CENTENNIAL TODAY

Tuesday, March 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
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: Split Pea & Ham

Small $2.50, Medium $3.50, Large $5.50

AM Break

Sausage & Egg Breakfast Sandwich $3.00
Cinnamon Bun $3.00

Menu

Grilled Cheese $5.00
Pesto Chicken Panini $5.50
BBQ Pulled Pork Sandwich $6.00
Tortellini Alfredo w/ Chicken $5.50

Salad Bar Menu $5.00

Soup: Split Pea & Ham (GF)
Mixed Greens (Local)
Spinach
Roasted Cajun Yams
Balsamic Roasted Beets
Sundried Tomato Rotini Pasta Salad
Cucumbers & Tomatoes
Peppers & Onions

Salad Dressings

Balsamic Vinaigrette (GF)
Ranch (*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)

CAREER CENTRE

Visit the online Centennial Career Centre Page
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

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 AL!VE @ 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.

"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

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.

BCIT BURNABY CAMPUS WELCOME April 8th 2-6pm https://www.bcit.ca/event/burnaby-campus-welcome/

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

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 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
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

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
	ExFLEX 10:07 – 11:12		CENT TIME 10:07 – 11:12	
BLOCK 3 10:16-11:28		BLOCK 3 10:16-11:28		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