



CENTENNIAL TODAY

Wednesday, January 7, 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
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: Cheesy Broccoli

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

AM Break

Maple Sausage & Egg Breakfast Wrap \$3.00

Menu

Grilled Cheese \$5.00

Pesto Chicken Panini \$5.50

Pepperoni, Salami & Ham Pizza Sub \$5.50

Triple Decker Clubhouse Sandwich \$6.00

Chicken Adobo w/ Jasmine Rice & Veggies \$7.00

Salads

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

Romaine & Spinach 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.

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)



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 \(sd43.bc.ca\)](http://Career%20Centre%20-%20Centennial%20Secondary%20School%20(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

EMILY CARR TEEN ART CONTEST

We invite all teens to submit up to 3 art pieces that reflect your artistic journey where you have experimented, taken risks, and created artworks that matter.

ECU Closes January 16th.

SFU APPLIED SCIENCES- EXPLORING AI - THE GOOD THE BAD & BEYOND GRADES 8-12

A series of seven online workshops that run from 10am -12 pm every Saturday between January 17 to March 7 (except for February 14).

[Exploring AI: The Good, the Bad, & Beyond Tickets, Sat, Jan 17, 2026, at 10:00 AM | Eventbrite](#)

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>

SAVE THE DATE – Grade 10/11



SD43 TRADES PROGRAMS
 **OPEN HOUSE**

WEDNESDAY, JANUARY 14TH - 6PM
@ TERRY FOX SEC (MAIN FOYER) 1260 RIVERWOOD GATE

SD43 LEVEL 1 PROGRAMS:
*INFO
*HOW TO APPLY

MEET INSTRUCTORS:
*VCC *KPU
*BCIT *SD43

STUDENT SUPPORTS:
*ACCESS BC
*BCCWIT
*SKILLED TRADES BC
*STEP BC

NO REGISTRATION REQUIRED

43CAREERS.COM

Grade 12's

UPCOMING POST SECONDARY EVENTS

Discover UVIC VIRTUAL INFO SESSION JAN. 8	... 1/8/2026
University of Waterloo - Ask us anything webinar Jan 8th	... 1/8/2026
UBC BCOM VIDEO TIPS AND TRICKS SESSION	... 1/9/2026
ECUAD Admissions Webinar	... 1/13/2026
UBC - WHATS IT LIKE TO BE AN ENGINEERING STUDENT	... 1/13/2026
SD43 TRADES PROGRAM OPEN HOUSE - GRADES 10 & 11 / PARENTS WELCOME JAN 14TH 6PM	... 1/14/2026
SFU APPLICANT WORKSHOP JANUARY 14TH 6PM - 7PM VIA ZOOM	... 1/14/2026
UBC applications close	... 1/15/2026

SCHOLARSHIPS JANUARY

Health Sciences Association (Union) Scholarships and Bursaries	... 1/9/2026
Mini Med School Scholarship	... 1/9/2026
U of A Entrance Scholarships close Jan 10th	... 1/10/2026
University of Alberta Entrance Scholarships deadline Jan 10	... 1/10/2026
BC EXCELLENCE AWARD - BC MINISTRY PROVINCIAL SCHOLARSHIPS - (ONE NOMINEE) Due Jan 12th	... 1/12/2026
SCHULICH LEADER SCHOLARSHIPS -2025-26 Nomination process & FORM Due January 15th 2026	... 1/15/2026
SIKH HERITAGE BC SCHOLARSHIPS	... 1/15/2026
SOROPTOMIST AWARDS FOR WOMEN (TRICITIES)	... 1/15/2026
UBC APPLICATION DEADLINE	... 1/15/2026

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**.

DISCOVER UVIC (VIRTUAL)

[JAN 8TH 5PM - 6PM University of Victoria | Discover UVic](#)



EMILY CARR UNIVERSITY ADMISSIONS WEBINAR

January 13th 6pm - 7pm ONLINE [Register for webinar](#)

SFU UGGLA FAMILY SCHOLARSHIPS

[Ugglia Family Scholarship - Undergraduate Admission - Simon Fraser University](#) **DUE JANUARY 19th, 2026**, Ten scholarships are awarded each year to domestic students who face significant financial barriers to participation in post-secondary education. This may include students who identify as Indigenous, Black, or a person of colour, students living with disabilities, LGBTQIA2S+ students, and students of all gender identities. Additional criteria.



