



CENTENNIAL TODAY

May 13, 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: Leek & Potato

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

AM Break

Bacon Breakfast Wrap \$3.00

Menu

Grilled Cheese \$5.00

Chicken Pesto Panini \$5.50

Beef Reuben Sandwich \$6.00

Korean Beef Cheesesteak \$7.00

Salad

Caesar Salad \$4.50 w/ Chicken \$5.50

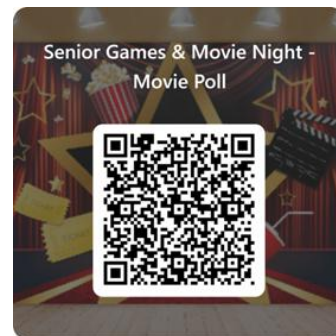


ATTENTION: GRAD CLASS OF 2026



Movie Night

Hey Seniors, if you are planning on attending the Grad Games and Movie Night in the Red Gym on Thursday, May 21, 2026, please vote for the movie you would like to watch:



Grade 12 Games & Movie Night!

Join us for a fun night to celebrate with your graduating class as we head into the final weeks of high school!

Date and Time: May 21 6:00pm - 10:00pm

Location: Red Gym

Cost: \$10 (includes pizza, drinks, and snacks!)

Come hang out with friends, play games, and relax with a movie—don't miss this chance to make some great last memories together before graduation.

Get your ticket and be part of the fun! Tickets are available through school cash online now!

Grade 12 Hypnotist Show – Sign Up!

Interested in being part of the hypnotist show? Here's your chance!

Sign up for Cent Time with Ms. Chambers to participate in this fun and interactive experience.

Date of Show and Time: Thursday, May 28/Cent Time

Location: Theatre

Whether you want to be on stage or just enjoy the show, make sure you sign up soon—spots may be limited!

Don't miss out on this unique opportunity to be part of an unforgettable event!



Grad Dinner-Dance and After-Grad

Ticket sales for both Dinner-Dance and After-Grad will **run through until May 22**. Tickets can be purchased online via Schools Cash Online.

Grad Dinner-Dance

Location: Sheraton Wall Center Vancouver

Date: Saturday, June 20

Time: 6:00 – 11:00 pm

The early bird cost for Dinner-Dance is \$185 per ticket if purchased between May 4 -22. Tickets purchased from May 23 – June 12 will be \$205. Ticket pick-up will be available between June 1-3. An opportunity for table reservations (up to 10) will take place on June 4-5.

Dry After-Grad (“Starry Night”)

Location: Poirier Recreation Center

Date: Saturday, June 20th

Time: 11:00 – 3:00 am

After-Grad price is \$75. No tickets are issued for this. Photo ID will be required for entry. Doors will close for entry at 12:30 am. Opportunity for many great prizes, however, must be in attendance to accept.

*Students can bring a guest to these events; however, they need to pick up a Guest Invitation Form from our office to be filled out, returned and approved by administration. Guests must be from the 2026-2027 graduation years only

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!



A Crêpe Truck is coming to Centennial!!!

When? Thursday May 28th during Cent Time and Lunch

What? Delicious Sweet Crêpes (cash only)

Where? In front of the Foyer

Hosted by the Languages and ELL Departments



Current Grade 11s ~ It's Time to Start Thinking About Your Grad Year!

Please take a moment and vote for which grad hoodie design you like best. Grad Hoodies will be available for pre-order/purchase online in June

EUROTOUR 2027

ENGLAND FRANCE ITALY

Join us for an exciting tour of major European destinations during Spring Break 2027



CAREER CENTRE

Visit the online Centennial Career Centre Page
[Career Centre - Centennial Secondary School \(sd43.bc.ca\)](http://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

Color in Practice | FUTURE ACHIEVERS LEADERSHIP FORUM | uOttawa | Faculté des sciences sociales / Faculty of Social Sciences

BLED FUTURE ACHIEVERS LEADERSHIP FORUM 2026

A one-week leadership development program for Black & Indigenous youth ages 14 -18

July 12 - 18, 2026 | University of Ottawa

Deadline to apply: May 25 @ 11:59 PM EST

Learn More | Apply

All expenses paid!

VOLUNTEER FOR THE CARIBBEAN DAYS FESTIVAL [Volunteering at CDF - Caribbean Days Festival](#)

4 hour shifts over 2 days. Apply by July 20th.

VOLUNTEER THIS SUMMER WITH INTERNATIONAL EDUCATION - SUMMER SCHOOL Apply by June 10

Help support international students at summer school, earn volunteer hours and boost your resume'. [International Education Summer School - Student Volunteer Opportunity \(2026\) – Fill out form](#)

Bled FUTURE ACHEIVERS LEADERSHIP FORUM

The University of Ottawa, in partnership with Color In Practice, presents the annual [Bled Future Achievers Leadership Forum](#), a 5-day interactive leadership experience for 14 Black and Indigenous youth leaders (ages 14–18) from across Canada. **The forum will take place in Ottawa from July 12–18, 2026.** All expenses paid!

