

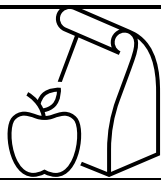


# CENTENNIAL TODAY

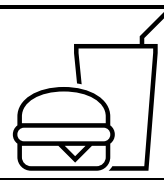
## Wednesday, November 26, 2025 - Day 1

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: Chicken Corn Chowder

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

### AM Break

Bacon, Egg & Cheese Wrap \$3.00

Apple Streusel Cake \$2.50

### Dessert

Carrot Cake \$3.00

### Menu

Grilled Cheese \$5.00

Pesto Chicken Panini \$5.50

Buffalo Chicken Calzone \$5.50

Roasted Cauliflower & Chickpea Flatbread \$5.50 (Veg)

Poussin Chips (Kenyan Style Paprika Fries) \$3.50

Lemongrass Chicken Bahn Mi \$6.00

Katsudon Pork Rice Bowl \$7.00 (Breaded Pork) \$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.**

### **Semester 2 Course Change Requests**

Semester 2 course change requests must be submitted by **December 16<sup>th</sup> at 4:00pm**. Please ensure that you read all the information and criteria before submitting your request.



*Hey Centaurs,*



### **Winter Formal Dance**



*Our winter formal dance is right around the corner and tickets are on sale through school cash online.*

*Date: Thursday, December 11th*

*Time: Doors open at 6:30/Dance & Dinner 7pm-9:30pm*

*Cost: \$25*

- *Currently tickets are on sale for grade 12 & grade 11.*
- *All grade ticket sales start November 27.*





On **Friday Dec 12<sup>th</sup>**, the Coquitlam Express take on the Prince George Spruce Kings and in partnership with the Gamar Foundation, they are hosting a Centennial School Spirit Night and Teddy Bear Toss.

They are offering an opportunity for all Centennial students and staff to attend the game at **no cost**. If you are interested in claiming tickets, please click on the link and fill out the form by Dec 11<sup>th</sup> to secure your tickets. Tickets will be sent to your email. [Centennial Spirit Night | Coquitlam Express](#)

## **Centennial Secondary, it's almost time for your Graduation Photo Sessions!**



**Pictures will be taken at Centennial - Artona will set up portable in the parking lot.**

Appointments will be available from **2025-12-05 to 2025-12-18**. Be sure to sign up if you haven't done so yet.

- **Students can book online.** Please share this link with your graduating students and parents to book an appointment: [www.artona.com/bookings](http://www.artona.com/bookings)

## **Grad Hoodies are here!**

If you ordered a Grad Hoodie in September, they are now available for **pick up during Cent Time/Flex in the lower B-pod**. Ms. Baldwin or one of her students, will be available to help collect your hoodie.

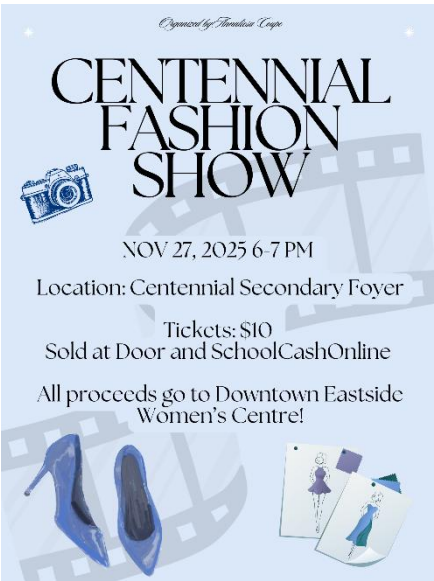
**Friday the 28th of November at 7 pm, we have the Theatre Ensemble class (Drama 11/12) previewing their One-Act shows before we head to the district Drama festival at Heritage Woods (MetFest).**



If you'd like to come and support them, it's \$5 dollars at the door, to see TWO one-act plays! Thanks in advance for your support and hope to see you there.



**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](mailto: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.schoolcashonline.com/Fee/Details/159371/108/False/True>

**SOGI CLUB**

**PRIDE**

**BRACELETS!**

Learn how to make woven friendship bracelets or beaded bracelets.



