

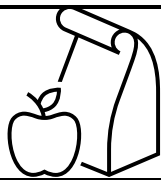


CENTENNIAL TODAY

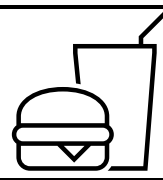
Tuesday, November 4, 2025 - Day 1

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: Cheesy Broccoli

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

AM Break

Sausage, Egg & Cheese Breakfast Sandwich \$3.00

Cinnamon Bun \$3.00

Yogurt Berry Parfait \$2.50

Dessert

Pumpkin Pie \$3.00

Oreo Cheesecake \$3.00

Menu

Grilled Cheese \$5.00

Tomato Basil Panini \$6.00

Cuban Pork Sandwich \$6.00

Pesto Chicken Panini \$5.50

Korean Chicken Bao Buns \$7.00

Salads

Centennial Salad \$ 5.00 w/ Chicken \$7.00 (GF)

Spinach & Kale 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.



SD43Education
FOUNDATION



SD43 Education Foundation Online Auction LIVE November 8 - 25, 2025

Make a Difference in Your Community

The SD43 Education Foundation Online Auction raises funds to support students and programs across Coquitlam, Port Coquitlam, Port Moody, Anmore, and Belcarra.

Last year, the following schools benefitted from sharing **\$51,120** in grants:

Birchland Elementary	Cape Horn Elementary	Castle Park Elementary
Centennial Secondary	Como Lake Middle	Gleneagle Secondary
Hampton Park Elementary	Heritage Woods Secondary	Inquiry Hub
Kilmer Elementary	Meadowbrook Elementary	Montgomery Middle
Mundy Road Elementary	Parkland Elementary	Pinetree Secondary
Port Moody Secondary	RC Macdonald Elementary	Suwa'ikh School
	CABE Secondary	

Amazing Items and Experiences

Bid on vacations, hotel stays, dining experiences, local gift certificates, hockey and sports tickets, golf packages, technology, and more exciting items for everyone.

Visit, Bid and Share: www.32auctions.com/SD43foundation

CENTENNIAL INDIGENOUS STUDENTS

Our first meeting this year for INDIGENOUS LEADERSHIP is coming up **TODAY Tuesday, November 4th** in the **F BUILDING in room 200 (F200)**. The meeting will take place during **EXFLEX**. We welcome **everyone** who is interested in leadership opportunities and finding ways to help promote and celebrate Indigenous culture.

CENTENNIAL FASHION SHOW



Tickets are now available for the Centennial Fashion show, on Thursday, November 27th from 6pm - 7pm in the school foyer. Tickets are \$10 each on School Cash Online. All proceeds go to the Downtown Eastside Women's Centre. You don't want to miss out on this show featuring talented student designers and models, and a chance to contribute to a worthy cause! Bring your ticket and student ID to show at the door.

Please email Mrs. Hipditch or Annaliesa (076-acoupe@sd43.bc.ca) if you have any questions.

Log on to school cash online or use this link to purchase tickets. Thank you!

<https://sd43.schoolcashionline.com/Fee/Details/159371/108/False/True>

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



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

General Information

STUDENT (11+12'S) VOLUNTEERS NEEDED FOR CHRISTMAS MARKET (EVERGREEN)

Student volunteers (preferably gr 11's and 12's). The volunteering will help students with learning about social interaction, learning about entrepreneurship, and seeing the ins and outs of a small business.

volunteer letters for the hours they provided.

Please fill out the FORM:

https://docs.google.com/forms/d/e/1FAIpQLSfslk17zBRIMLTvZK2fk5NUZ4_T8LMnKvldF3w4h2qZXXloQQ/viewform?usp=publish-editor

BCIT BIOTECHNOLOGY WORKSHOP (GRADES 10-12)

Deadline to apply **November 14th**. Program Dates: December 8–12, 2025 Locations: BCIT Burnaby Campus + UBC Details under career explorations [Career Centre - Centennial Secondary School](https://sd43.bc.ca)

Grade 12

WEDNESDAY, NOVEMBER 5TH

Junior Firefighter Programs
2026
APPLICATIONS OPEN NOV. 3 TO DEC. 5, 2025

School District No. 43 is partnering with both Coquitlam Fire Rescue and Port Moody Fire Rescue to offer two different junior firefighting programs for 2026.

These programs are open to SD43 students in grades 11 and 12, and help applicants understand the basic physical and educational components required of new recruits in the fire service.

EDUCATIONAL COMPONENT
Tests knowledge of firefighting equipment and fire behavior

PRACTICAL COMPONENT
Tests endurance and teamwork skills

- ▶ The Coquitlam academy runs out of 1300 Pinetree Way.
- ▶ The Port Moody academy runs out of 150 Newport Drive.

Scan the QR code or go to 43careers.com

SD43 Trades Programs
Virtual Info Session
NOVEMBER 5TH @ 6PM

Learn about SD43 opportunities in the skilled trades

- ✓ 25+ TRAIN in Trades Programs
- ✓ WORK in Trades Program
- ✓ Supports for young women & Indigenous students in the skilled trades

SCAN TO REGISTER

SD43 CAREERS
VISIT [43CAREERS.COM](https://43careers.com) CAREERPROGRAMS@SD43.BC.CA

BEEDIE LUMINARIES SCHOLARSHIPS NOW OPEN

[Beedie Luminaries | Scholarships for B.C. Students](#)

Check out the BUILD and SHINE scholarships for high school students

UBC BEYOND TOMORROW SCHOLARSHIPS FOR BLACK STUDENTS [Beyond Tomorrow Scholars Program - UBC | Undergraduate Programs and Admissions](#)

APPLY BY DEC. 1

SCHOLARSHIP SEARCH ENGINES:

- [EDUCATION PLANNER BC SCHOLARSHIPS & BURSARIES PAGE](#)

An overview of Scholarships, links, search engines and tips.

