



CENTENNIAL TODAY

Thursday, March 12, 2026 - Day 2

Today's Schedule

Block 1 7:45-8:55

Block 2 9-9:55

Block 3 10-10:55

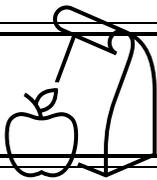
LUNCH 10:55-11:35

Block 4 11:35-12:30

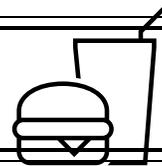
Block 5 12:35-1:30

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 Curry

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

AM Break

Closed Today

Menu

Breakfast Burrito with Turkey Sausage \$5.00

Grilled Cheese \$5.00

Veggie Lasagna \$5.50

Korean BBQ Chicken Wrap \$5.50

Chicken Strips & Fries \$7.50

Today due to the early dismissal salad bar will be run out of the regular cafeteria line.

Salad Bar Menu \$5.00
Soup: Potato Lentil Curry
Romaine
Spinach
Roasted Cajun Yams
Balsamic Roasted Beets & Chickpea Salad w/ Dill
Sundried Tomato Rotini Pasta Salad
Cucumbers & Tomatoes
Salad Dressings
Balsamic Vinaigrette (GF)
Ranch (GF)

School-wide breakfast on Friday, March 13th to celebrate our school community and kick off the day with a healthy start! This gathering is an opportunity for us to come together, show our school spirit, and head into spring break with a strong sense of connection and positivity.

Breakfast will be served in the foyer from 8:15–9:00 AM.

Each student will receive:

- **1 breakfast wrap**
- **1 apple**
- **1 juice box**

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!



Drag Club Meeting

“Its time to dust the Cuda off and get ready for this year’s High School drag race season! If you are interested in joining the Drag race club we will be having a meeting after spring break on April 1st,2026. We will meet in room A205 at lunch.

Costa Rica - Spring Break 2027

Do you want to see sloths, waterfalls, toucans, beautiful beaches, and cloud forests all while biking, rafting, paddling, and hiking across Costa Rica?? We want you! There are still spots available on the Spring Break 2027 Trip. Please see Ms. Melvin or Ms. Chyzowski in F105 (or email) to learn more. If you wish to apply: [Costa Rica Spring Break 2027 - Application Form – Fill out form](#)



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)*

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!

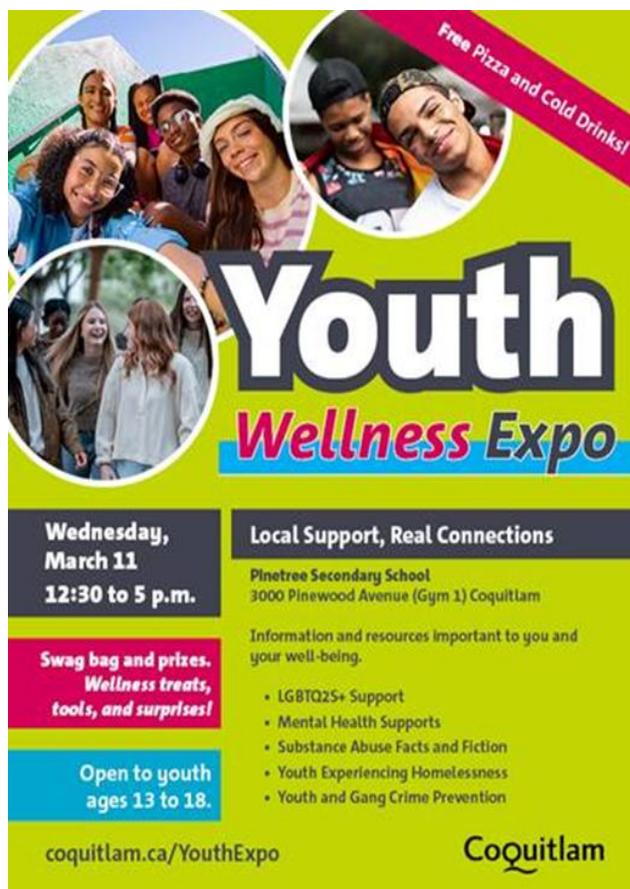
QUESTIONS? WANT MORE INFO?
Please Contact:
130-schung@sd43.bc.ca

OR DM US!
@studentartcouncilsd43

TECH SUPPORT FORM



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



Youth Wellness Expo

Free Pizza and Cold Drinks!