**Everyone is welcome.**

**All materials provided.**

Thursday November 27<sup>th</sup>

At lunch in the Textiles Room (E215)

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

### **GRADE 12**

### **SCHULICH LEADER SCHOLARSHIPS**

We are excited to announce that the [University of Guelph](https://www.uoguelph.ca) 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 JAN 15th, 2026

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

**Bea Kelly Volunteer Award** 5 X \$1500 APPLICATION [bk-award-application-writeable-2023d-1.pdf](#)

**Give her Wings Award** \$1500 APPLICATION [Give-Her-Wings-Application-2024-2025-2.pdf](#)

**Spread your Wings Award** for Refugees and Immigrants APPLICATION [spread-your-wings-award-2024b.pdf](#)

### SFU MAILING LIST

Get the latest information about SFU [Stay Connected - Undergraduate Admission - Simon Fraser University](#)

### UBC

You can find the answers to your questions about admissions, programs, and applying to UBC by visiting the [Undergraduate Programs and Admissions](#) website.  
[Contact the Admissions Office](#)

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

### **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](#)
- [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](#)

### **Attention All Grade 12 Students Applying for Post Secondary in the Fall- Emerging Talent Art Show!**

The Place Des Arts Emerging Talent show will be happening this year from January 23<sup>rd</sup> to Mid March. It is an opportunity for Grade 12 students to have their work featured in the Place Des Arts gallery- this opportunity would look wonderful on your applications to Emily Carr, OCAD, and other various Post Secondary Art Schools.

If you would be interested in submitting a piece or two of your work, or for more information, please see Mrs. Castro in the Art Room E121!

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

**TERRY FOX HUMANITARIAN AWARD**

Applications **OPEN NOW** to Dec. 1<sup>st</sup>

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

**Post Secondary Events**

|                                                                                                 |     |            |
|-------------------------------------------------------------------------------------------------|-----|------------|
| SFU Communication Information session with student panel Nov 25th Harbour Campus 515 W Hastings | ... | 11/25/2025 |
| SFU SCA OPEN HOUSE - GOLDCORP CENTRE                                                            | ... | 11/26/2025 |
| BCIT Engineering info session- online                                                           | ... | 11/27/2025 |
| MOUNT ROYAL COLLEGE VISITS CENTENNIAL                                                           | ... | 11/28/2025 |
| UBC BCOM VIDEO TIPS AND TRICKS SESSION                                                          | ... | 11/28/2025 |
| EXPLORE UVIC (in person./Victoria)                                                              | ... | 11/29/2025 |
| UBC High School Visit on Campus - Chemical and Biological Engineering                           | ... | 11/29/2025 |

Visit the **Employment** page of the Career Centre for quizzes, resume' tips and more!  
[Career Centre - Centennial Secondary School](#)

**SCHOLARSHIPS WITH DEC. 1 DEADLINES** [Career Centre - Centennial Secondary School](#)

|                                                                                |     |           |
|--------------------------------------------------------------------------------|-----|-----------|
| Terry Fox Humanitarian Award CLOSES DEC. 1                                     | ... | 12/1/2025 |
| UBC Beyond Tomorrow Scholarships (for Black students with financial need)      | ... | 12/1/2025 |
| UBC Centennial Scholars Entrance Award                                         | ... | 12/1/2025 |
| UBC Presidential Scholars Awards (Entrance Scholarship)                        | ... | 12/1/2025 |
| University of Calgary Prestige Awards                                          | ... | 12/1/2025 |
| University of Saskatchewan Dec 1 deadlines                                     | ... | 12/1/2025 |
| via Arts Umbrella (EA) Teen Animation Scholarships - 4 month animation program | ... | 12/1/2025 |

SPORTS

Senior Boys Basketball

The Sr Boys won a thriller over Lord Tweedsmuir last night, 109-102 in OT. Alex Birsan led the Centaurs with 55 points!!! They are now moving onto the next round of the "Big Ticket".  
Next Game: Tonight vs Seaquam at Lord Tweedsmuir @ 8:00PM.



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





## Community Events

École Westwood Elementary PAC

INVITES YOU TO OUR

# Winter MARKET

NOVEMBER

29

10AM TO 4PM

3610 HASTINGS ST, PORT COQUITLAM

LOCAL VENDORS | JR. VENDORS  
GAMES | SILENT AUCTION | DOOR PRIZES  
FOOD & DRINK FOR PURCHASE

\$5 ADMISSION  
OR \$2 ADMISSION WITH FOOD BANK DONATION  
KIDS 12 & UNDER FREE