

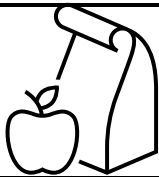


# CENTENNIAL TODAY

**Wednesday April 29, 2026 - 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

Turkey Sausage Breakfast Wrap \$3.00

### Menu

Cheese Pizza \$5.50

BBQ Chicken & Bacon Pizza \$5.50

BBQ Pulled Pork Sandwich \$6.00

Centennial Charcuterie \$7.00

Butter Chicken w/ Basmati Rice & Naan Bread  
\$7.00

### Salad

Caesar Salad \$4.50 w/ Chicken \$5.50



## **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 28<sup>th</sup>! **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 29<sup>th</sup>** to provide your information and details about the performance.



**COSTA RICA**

*SPRING BREAK TRIP- MARCH 2027*

**CROSS-COUNTRY TRAVERSE  
HIKING, BIKING, PADDLING**

Scan here for trip information!

Scan here to APPLY!

EMAIL MS. CHYZOWSKI OR MS. MELVIN FOR INFO (ROOM F105)

The graphic features a background image of a sloth on a tree branch. It includes text for the event name, dates, activities, and contact information, along with two QR codes.

### **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.

## 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](mailto:dhealeywright@sd43.bc.ca)



**RIBFEST 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 SWSE info

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

## **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](https://ubc.ca/1.qualtrics.com/jfe/form/SV_1XJPwIPVpcUuytU).

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

## **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](#)

**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](#)

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

## **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](mailto: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

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

## **Trevor Linden Community Spirit Scholarship**

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

## SPORTS

### Boys Tennis

Centennial boys played Carney this afternoon and won four of five matches! They fought hard against Best yesterday and ultimately lost, but last week they crushed Pinetree (5 and 0)! One more game this Thursday against Port Moody at Port Moody Rec.

### Junior Badminton District Championships Results!

Please Congratulate the following students:

Ayano Kato & Diya Arora placing 4th overall in districts and will go to Fraser Norths!

Subin Choi & Gwen Tobiagon placed 7th overall and are 1st alternate to Fraser Norths

Victor Kim & Artem Panov placed 7th overall and are also 1st alternates to Fraser Norths

Victor Kim & Ayano Kato placed 7th overall and are 1st alternates to Fraser North.

Artem Panov placed 8th overall and is 2nd alternate to Fraser Norths.

# 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**

