

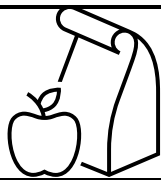


# CENTENNIAL TODAY

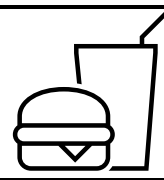
**Tuesday, October 21, 2025 - Day - 2**

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: Chicken Minestrone**

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

### **AM Break**

Bacon & Egg Bagel \$4.00

### **Menu**

Grilled Cheese \$5.00

BBQ Pulled Pork Sandwich \$6.00

Pesto Chicken Panini \$5.50

Chipotle Chicken Burrito \$6.00

Beef Lasagna \$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

**White Emergency Forms are now overdue: Please bring your completed and signed form to the office asap!**

**Please come to the office to pick up your Student Id Card.**

### **Music Concert**

The first concert of the year is happening on Wednesday, October 22 at 7:00 p.m. in the theatre for the music department.

We will also have our dress rehearsal in the theatre on Tuesday after school.



### **A Crêpe Truck is coming to Centennial!!!**

When? Thursday October 23rd during Cent Time and Lunch

What? Delicious Sweet Crêpes (cash only)

Where? In front of the Foyer

Hosted by the Languages and ELL Departments

### **International Students**

Hoodie design contest! Submit your own design to [Lsousa@sd43.bc.ca](mailto:Lsousa@sd43.bc.ca) by Oct 31st. There will be a vote and the winner will win a hoodie! Must have Cent/Centennial & International incorporated in your design.

### **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.**

### **Language Challenge Exams**

We have a long relationship with many of you — here's to another year of Language Challenge coming up!

Each year our Challenge students represent over 150 schools and 20 school districts. While the majority are from the Lower Mainland, there are around 200 students

from the Island and always a few from the Okanagan and other parts of BC. It is a pleasure working with all of you!

This year we are pleased to offer American Sign Language 11 (ASL 11) as a Language Challenge Exam — please note for ASL 11 the exam dates will be arranged with each student individually.

Please follow this link for all information related to the 2025/26 Language Challenge Exams

<https://www.deltasd.bc.ca/schools/secondary/challenge-exams>

This year we are offering:

- ASL 11 (American Sign Language)
  - Farsi 11 & 12
  - French 11 & 12
  - Japanese 11 & 12
  - Korean 11 & 12
  - Mandarin 11 & 12
  - Punjabi 11 & 12
  - Spanish 11 & 12

Dates to remember:

- Oct 24, 2025 – application deadline for students.
- Jan 31st & Feb 1st, 2026 – exam dates
- 

**MOUNT SEYMOUR**

**SKI & SNOWBOARD CLUB**

**EVERY TUESDAY NIGHT  
JANUARY 6 - FEBRUARY 17**

COST is \$507 + tax  
Includes a FULL SEASON PASS

**APPLY NOW**  
APPLICATIONS DUE OCTOBER 23<sup>rd</sup>

**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://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](mailto:dhealeywright@sd43.bc.ca)

**General Information**

**VOLUNTEERS NEEDED FOR THIS FRIDAY – PLACE DES ARTS**  
Work with students from elementary school full or half days available.  
Email [eventscoordinator@placedesarts.ca](mailto:eventscoordinator@placedesarts.ca), or [volunteer@placedesarts.ca](mailto:volunteer@placedesarts.ca)



**WHAT THE "L"**

This 2-day program is open to students 16 years and older and is designed to support those who may experience barriers to earning their learner’s permit. Barriers may include financial limitations, test anxiety, lack of parental support, or limited access to a vehicle. With guidance from an ICBC instructor, students receive the tools and support they need to succeed.

**Application Details**

- **Application Due Date:** Wednesday, October 22nd
  - **Application Pick-Up:** Thursday, October 23rd
  - **Program Dates:** Tuesday, November 18th & Tuesday, November 25th
- \*Please submit all application to your Youth Woker or THE MAIN OFFICE***

**LINK TO WHAT THE 'L'**  
[WHAT THE L APPLICATION 2025 .docx](#)

## **Grade 12**

### **VCC INFO WEEK**

**[Info Week at VCC - Vancouver Community College](#)**

October 20-24, 2025.

Win one of 3 \$1,000 tuition credits, Application fees waived for domestic attendees.

### **SFU FACULTY OF ENVIRONMENT- DISCOVERY DAY PRO-D FRIDAY OCT 24TH**

Some seats still available!

Register here: [Discovery Day - Faculty of Environment - Simon Fraser University](#)

**[UFV's Creative Arts & Design Info Night Tickets, Thu, Oct 23, 2025 at 6:30 PM | Eventbrite](#)**

6:30 PM - 8:30 PM

UFV ABBOTSFORD CAMPUS Bldg C



**INFO FAIR DOUGLAS COLLEGE INFO FAIR NEW WEST CAMPUS OCT 28TH 4-7 PM**

[Register now](#)

### **DOUGLAS COLLEGE ENTRANCE SCHOLARSHIP APPLICATION**

[final-entrance-scholarship-application-2026-2027\\_0.pdf](#)

The purpose of this program is to recognize students who excel in their studies and contribute to their community. Contributions to the community include promotion of social justice and Indigenous truth and reconciliation. The Entrance Scholarship and Award program offers a variety of one-time awards of up to \$3,500, and renewable awards of up to \$20,000, payable over four years. Due: by **March 31st , 2026 by 11:59PM.**