Wednesday, March 11
12:30 to 5 p.m.

Local Support, Real Connections
Pinetree Secondary School
3000 Pinewood Avenue (Gym 1) Coquitlam

Information and resources important to you and your well-being.

- LGBTQ2S+ Support
- Mental Health Supports
- Substance Abuse Facts and Fiction
- Youth Experiencing Homelessness
- Youth and Gang Crime Prevention

Swag bag and prizes. Wellness treats, tools, and surprises!

Open to youth ages 13 to 18.

coquitlam.ca/YouthExpo

Coquitlam

CAREER CENTRE

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

Today is the deadline for *What the "L" applications.*
Students should hand in the applications to a counsellor/career centre for pick up.

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



Indigenous Trades Sampler Apr 29 - May 1 Apply by NEW APRIL 15TH DEADLINE



[INDIGENOUS STUDENTS IN TRADES SAMPLER - APPLICATION 2026.pdf](#)

SCIENCE ALIVE SFU - SUMMER CAMP VOLUNTEERS

Apply by March 20th Apply on our website: **[Volunteer with Us — Science ALIVE @ Simon Fraser University - STEM Programs for K-12 Youth](#)**

BIG BROTHERS SUN RUN VOLUNTEERS - APRIL 17-19

[Community Volunteer Connections - Volunteer Now - Vancouver Sun Run - Big Brothers Charity Volunteer](#)

Camp Byng Summer Leadership Training - Fee based 14-17yrs

[Login | Scouts Canada - Camp Byng](#)

Indigenous Resources via ACCESS - Miscellaneous opportunities

[Career Centre - Centennial Secondary School](#)

NEW* COMMUNITY VOLUNTEER CONNECTIONS (CVC) VOLUNTEER HANDBOOK

[Community Volunteer Connections | Volunteer - Individuals and Groups](#)

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

[Scholarships - Horatio Alger Canada](#)

SPRING VOLUNTEER OPPORTUNITIES - [Career Centre - Centennial Secondary School](#)

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

Grade 12's

LOOKING AT A TRADES FOUNDATION COURSE?

TRADES TRAINING SEAT FINDER: **[Trades Training BC - The Hub for BC's Public Trades Training Programs & Schedules](#)**

DOUGLAS COLLEGE UPCOMING INFO SESSIONS AND FAIRS - March 11, 12 & April 1 [Information sessions |](#)

[Douglas College](#) Register in advance.



YOUTH OF CANADA SCHOLARSHIP

[The YOC Scholarship | Youth of Canada](#) Due June 15th

Due March 31 - Theatre Society Legacy Fund - entering Arts
[The Theatre Society Legacy Fund](#)

Grade 12 STUDENTS WHO ARE HOPING FOR TEACHER REFERENCES FOR THE SPRING SCHOLARSHIP APPLICATIONS SHOULD ASK ASAP - **Deadline April 9 (Centennial) and April 15 (SD43)**

COQUITLAM FOUNDATION SCHOLARSHIPS - APPLY NOW!



[Scholarships and Bursaries | Coquitlam Foundation - Invest . Enrich . Inspire](#)

(DUE MARCH 31) (\$750 - \$2,000)

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](#)

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](#)

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
BCIT	BC Tech Scholarships	...	3/31/2026
	BCRVPA BC Retired	...	3/31/2026
	Capilano Entrance Awards/Scholarships	...	3/31/2026
IF	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 ENTREPRENURIAL SCHOLARSHIPS	...	3/31/2026
	GRADE 11 Canadian Scholarships	...	3/31/2026
	https://www.yvraf.com/our-program-resources/emerging-artists-scholarships/	...	3/31/2026
are 3 SD43	Kochhar & Co.	...	3/31/2026
	Manulife Life Lessons Scholarship/contest (Loss of parent or guardian)	...	3/31/2026
April	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

PATHWAY TO SUCCESS AWARDS

YOU ARE PLANNING TO APPLY TO BCIT FOR A TECHNOLOGY, TECHNICAL STUDIES OR TRADE PROGRAM, there awards of \$3,000 for students! Application deadline for students: 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.



SPORTS

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! 🏄‍♀️

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