Apply by May 25th, 11:59 PM

UBC MINI MED SCHOOL FOR BLACK AND INDIGENOUS STUDENTS

UBC Vancouver Campus SINGLE DAY SESSION on Friday, June 26, 2026 – breakfast and lunch provided. Apply by June 11

To sign up for one of the Mini Med Schools,

visit: https://ubc.ca1.qualtrics.com/jfe/form/SV_eFFs9SmFeMSvG2a



Summer job bank: Youth - Coquitlam

[Summer Jobs - Search - Job Bank](#)

Youth Jobs Canada.ca

[YouthJobsCanada - Connecting Youth with Employers in Canada](#)

Summer Seasonal Jobs - INDEED Coquitlam

[Discover 100 Summer Seasonal Jobs and Work Opportunities in Coquitlam, BC | Indeed](#)

MARK YOUR CALENDARS FOR THE TRADES EXPO!

June 3rd at Centennial! Over 40 employers will be on site!

A poster for the "SD43 SKILLED TRADES EXPO". The text on the poster includes: "SD43 SKILLED TRADES EXPO", "CENTENNIAL SECONDARY 570 POIRIER ST. COQ", "WED, JUNE 3RD 5-7PM", "SCAN FOR UPDATED LIST OF WHO'S COMING" (with a QR code), "EXPLORE TRADES CAREERS & POST-SEC TRADES PROGRAMS", "MEET TRADES EMPLOYERS", "FIND JOB OPPORTUNITIES", and "OR GO TO: 43CAREERS.COM & CLICK 'READ MORE'". The background of the poster shows various tools like a wrench and a screwdriver.

SD43 SUMMER LEARNING VOLUNTEERS



SUMMER LEARNING SD43
VOLUNTEER SIGN UP
Mornings July 6th – 24th
Elementary or Middle schools

APPLICATIONS DUE BY JUNE 5TH

VOLUNTEERS FOR SUMMER LEARNING SD43 - APPLY NOW

The Coquitlam School District's Summer Learning program is pleased to once again offer a volunteer opportunity for our secondary students. Last year we placed over forty students into SD 43 Summer Learning classrooms, a valuable experience for students and teachers! Successful volunteers will be placed in local elementary or middle classrooms and earn necessary volunteer hours as well as a **letter of reference** from their sponsor teacher. **Spots are limited so submit a completed application early.**

[Summer Learning 2026 Volunteer Application Form – SECONDARY STUDENT – Fill out form](#)

SPRING VOLUNTEER OPPORTUNITIES

Become a [Park Spark volunteer](#).

[BC Dumpling Volunteer Sign up](#) Event Aug 15th

Summer Volunteers: <https://royalsoccerclub.com/employment/british-columbia/>

Emily Carr University Summer Teens Info Session

Join us May 14 for an online info session to explore ECU's Summer Teens programs including the [Junior Arts Institute](#) and [Summer Institute for Teens](#).

VISIT THE ONLINE CAREER CENTRE FOR UPDATED OPPORTUNITIES [Career Centre - Centennial Secondary School](#)

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.ca1.qualtrics.com/jfe/form/SV_1XJPwIPVpcUuytU.

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

EPBC Event Calendar [Event calendar | EducationPlannerBC | EducationPlannerBC](#)

Grade 12's

DOUGLAS COLLEGE INFO SESSION MAY 21ST 5PM VIA ZOOM

Still time to apply!! Register (at least 24hrs) in advance for the next virtual info session. [Information sessions | Douglas College](#)

HORATIO ALGER SCHOLARSHIPS FOR GRADE 12'S

FINANCIAL NEED (Adversity may be in criteria for some awards) ENTERING A VOCATIONAL, TRADES OR TECHNICAL PROGRAM. Submit the eligibility form to have access to the application [Vocational & Technical Scholarship Eligibility - Horatio Alger Canada](#) **Open April 1 to June 15**

WINNERS OF SCHOLARSHIPS IN THE LOCAL PACKAGE AND THE DISTRICT PACKAGE WILL BE ANNOUNCED IN THE COMMENCEMENT PROGRAM

Winners will receive a letter about how to claim their awards.



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](#)

CTA (COQUITLAM TEACHERS ASSOCIATION SCHOLARSHIPS

Email applications to Heidi Davis 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](#)

SPORTS

Sr. Girls Soccer



Centennial Sr. Girls Soccer team plays in the Fraser North Championship game today at 2:30 pm vs Charles Best on our Cent Turf. Go Centaurs!

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		CENT TIME 10:07 – 11:12	
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

