

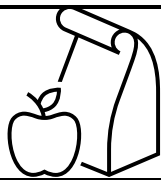


CENTENNIAL TODAY

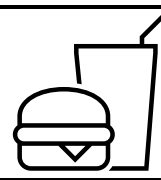
Wednesday, October 22, 2025 - Day 1

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: Cream of Mushroom

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

AM Break

Bacon & Egg Breakfast Sandwich \$3.00

Dessert

Red Velvet Cake \$3.00

Strawberry Rhubarb Pie \$3.00

Menu

Grilled Cheese \$5.00

Sweet Chili BBQ Chicken Wrap \$5.50

Italian Cold Cut Panini \$5.50

BBQ Pulled Pork Sandwich \$6.00

Jerk Chicken w/Beans & Rice, Mango Salsa & Jalapeno

Corn Muffin \$7.00

Salads

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

Caesar Salad \$4.50 w/ Chicken \$5.50

Chopped Salad \$4.00

ALL STUDENTS

Music Concert TONIGHT

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



TOMORROW - 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 by Oct 31st. There will be a vote, and the winner will win a hoodie! Must have Cent/Centennial & International incorporated into your design.

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.

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 23rd

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

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, or volunteer@placedesarts.ca

****Please submit all applications to your Youth Worker or THE MAIN OFFICE
LINK TO WHAT THE 'L'***

[WHAT THE L APPLICATION 2025 .docx](#)

UPCOMING EVENTS & SESSIONS

UBC Engineering info session (parents) Oct 24th

Alberta U online info session Oct 25th

Douglas College Info Fair - New West Oct 28

Fire Academy info session - library Nov 5th

Trades virtual info session (SD 43) online Nov 5th 6pm

Grade 12

TERRY FOX HUMANITARIAN AWARD

Applications will open Nov. 1st to Dec. 1st

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

SFU (USES) UNDERGRADUATE ENTRANCE SCHOLARSHIPS

Open to December 15th!

[Undergraduate Scholars Entrance Scholarships \(USES\) - Financial Aid and Awards -
Simon Fraser University](#)

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](#)

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



SD43 Trades Programs

Virtual Info Session

NOVEMBER 5TH @ 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](https://43careers.com) CAREERPROGRAMS@SD43.BC.CA

UBC PERSONAL PROFILE

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

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.

Cross Country Fraser Valley North Championships

Early Dismissal **TODAY**, let’s wish our team the best!

<u>Junior Boys 12:30 pm</u> Timothy Ngai Carson Lu Gabriel Smgelski Ryan Prael Marcus Finnemore	<u>Senior Girls 1:30 pm</u> Taysia Lennstrom Kallee Lennstrom Violet Drazenovic Keira Ballantyne Lainey Stutters Olivia Infanti Naomi McGivern Grace Moseley Maryna Nasulchyk Shania Alvarez	<u>Senior Boys 2:00 pm</u> Vohn Skidmore Reilly Svangtun Keenan Canales Ryan Khatkar Varn Vodnala
--	--	--

Gr. 9 Girls' Volleyball

Practice today in the blue gym, 3:20-5:40. Bring your pizza money from Friday night too.

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

