD43 CAREER AND TRADES SURVEY - Career and Employment Survey [SD43 Career & Employment Survey – Fill out form](#)

UBC ENNOVATE STUDENT LIFE 101 EVENT - FREE Student Life 101: Race Across UBC — Attendee RSVP

This event is a great way to see what UBC has to offer, straight from the students who live it. Saturday March 7th. Open to all students. Space Limited.

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.

SPRING VOLUNTEER OPPORTUNITIES - Career Centre - Centennial Secondary School

XdHacks Mini Vancouver Ambassadors, Place des Arts Spring Break volunteers, James Park Spring Break volunteers.

"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



COURSE PLANNING

Grade 12's

If You're Still Waiting for an offer...

Not receiving an offer yet does not mean rejection. Many programs continue issuing decisions through late March, April, and even May.

Focus on:

- Maintaining strong grades.
- Checking portals (including spam folders).
- Responding promptly if a university requests additional information.

Douglas College is holding VIRTUAL INFO SESSIONS FOR ADMITTED STUDENTS

Monday, March 18th at noon [Please share this link](#)

Tuesday March 19th at 5 p.m. [Please share this link](#)

SCHOLARSHIP MEETING INFO

 [2026 CENTENNIAL LOCAL INFO SHEET MTG 2 SPRING.pdf](#)

 [SCHOLARSHIP SLIDES 2025 2026 SPRING UPDATE PDF.pdf](#)

BC Ministry District Authority Awards (30 available for Centennial 2026 Grads)

\$1250 for Excellence in one of 7 focus areas. CDN or PR Students apply via the Local Scholarship Form. Details here:  [2026 CENTENNIAL LOCAL INFO SHEET MTG 2 SPRING.pdf](#)

March 31 deadlines (External Scholarships) Career Centre - Centennial Secondary School

*****COQUITLAM FOUNDATION BURSARIES now openCOQUITLAM and/or SD43 STUDENTS ONLY!*****DUE MARCH 31	...	3/31/2026
*****COQUITLAM FOUNDATION BURSARIES*****COQUITLAM and/or SD43 STUDENTS ONLY!	...	3/31/2026
BC HYDRO POWER PIONEERS COMMUNITY SERVICE AWARDS	...	3/31/2026
BC Tech Scholarships	...	3/31/2026
BCRVPA BC Retired	...	3/31/2026
Capilano Entrance Awards/Scholarships	...	3/31/2026
CAPU Additional Entrance Awards	...	3/31/2026
DOUGLAS COLLEGE ENTRANCE SCHOLARSHIP APPLICATIONS DUE MARCH 31ST	...	3/31/2026
Douglas College Entrance Scholarships Oct 1 to March 31	...	3/31/2026
Eagle Ridge Hospital Auxiliary Bursary (2)	...	3/31/2026
GRADE 11 - HORATIO ALGER NATIONAL ENTREPRENEURIAL SCHOLARSHIPS	...	3/31/2026
GRADE 11 Canadian Scholarships	...	3/31/2026
https://www.yvraf.com/our-program-resources/emerging-artists-scholarships/	...	3/31/2026
Kochhar & Co.	...	3/31/2026
Manulife Life Lessons Scholarship/contest (Loss of parent or guardian)	...	3/31/2026
Nature Vancouver Scholarships	...	3/31/2026
PCAHA - Pacific Coast Amateur Hockey Association Scholarships	...	3/31/2026
SFU ENTRANCE AWARDS, BURSARIES AND SCHOLARSHIPS - deadline March 31	...	3/31/2026
SFU ENTRANCE AWARDS, BURSARIES AND SCHOLARSHIPS (to March 31)	...	3/31/2026
Theatre Society Legacy Fund Bursary (Entering a formal arts program - defined as a creative activity that expresses imaginative or technical skills. It produces a product or an objectexperience. It includes drawing, painting, sculpting, photography, digit	...	3/31/2026

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

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](#)

FINANCE PAGE LINK (SCHOLARSHIPS): [Career Centre - Centennial Secondary School](#)



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



BRITISH COLUMBIA EducationPlannerBC

SPORTS

Important dates for Girls interested in playing Soccer for Centennial:



👉 Sr. Girls TRYOUTS - *Wed, March 5th - 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 Paddling Club



📢 **Calling All Paddlers!** 📢

Are you a Centennial student interested in Hawaiian Outrigger Paddling? We'd love to have you join us!

Come to our information meetings on Wednesday, March 4th and Wednesday, April 1st during lunch in Room B221 to learn more about the team and upcoming opportunities.

Can't make it to one of the meetings? No problem — stop by and see Mr. Asano for more information.

Come check it out and be part of the crew! 🏄‍♀️



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

