



CENTENNIAL TODAY

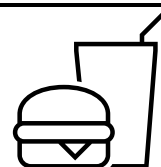
Tuesday, April 28, 2026 - Day 2

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: Thai Chicken w/ Rice
Small \$2.50, Medium \$3.50, Large \$5.50

AM Break

Bacon & Egg Breakfast Sandwich \$3.00

Menu

Grilled Cheese \$5.00

Chicken Pesto Panini \$5.50

BBQ Pulled Pork Sandwich \$6.00

Chicken Alfredo Lasagna \$5.50

Teriyaki Chicken Rice Bowl \$7.00



Salad Bar \$5.00
Greek Salad w/ Lentils
Southwest Quinoa Salad
Fruit Salad
Roasted Yams
Butter Lettuce
Mixed Greens
Spinach & Kale
Ranch & Italian Parmesan



ATTENTION: GRAD CLASS OF 2026



Grad Guest Invitation Form Now Available!

Grads who are planning on inviting a guest (*2026-2027 Grads only*) to Dinner-Dance and After-Grad must fill out a Guest Invitation Form (including all the details requested) for approval. The form is available for pick-up in our main office. **The deadline to return the form is no later than May 8th.** Late requests will not be accepted.

Grad Dinner-Dance and After-Grad

Ticket sales for both Dinner-Dance and After-Grad will begin on ***May 4 and run through until May 22.*** Tickets can be purchased online via Schools Cash Online.



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!



Asian Heritage Night is Looking for Performers!

Centennial's annual Asian Heritage Night will be Thursday, May 28th! **Are you a solo singer, a band member, dancer, or other type of performing artist** and want to showcase your talent at the event? Please **fill in the form below by Wednesday April 29th** to provide your information and details about the performance.



A promotional graphic for a Costa Rica Spring Break trip. It features a sloth on a tree branch at the top. Below the image, the text "COSTA RICA" is in a white box. Underneath, it says "SPRING BREAK TRIP- MARCH 2027" and "CROSS-COUNTRY TRAVERSE HIKING, BIKING, PADDLING". At the bottom, there are two QR codes with instructions: "Scan here for trip information!" and "Scan here to APPLY!". The footer says "EMAIL MS. CHYZOWSKI OR MS. MELVIN FOR INFO (ROOM F105)".

Costa Rica Spring Break 2027 - Final Notice

LAST CHANCE to join the Costa Rica Spring Break 2027 trip! If you have been considering this once in a lifetime opportunity to adventure across Costa Rica, please come see Ms. Chyzowski or Ms. Melvin ASAP. Scan QR codes for more information.

EUROTOUR 2027

ENGLAND

FRANCE

ITALY

Join us for an exciting tour of major European destinations during Spring Break 2027



LIBRARY POET-TREE



Hey Centaurs!

Visit the Library anytime in April to write a poem, ode, lyrics, or prose - whatever inspires you - and add it as a leaf to our Poet-Tree! Each entry receives a candy and a chance to win one of four free lunches in the Centennial Cafeteria.

Our second winner for the Poet-Tree contest is: **Alexa Lee!**



Come pick up your prize at the library circulation desk 😊

CAREER CENTRE

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



VOLUNTEER FOR PORT MOODY RIBFEST

[Volunteer | Port Moody RIBFEST](#) July 17 – 19, 2026 | 11:00 am – 9:00 pm [ribfest](#)
[VolunteerSpotDescriptions-v1-0 \(1\).pdf](#)

VISIT THE ONLINE CAREER CENTRE FOR UPDATED OPPORTUNITIES [Career Centre - Centennial Secondary School](#)

FIRST AID AND CPR TRAINING (SD43)

Apply by **May 06**. Course date: Friday May 22 8:39 - 4:30

 [First AidCPR Application 2026.pdf](#)

DUAL CREDIT OFFERINGS via SD 43 CAREER AND TRADES:

Earn high school and post-secondary credit!

CAD AND DRAFTING -KPU

HEADSTART IN ART - EMILY CARR UNIVERSITY

NURSING PREP FOR HIGH SCHOOL STUDENTS - KPU

See details here: [Career Centre - Centennial Secondary School](#)

Listed under miscellaneous.

The YMCA Summer Work Student Exchange (SWSE) Program Offers youth ages 16 and 17 the opportunity to Travel, Work, Learn a Second Official Language. (Exchange program with fees) Register for a SWSE info session below:

- [April 28th at 7:00pm CST \(English\)](#)
- [April 29th at 7:00pm MST \(English\)](#)
- [April 30th at 7:00pm EST \(Englis](#)

<https://www.carnavaldelsol.ca/volunteerwithus/>

July 10 - 12 Carnaval Del Sol



CARNIVAL DEL SOL

VOLUNTEER WITH US

DO YOU WANT TO DEVELOP NEW SKILLS, MEET NEW PEOPLE AND IMPROVE YOUR TALENTS?

