



CENTENNIAL TODAY

Tuesday, February 10, 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
4. Have your payment ready before you order
5. No touching items that you are not going to buy
6. Only those buying are permitted to enter the lineup. This will help speed up service.
7. No cutting into the line. Please wait your turn and line up in an orderly manner.



Soup: New England Clam Chowder

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

AM Break

Bacon & Egg Breakfast Sandwich \$3.00

Dessert

Chocolate Cake \$3.00

Menu

Grilled Cheese \$5.00

Baked Creamy Tomato Tortellini w/ Sausage \$5.50

Crispy BBQ Chicken Wrap \$5.50

Carnitas Pork Sandwich w/ Pickled Red Cabbage \$6.00

Grilled Portobello Blue Cheese Veggie Burger \$5.50

Cajun Chicken Wings \$5.50

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!



International / ELL Students

Please sign up for a fun lunch activity that is Valentine's themed



ATTENTION INDIGENOUS GRAD STUDENTS!!

There is a group grad photo on **Wednesday February 11th** in the Indigenous Pod. You are encouraged to wear your regalia if you have it. If you don't, please come anyway.

Environmental Studies Academy - Applications Open!

ES Academy applications are open now for the 2026/2027 school year for current Grade 9, 10, & 11 students. Scan the QR code, find the application in the @cent.es Instagram bio, or see Ms. Melvin or Ms. Chyzowski in F105 to apply! We will be hosting a Parent Info Session this Thursday, February 12th at 6:00pm in the theater. Students are welcome to join! **Deadline to Apply is February 13th.**



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)



Grade 11 Scholarships



***Are You Eligible?**

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

CAREER CENTRE

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

Interested in BCIT Health Care?

Thinking about healthcare? BCIT programs you can apply to right from grade 12 – BCIT

VOLUNTEER WITH THE PORT MOODY/COQUITLAM CONSTITUENCY YOUTH COUNCIL

- **When?** The Constituency Youth Council meets from April 2026 to March 2027.
- **Why?** Giving youth a voice is vital to our government. A youth perspective brings a new light to issues touching our community and our country. The CYC in Port Moody-Coquitlam is working hard to be the youth voice for our community.
- Application Link: [Click Here](#) Apply by March 1, 2026.

COURSE PLANNING PREPARATION GRADES 9-11

Search for admission requirements and programs in BC

[Start your search](#)

Search for post-secondary programs across Canada

[MyBlueprint](#) (use your school email and password)

WHAT IS UNIVERSITY TRANSFER?

Did you know that more than 55,000 students move between colleges and universities every year across the Canadian province of British Columbia?

[Video: The BC Transfer System - YouTube](#)

[BC Transfer Guide](#)

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

PNE EMPLOYMENT - APPLICATIONS NOW OPEN

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

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](#)



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

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

PLANNING TO APPLY AT BCIT

Double check program availability here: [Program Availability – BCIT](#) Note: Students will be required to upload their school transcript within the BCIT application.

Ask your counsellor for a PDF.

WHY GEOSCIENCE MATTERS - WEBINAR

Feb 26th 6-7 pm Speaker panel (online) with professionals working in industry, academia, and government.

REGISTER: <https://forms.office.com/pages/responsepage.aspx?id=RtUantX4ek->

Info: [GDic4Z6NToKAhoBoDW3IKtpJuM3e9vNNUOVlaMFAwSE5GQjRRRTQ4OVo4QlI3Q0JVS4u&route=shorturl](https://forms.office.com/Pages/ResponsePage.aspx?id=GDic4Z6NToKAhoBoDW3IKtpJuM3e9vNNUOVlaMFAwSE5GQjRRRTQ4OVo4QlI3Q0JVS4u&route=shorturl)

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](#)

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, Facilitates 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](#)

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**.