**Langara Info Week - Oct 20-24** [Langara Info Week | Langara](#)



### **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!)



**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.

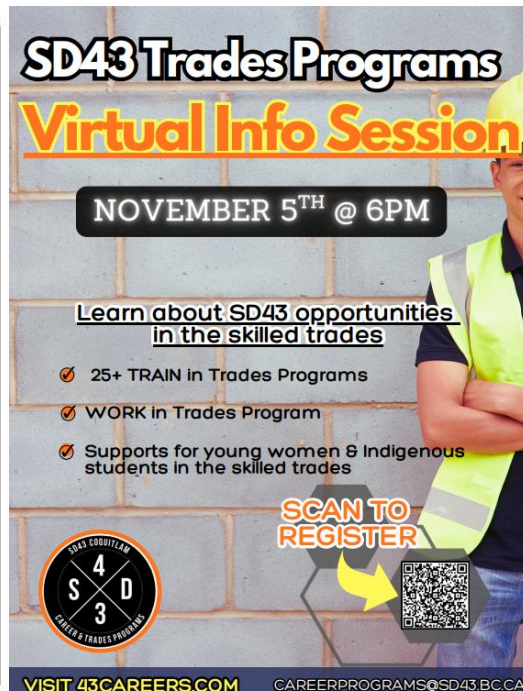
These programs are open to SD43 students in grades 11 and 12, and help applicants understand the basic physical and educational components required of new recruits in the fire service.

**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](http://43careers.com)



**SD43 Trades Programs**  
**Virtual Info Session**  
**NOVEMBER 5<sup>TH</sup> @ 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**

**VISIT [43CAREERS.COM](http://43CAREERS.COM)** **CAREERPROGRAMS@SD43.BC.CA**

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

**NOTE: MOST ENTRANCE SCHOLARSHIPS WILL OPEN OCTOBER 1ST**

**Deadlines will vary - check the website(s)**

- [BCIT](#)
- [SFU](#)
- [UBC](#)
- [UVIC](#)
- [DOUGLAS COLLEGE](#)
- [LANGARA COLLEGE](#)
- [CAPILANO UNIVERSITY](#)

### **UBC PERSONAL PROFILE**

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

### **Helpful Admission Links**

[Apply - EducationPlannerBC](#)  
[How to apply | UBC Undergraduate Programs and Admissions](#)  
[Biology at UBC's Vancouver campus | UBC Undergraduate Programs and Admissions](#)  
[Apply to SFU - Undergraduate Admission - Simon Fraser University](#)  
[Science - Undergraduate Admission - Simon Fraser University](#)  
[How to apply - Undergraduate admissions - UVic](#)  
[Apply to Douglas | Douglas College](#)  
[How to Apply - BCIT](#)  
[Ontario Universities' Application Centre](#)  
[How to Apply | Future Students. University of Toronto](#)  
[Apply to College or University in Alberta | Official Application Portal](#)  
[Apply for Undergraduate Admission](#)

## **SPORTS**

### **Centennial Unified Indoor Soccer Season Opener!**

Wednesday, October 22nd @ 3:30 pm in the Blue Gym

Come out on Wednesday and make some noise cheering on our Centennial Unified Indoor Soccer team as we open our season at home.

We are hosting Pinetree, Riverside, and Gleneagle/A.B. Carney.

We would love to see a big turnout by staff and students. This is our only home game this indoor soccer season.

**Gr. 9 Girls' Volleyball**

Lunch time **"Walk Thru" of the Libero** position and role in the blue gym today. This is not a practise so no need for P.E. strip. This is a **mandatory** meeting right away. There will also be a treat for you for coming. Also, get your funds in.

**Go Centaurs!**

**Centennial Schedule**

| Monday                  | Tuesday                  | Wednesday                    | Thursday                   | Friday                  |
|-------------------------|--------------------------|------------------------------|----------------------------|-------------------------|
| BLOCK 1<br>7:45 - 8:53  | BLOCK 1<br>7:45 - 8:53   | BLOCK 1<br>7:45 - 8:53       | BLOCK 1<br>7:45 - 8:53     | BLOCK 1<br>7:45 - 8:53  |
| BLOCK 2<br>9:00-10:12   | BLOCK 2<br>9:00 – 10:03  | BLOCK 2<br>9:00-10:12        | BLOCK 2<br>9:00 – 10:03    | BLOCK 2<br>9:00 - 10:12 |
| BLOCK 3<br>10:16-11:28  | ExFLEX<br>10:07 – 11:12  | BLOCK 3<br>10:16-11:28       | CENT TIME<br>10:07 – 11:12 | BLOCK 3<br>10:16-11:28  |
| Lunch<br>11:28 – 12:13  | BLOCK 3<br>11:16 – 12:19 | Lunch<br>11:28 – 12:13       | BLOCK 3<br>11:16 – 12:19   | Lunch<br>11:28 – 12:13  |
| BLOCK 4<br>12:13 – 1:25 | Lunch<br>12:19 – 1:05    | BLOCK 4<br>12:13 – 1:25      | Lunch<br>12:19 – 1:05      | BLOCK 4<br>12:13 – 1:25 |
| FLEX<br>1:29 – 1:59     | BLOCK 4<br>1:05 – 2:08   | ADVISORY/FLEX<br>1:29 - 1:59 | BLOCK 4<br>1:05 – 2:08     | FLEX<br>1:29 - 1:59     |
| BLOCK 5<br>2:03 - 3:15  | BLOCK 5<br>2:12 - 3:15   | BLOCK 5<br>2:03 - 3:15       | BLOCK 5<br>2:12 - 3:15     | BLOCK 5<br>2:03 - 3:15  |

Book your  
FLEX and  
CENT

SCAN ME