AREAS TO VOLUNTEER

- Event Planning
- Event Coordinator
- Human Resources
- Culinary Arts
- Sales
- Marketing
- Social Media
- Graphic Design
- Photography
- Promotion
- Journalism
- Arts & Craft
- Video Production
- Kids Activities
- Fashion

Scan to Explore

CONTACT INFORMATION

E-mail: csolhr@latincouver.ca
[carnavaldelsol.ca/volunteerwithus](https://www.carnavaldelsol.ca/volunteerwithus)

Phone: (604) 566-0999

WOMEN IN ORTHOPAEDICS (worth) WORKSHOP (UBC AT BC CHILDRENS HOSPITAL - IN PERSON)

The workshop will take place on Saturday, June 6th, 2026, from 9 am to 3 pm. Admissions will be based on the quality of the application and student career interests Details for registration can be found here: https://ubc.ca/1.qualtrics.com/jfe/form/SV_1XJPwIPVpcUuytU.

Deadline to submit the workshop application is **May 24, 2026**.

Hack Your Life 2026 via XdHacks Mini Vancouver

May 30 & 31 - BCIT Campus details on the career centre/experiences or **More info and registration here:** <https://forms.gle/P7E29VdHuxA5RyMF8>

KPU VISITS CENTENNIAL

May 7th at LUNCH in the foyer - BRING YOUR QUESTIONS!

BCIT HEALTH CARE COURSES (SUMMER) FOR HIGH SCHOOL STUDENTS

Healthcare Horizons and Preparation for Nursing Education. Starting in July 2026. Register here before spaces fill up! [Preparation for Health Careers – BCIT](#)

TIM HORTONS HIRING DAYS Hiring for multiple positions and welcome applicants of all experience levels. Candidates are encouraged to bring their resumes and may also bring friends who are interested in applying.

📍 April 28, 2026, Tim Hortons – Port Coquitlam
1525 Lougheed Highway, Port Coquitlam, BC 🕒 2:00 PM – 5:00 PM

EPBC Event Calendar [Event calendar](#) | [EducationPlannerBC](#) | [EducationPlannerBC](#)

Grade 12's



HAVE YOU WON A SCHOLARSHIP OR AWARD? SHARE YOUR NEWS FOR THE COMMENCEMENT PROGRAM!

[Have you won a scholarship, bursary or award? – Fill out form](#)

*****REFRIGERATION AND AIR CONDITIONING MECHANIC NEW PROGRAM AT VCC - SPOTS FOR FALL**

[Refrigeration and Air Conditioning Mechanic Foundation - Vancouver Community College](#) Note: The tuition for this program is a great deal higher than other institutions. (10K)

UP TO TEN EXTERNAL SCHOLASHIPS ARE DUE APRIL 30TH AND SIX DUE MAY 1 [Career Centre - Centennial Secondary School](#)

PLENTY OF SCHOLARSHIPS HAVE BEEN UPDATED FOR MAY AND JUNE DEADLINES [Career Centre - Centennial Secondary School](#)

MOSAIC AWARDS FOR NEWCOMERS TO CANADA Six \$5,000 awards are given to deserving recipients with financial need to support their educational and post secondary goals. Must be new arrivals or refugees, living in Canada less than 5 years. Accepted to an educational program of either academic, professional or vocational nature. Apply by April 30. [MOSAIC Educational Enhancement Award](#) | [Awards](#) | [MOSAIC](#)

BC SCHOOL SPORTS SCHOLARSHIPS BCSS

Several scholarships to recognize **excellence in athletics, leadership, and community service**: 6 x \$1,000 Badminton scholarships, 2 x \$1,000 based on school spirit & healthy living & community involvement, 6 x \$1,000 based on leadership values. [2025/26 Scholarship Package Cover](#) Due May 1

CTA (COQUITLAM TEACHERS ASSOCIATION SCHOLARSHIPS

Email applications to Heidi Davis scholarship@cta43.org

Awards for SD43 students entering **TRADES**, (Visual, Fine or Performing) **ARTS**, **EQUITY** (BIPOC, including Indigenous or LGBTQ students) **TWO** awards for **children of CTA members**. 10 Awards total at \$500 to \$1500 each. **Due June 1**

GRACE FAMILY NETWORK FOUNDATION SCHOLARSHIPS

3 x \$1,000 Financial Need, Community Service,, Leadership Essay component. [Grace Family Network Foundation](#) Due May 31

BCTESOL SCHOLARSHIPS

[Scholarships - BCTESOL - BC Teachers of English to Speakers of Other Languages](#) Awards of \$1,000 each

For Immigrants & Studentss who started schooling in BC as Refugees/ELL. **Due April 30**

Find more on the Career Centre: [Career Centre - Centennial Secondary School](#)

Trevor Linden Community Spirit Scholarship

https://canucks.formstack.com/forms/2026_tl_scholarship 4X\$2500 Apply by April 30th.
Community/Volunteer involvement. Essay req'd

SPORTS

The Senior Badminton Team competed at the District Championships last week. Please congratulate the following players who have secured spots to Fraser North's next month.

Double partners:

Sarvesh Pragashkumar & Aison Jiang finished 6th overall!

Nayun Lee & Sanca Tran won 5th overall!

Mixed Double partners

Sanca Tran & Alec Chang for placing 6th overall

Lastly, Matthew Harm finished 8th overall in the single category and will be a 2nd alternate for Fraser Norths!

Well done to our seniors!

Girls Hockey Team

Game Day TODAY: Tue Apr. 28 vs Heritage Woods

Cent is tied for 1st place in the league

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