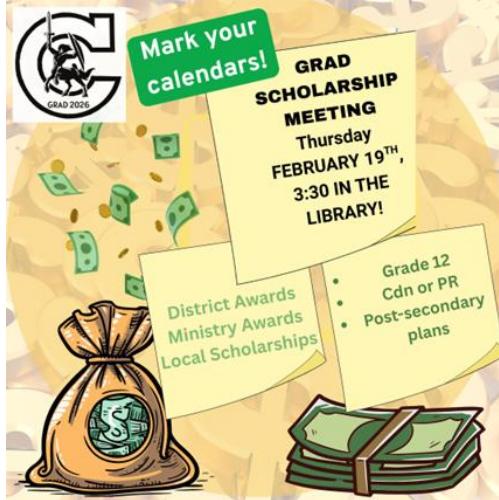
FINANCE PAGE LINK (SCHOLARSHIPS): [Career Centre - Centennial Secondary School](#)

Visit the **Employment** page of the Career Centre for quizzes, resume tips and more!

[Career Centre - Centennial Secondary School](#)



UPDATE





Future Ready

Grow your skills. Build your network. Shape your future.

Future Ready helps young women and gender diverse youth 17-25 build confidence, develop essential life and career skills, and connect with a supportive community of peers and mentors. Over seven engaging sessions, you'll gain clarity about your goals, strengthen your voice, and explore opportunities for your future.

What You'll Learn

Future Ready is all about helping youth develop their career readiness and leadership skills through:

- Interactive learning through workshops, group-based discussions, and real-world workplace scenarios.
- Networking with inspiring mentors who can offer advice and guidance around next career steps.
- Real-world practice of foundational career skills to build confidence.



Spring 2026 Dates

Future Ready will take place via Zoom over seven sessions every second Tuesday from 6-7:30pm PT:

- March 10: Opening Session and Values
- March 24: Managing Change
- April 7: Effective Communication
- April 21: Emotional Resilience
- May 5: Building Confidence
- May 19: Effective Networking
- June 2: Advocating for Yourself and Closing Circle

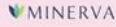
REGISTER TODAY!
Deadline to apply is
March 3rd

Scan Here



Thanks to the support of our donors, this program is offered at no cost to participants.

Rise and Shine



Tools for Mental and Emotional Wellness

Looking to enhance your wellness toolkit?

Rise and Shine is back for the Spring!

Rise and Shine is a wellness program for girls and gender diverse youth ages 15-24. This program contains 5 workshops designed to help youth develop essential skills to nurture their mental and emotional health and walk away with valuable and practical tools for navigating their resilience and building their confidence.

Rise and Shine will take place via Zoom from 10-11:30am PST:

- Monday, March 16th
- Tuesday, March 17th
- Wednesday, March 18th
- Thursday, March 19th
- Friday, March 20th

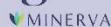


Apply today!



Applications close
March 13th

Learning to Lead™



Spring Applications Now Open!

Learning to Lead is a leadership opportunity open to self-identified girls in Grades 10-12. Participants gain confidence through interactive workshops and activities within a fun and supportive community of friends and mentors.

- Gain confidence
- Connect with peers and supportive mentors
- Build practical leadership and communication skills



Learning to Lead™ will take place via Zoom from 6pm-8pm PST:

- Wednesday, April 8th
- Wednesday, April 15th
- Wednesday, April 22nd
- Wednesday, April 29th

Apply today!



Applications close April 3rd

Thank you to Lead Supporter

ARITZIA

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)



Badminton Tryouts

In the **Red Gym**

Tuesday, February 10, 6pm (senior)



Track & Field - Team Sign-up

Be sure to follow these steps to sign up for the Track & Field Team. You need to complete all steps to secure your spot on the team!



1. Fill out the online application form (see posters or QR code)
2. Return your signed medical form to Ms. Chyzowski in F105 (come to get a form if you did not attend the meeting last week)
3. Sign-up for the TeamLinkt app and join our team - EZNY-6Y4Z



Ultimate (Frisbee) Team

Tryouts will be 3:30pm on the turf field on **Tues Feb 10, Wed Feb 11, Thurs Feb 12**

Students of all genders and grades are invited to tryout!

Please scan the QR code to sign up. If you have any questions, email or talk to Ms. Purdey (Lpurdey@sd43.bc.ca)



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	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

