

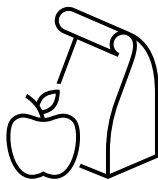


CENTENNIAL TODAY

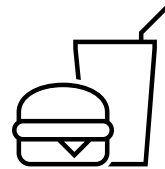
Monday, June 9, 2025 – Day 1

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 of the Day: Cream of Mushroom

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

AM Break

Turkey Sausage & Egg Wrap \$3.00

Today's Menu

Grilled Cheese \$5.00

BBQ Beef Burger \$5.50

Crispy Chicken Burger \$6.00

Poutine \$6.00

Baked Tortellini w/ Meat Sauce \$5.50

Salads

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

Caesar Salad \$4.50 w/ Chicken \$5.50

Chopped Salad \$4.50 (GF)

ALL STUDENTS

Please pick up your pictures and student ID from the office – during lunch or after school.

Compass GRADPASS Tickets for Grade 12:

Two free Compass GradPass Tickets per Grade 12 student are available in the office for pickup.

Each ticket may be used between Now till – June 30, 2025 only.

Each ticket is valid for one day of unlimited travel on the bus, Skytrain, SeaBus and West Coast Express when used with valid student ID or government ID.

Please come to the office before your first class, at lunch or after school to pick up your tickets. **Please do not come in between classes or during FLEX.**

DAG-DRY AFTER GRAD

If you ordered and have not yet picked up your Dry After Grad Ticket please see Ms. Buchan in the office on Monday at Lunch and or morning or afterschool.

Please have your receipt and student ID ready at time of pick up.

Indigenous Student Year End Celebration - Tuesday June 10th in F206

To celebrate all of your personal and academic achievements over this past year, Ms. Stones and Ms. Quigley will be hosting a Year End Celebration for all Indigenous students to attend during June 10th's Flex Time. It will take place in room F206, where we will be serving up Bannock and Chilli along with some other snacks and drinks. We will take this opportunity to present and celebrate the recipients of this school year's Indigenous Education Awards and give each and every one of you a small gift. Ms. Stones and Ms. Quigley can't wait to see you all there!

International Student BBQ

Please join us Tuesday June 10th outside the NLC by the basketball courts for a BBQ to celebrate the end of the school year! Register with your ELL teacher or Ms. Sousa if you don't have an ELL class currently. (F205A)

2026 Grad Hoodies

Grade 11's/Grads of 2026 - Your grad hoodies are available for purchase starting June 4 until Wednesday June 18th.

***Use the special promo code JUNE4 to receive a free sleeve personalization. This code is valid from June 4 @ 5pm until June 5th @ 11:59pm.**

Store Link: <https://grdwr.co/CENT2026>

Promo Code: JUNE4

Customer Service line: info@gradwear.ca



Tickets are still available!!! For Dinner Dance & After Grad

Grad Dinner Dance - Saturday June 21st, 2025 Sheraton Wall Center, Vancouver | Doors at 6pm. with dinner and dancing to follow.

Dry After Grad - Saturday/Sunday June 21st/22nd, 2025 Poirier Rec Center, Coquitlam | Must arrive prior to 12:30am. Prizes to be drawn beginning around 2:30am.

The cost will be \$205. Dry After Grad event tickets will be listed at \$60. *[Note: These tickets will not be shown on your account if you currently have outstanding fees with the school. If you would like to arrange for fee payment prior to ticket purchase, please connect with your Vice Principal.]*

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



Tech Leader? Would you like to support the school as a tech leader? Please come to the library to speak to Ms. Olchowy or Mrs. Caldwell anytime to find out more!


Are you interested in becoming a Peer Tutor? We are looking for students to make a once per week commitment during a Flex block. Please fill in the QR code to apply on the next page.

PEER TUTORING


In the Library During flex...

Open Tutoring:
By booking flex with
"OpenTutoring"

Tutor I will Help



Tutee I need Help



Subjects: Math, Science, Music, Social Studies...

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, Tuesday, Wednesday and Friday 8:00am – 3:30 pm.
email dhealeywright@sd43.bc.ca

General Information

VOLUNTEER OPPORTUNITIES WITH POMO ART ON SIDE
Art Out Side JULY 21 - AUGUST 10

PROGRAM SPOTLIGHTs - UBC
Bachelor of Pharmaceutical Sciences Degree | Pharmsci
Does this program lead to a Pharmacy qualification?
No, the BPSc is an undergraduate science degree. Graduates of the BPSc program will not be eligible to become pharmacists without completing an Entry-to-Practice PharmD degree program.

Student cohort of 80 - Four years of full-time study - One of two programs in Canada
The Bachelor of Pharmaceutical Sciences, offered by the Faculty of Pharmaceutical Sciences, focuses on discovery and development of drugs and therapies, formulations, nutraceuticals and supplements, and personal care products.

[The Entry-to-Practice Doctor of Pharmacy \(PharmD\) Program | Pharmsci](#)

Is NOT open to high schools students. TWO YEARS of study with required prerequisites (science/math) is required for admission consideration. Students will study 4 additional years to be eligible to become a pharmacist. (Faculty of Science) Tuition - Approx. 20K per year.

[Coquitlam Summer jobs via Indeed](#)

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

[VOLUNTEER OPPORTUNITIES - JUNE Career Centre - Centennial Secondary School](#)

James Park School SUMMER CAMP VOLUNTEERS 6/15/2025

COQUITLAM CRUNCH CHALLENGE - VOLUNTEERS 6/21/2025

*****SD43 SPRING/SUMMER COMMUNITY BULLETIN BOARD***** 6/26/2025

Golden Spike Days (Port Moody) volunteers needed (June) 6/27/2025

Rainforest Adventure Summer Camp Volunteers 6/28/2025

ONGOING VOLUNTEER OPPORTUNITIES ARE LISTED WITH A JUNE 30TH DEADLINE
6/29/2025

[4th Annual BC Dumpling Festival - VOLUNTEERS](#)

Will take place on Saturday, August 9th at Town Centre Park in Coquitlam, 11am to 8 pm. It is a family-friendly multicultural event and we'd love to invite students 15 years and older (or even staff) to join our team! They can do so through this link [BC Dumpling Volunteer Sign up](#)[\[http:///\]](http:///)

[TRI-CITIES In-person at the Coquitlam Library on July 29 at 6pm. You can register on their Eventbrite page: Big Brothers Volunteer Info Session at Coquitlam Library Tickets, Tue, Jul 29, 2025 at 6:00 PM | Eventbrite](#)

[SPRING POST SECONDARY INFO SESSIONS:](#)

[Career Centre - Centennial Secondary School](#)

[Grade 12](#)

[CAPILANO U COURSE PLANNING WORKSHOPS FOR FALL 2025 STUDENTS](#)

[Course Planning Workshops - Capilano University](#)

[DOUGLAS COLLEGE INFO SESSION](#)

The next zoom info session will be held on **June 26th at 5pm, Register 24 hours in advance:**
[Information sessions | Douglas College](#)

[LOCAL SCHOLARSHIP AND DISTRICT AUTHORITY AWARDS UPDATE](#)

Winners will be published in the commencement program. Letters will be provided by the Career Centre and/or the SD43 District Office. In order to claim most awards, students must provide proof of enrolment at a post-secondary institution. Questions? Email Mrs. HW at dhealeywright@sd43.bc.ca

[CTA \(Coquitlam Teachers Association\) AWARDS: Additional External Awards](#)

Students find application directly on the website and EMAIL TO scholarship@cta43.org
DOUBLE CHECK THE EMAIL INCLUDES "43". PLEASE DO NOT SEND JPEG FILES.

- [ROY KRUTOW \(2 X \\$1250\) AWARDS FOR CTA RELATIVES](#) **(Due July 1)**

[CUPE BC - AUBRY BURTON/REG FORD SCHOLARSHIPS](#)

[Aubrey Burton/Reg Ford Memorial Scholarship Application – CUPE BC Events & Resources](#)

CUPE BC offers the Aubrey Burton/Reg Ford Memorial Scholarship annually to CUPE members, their spouses or their children. Four scholarships valued at \$1,000 each are awarded to students entering their first year of Post-Secondary education. **Deadline is July 31**

SPORTS

Track & Field

Congratulations to the Athletes (plus alternates) who represented Centennial valiantly over three very hot, very busy days at the Track & Field BC Championships in Langley. We want to recognize the accomplishments of all our athletes and their many PB's (Personal Best Scores). All T&F Athletes - we will have our wind-up on June 18th at 3:30pm (see Teams).

- **Jaylah Dennis** - Jaylah earned 3 Gold Medals in Jr. Girls 100m, 200m, and High Jump, breaking provincial records for all three events! Way to go Jaylah!
- **Cassie Maltas** 7th place in Sr. Girls 400m (PB)
- **Nathaniel Lum** 13th in Sr. Boys 400m (PB)
- **Liam Pearson** 24th in Sr. Boys 400m (PB)
- **Avery Turcotte** 30th in 100m Hurdles (PB)
- **Moana Yoda** 12th in Sr. Girls Discus, 14th in Shot Put (PB), and 21st in Javelin
- **Phoenix Hewitt** 18th in Jr. Boys High Jump (PB), 18th in Javelin, 29th in Long Jump
- **Elizabeth Blatherwick** 6th in Jr. Girls Hammer (HUGE PB)
- **Hope Blatherwick** 23rd in Jr. Girls Hammer (PB)
- **Kallee Lennstrom** 24th in Jr. Girls 800m
- **Bryony Mackinder** 16th in Sr. Girls Shotput (PB)
- **Sr. Boys 4x100m** (Harry, Nathaniel, Rufus, Ambrose) 4th place (PB)
- **Sr. Girls 4x400m** (Cassie, Kallee, Avery, Jaylah) 8th place (PB)
- **Sr. Boys 4x400m** (Harry, Nathaniel, Rufus, Liam) 16th place (PB)
- **Sr. Girls 4x400m** (Cassie, Kallee, Avery, Jaylah) a PB but unfortunate DQ



Go Centaurs!!

Centennial Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55
BLOCK 1 9:00-10:12	BLOCK 1 9:00 – 10:02	BLOCK 1 9:00-10:12	BLOCK 1 9:00 – 10:02	BLOCK 1 9:00 - 10:12
BLOCK 2 10:16-11:28	ExFLEX 10:06 – 11:11	BLOCK 2 10:16-11:28	CENT TIME 10:06 – 11:11	BLOCK 2 10:16-11:28
Lunch 11:28 – 12:13	BLOCK 2 11:15 – 12:17	Lunch 11:28 – 12:13	BLOCK 2 11:15 – 12:17	Lunch 11:28 – 12:13
BLOCK 3 12:13 – 1:25	Lunch 12:17 – 1:05	BLOCK 3 12:13 – 1:25	Lunch 12:17 – 1:05	BLOCK 3 12:13 – 1:25
ADVISORY/FLEX 1:29 - 1:59	BLOCK 3 1:05 – 2:09	FLEX 1:29 - 1:59	BLOCK 3 1:05 – 2:09	FLEX 1:29 - 1:59
BLOCK 4 2:03 - 3:15	BLOCK 4 2:13 - 3:15	BLOCK 4 2:03 - 3:15	BLOCK 4 2:13 - 3:15	BLOCK 4 2:03 - 3:15