Cmolik Foundation Internal Application Form - Due January 30th, 2026

Must have demonstrated financial need (total annual family income not exceeding \$80,000) <https://forms.office.com/r/PMrMgcGjm2>

Application Criteria

In addition to meeting the eligibility requirements, student applications will be adjudicated by a selection committee that will consider the student's proven resilience in the face of adversity, positive work ethic, academic suitability, contributions to community, the clarity of educational goals, focused commitment, fit with the organization, and the support of references.



BC EXCELLENCE AWARD (55 awards in BC)

The Nominee application form is now open. The \$5,000 scholarship is geared toward students who have demonstrated service and leadership, both at school and in their communities, and who show aptitude for and commitment to their chosen career or area of post-secondary study. Min "B" average and more. **Due: Jan 12** Apply to be our nominee to enter the next phase. [BC EXCELLENCE SCHOLARSHIP NOMINATION FORM 2025 - 2026 – Fill out form](#)

SCHULICH LEADER SCHOLARSHIPS

We are excited to announce that the [University of Guelph](#) will be joining Schulich Leader Scholarships as one of our [20 partner universities!](#)

The Schulich Leader Scholarships 2026 nomination (internal) deadline is **JAN 15th**. Details on [applying to be our nominee are here: Career Centre - Centennial Secondary School](#)

TRICITIES SOROPTOMIST SCHOLARSHIPS ARE OPEN TO JAN 15th, 2026

[Live Your Dream Awards - Soroptimist International of Tri Cities](#)

Bea Kelly Volunteer Award 5 X \$1500 [APPLICATION](#)

Give her Wings Award \$1500 [APPLICATION](#)

Spread your Wings Award for Refugees and Immigrants [APPLICATION](#)

DOUGLAS COLLEGE INFO SESSIONS - ONGOING [Information sessions | Douglas College](#)

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](#)

Our biggest local
donor

Coquitlam
Foundatio

Scholarship

applications now

OPEN

until March 31st



Just for SD43 Grads!

SPORTS

FEMALE SPRING ICE HOCKEY TEAM

Centennial is suiting up our **1st ever Female Ice Hockey Team** in school history. Season kicks off April -May. Practices start in February. Scan the code below or see Mr. Peterson in A203- Metal shop.



Centennial Girls Hockey Club has never lost a Game.....come join the team.



RPM HOCKEY COMPANY LTD. EST. 1980

**CENTENNIAL
HOCKEY ACADEMY**
SEPTEMBER 2026 - JANUARY 2027

Offered in partnership with RPM Hockey Company,
Centennial Secondary & School District 43



New Parent - Zoom Meeting

January 20 2026 at 7:00 pm

Meeting ID: 884 5412 9110

Passcode: 504797

CHARACTER • INTEGRITY • TRADITION

ABOUT THE ACADEMY



RPM & Centennial Secondary have developed a Ministry Approved program that provides students with the opportunity to obtain academic credit and pursue their sport of choice.

Academy is (coed, inclusive & available for all skill levels)
Available for players Grades 9-12

RPM has been the popular choice of Parents, Players & Minor Hockey for over 45 years and Public Education for 22 years! That says a lot about the work we do day in and day out, season after season and year after year!



2026 HOCKEY ACADEMY INCLUDES:

- Academy Format - Semester - Sept. 2026 to Jan. 2027
- Inside the school timetable
- Students can play minor hockey & school sports
- Professional Instruction
- On Ice Development
- Sport Specific Training
- Tactical/Game Play
- Performance Testing
- Guest Speakers & Workshops
- Complimentary Soft Goods
- Special Events
- Volunteer Experience
- Personal Growth & Leadership

ACADEMY COST

\$1,565

Once you have registered online at www.rphockey.com you must also notify the school that you would like to join their hockey academy.

Contact:
Centennial Secondary Keith Peterson kpetserson@sd43.bc.ca
Hockey Academy Craig Millin craig@rphockey.com
Academy Administration Holly Rogers holly@rphockey.com
Academy Administration Sam Porta sam@rphockey.com



My son he has become an outstanding student as a result of mixing school with the sport he loves.

Putting my son in the Hockey Academy was the best thing I ever did for his hockey development and you can quote me. Parent - Midget Zone Player

My son went from Bantam C to Bantam AAA and he not only brings home great marks, he looks forward to going to school every day.

Building great kids in the classroom, on ice and in their community!

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