- [Scholarships Canada](#)

Extensive database for scholarships and funding

- [Schoolfinder](#)

Scholarships and financial aid, tuition...

- [Yconic](#)

Social Network, search engine, research

- [Student Scholarships.org](#)
- [ScholarTree.ca](#)

Based on their profile, students will see all of the scholarships that they’re eligible for

- [BC Scholarships search engine](#)

Did you miss the scholarship meeting? Please read the handout and review the PowerPoint.

 [Scholarship MTG 1 HANDOUT 2025-2026.pdf](#)

 [SCHOLARSHIP MEETING 1 fall 2025.pdf](#)

Upcoming Events

Microcredential	... 11/4/2025
BCIT ENGINEERING PANEL EVENT	... 11/5/2025
Fraser Valley Art & Design Fair	... 11/5/2025
Jr. Fire Academy info session in f200 /F WING at lunch - WEDNESDAY NOV 5TH 2025 *****	... 11/5/2025
King University online info session	... 11/5/2025
SD43 TRADES VIRTUAL INFO SESSION FOR PARENTS AND STUDENTS 6PM NOV 5TH	... 11/5/2025
BCIT MINI-FAIR AT LUNCH IN THE FOYER*****	... 11/7/2025
NATIONAL PORTFOLIO DAY (HOSTED AT EMILY CARR UNIVERSITY)	... 11/8/2025

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

TERRY FOX HUMANITARIAN AWARD

Applications **OPEN NOW** to Dec. 1st

[Applicant Information | Terry Fox Humanitarian Award](#)

Mark your calendars - CAP U EXPLORE NOV 29 IN PERSON



SFU (USES) UNDERGRADUATE ENTRANCE SCHOLARSHIPS

Open to December 15th!

[Undergraduate Scholars Entrance Scholarships \(USES\) - Financial Aid and Awards - Simon Fraser University](#)

MARK YOUR CALENDARS

BCIT WILL HAVE A MINI-FAIR AT LUNCH IN THE FOYER ON **FRIDAY NOVEMBER 7TH** (HEALTH SCIENCES, CIVIL ENGINEERING, GEOMATICS, BUSINESS & MEDIA AND MORE!)

UBC PERSONAL PROFILE

Information and video **[Write your Personal Profile - UBC | Undergraduate Programs and Admissions](#)**

SPORTS

Gr. 9 Girls' Volleyball

Very important meeting right at the beginning of tutorials/flex today in room E 120. Come right away. The meeting will be only a minute or two but it is really important everyone come.

CENTENNIAL CROSS COUNTRY



The Centennial Cross Country Team had a tremendous showing at the B.C. Cross Country Championships in Nanaimo this past weekend. To begin, the conditions were incredibly challenging with a torrential downpour on Saturday. The course was completely bogged down with mud. In attendance were representatives from over 1900 high schools from all over the province. Each division had approximately 300 competitors. All our athletes had to fight their way through a crowd of 300 runners over a distance of 5 kilometers in ankle deep mud!

Our only Junior Boy and individual runner to compete this year was Gabriel Smegelski. He ran the course in a time of 18:03 and finished 189th in a group of 300 runners and represented Centennial wonderfully.

We also had a team represent Centennial this year, our Senior Girls. They ran the last race of the day after six groups of 300 had already destroyed the course through a day of pelting rain and churning up the ground into “soupy” mud. They were undeterred, however, as they managed to finish in sixth place in the entire province.

Taysia Lennstrom continued her dominance in the province in this event finishing sixth overall in the entire field with a time of 19:13. To be clear, there were only five girls in the entire province of British Columbia that finished in front of her. It should be noted that Taysia is a grade 10 student, while all five girls ahead of her were Senior Girls. As well, the 5th place girl was in front of Taysia and over the line by inches, and the 4th placed girl was only 2 seconds in front of her.

Other amazing feats of athleticism were performed by team members Kallee Lennstrom [21:46], Keira Ballantyne [23:35], Lainey Stutters [25:03] and Violet Drazenovic [27:15]. All five members of the Centennial Cross Country Team had a collective score that placed them in sixth place in the province.

Our prospects for next year look good as only Lainey Stutters is in grade 12 and therefore graduating. Two members are only in grade 10 [Taysia Lennstrom and Violet Drazenovic] and therefore we have them to represent us for another two years at the senior level.

Congratulations ladies on a performance that has not been matched at Centennial since 1982, which is a period of 43 years!

Ski and Snowboard Club

Thank you to all those who applied for the club this year. We had a record number of 72 applicants for only 48 spots. Please check your email or Teams to see if you were selected. Come to room F105 to pick up your forms from Ms. Chyzowski at Lunch or Flex by the end of the week! **All forms need to be signed and returned and transportation fee paid by November 12th to secure your spot.** Spots may become available to those on the waitlist on November 13th.

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

