



CENTENNIAL TODAY

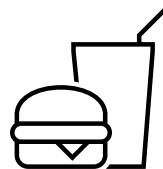
Thursday, May 22, 2025 – Day 1

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 of the Day: Southwest Chicken Corn Chowder

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

AM Break

Bacon, Egg, & Cheese Breakfast Sandwich \$3.00

Pesto Chicken Panini \$5.50

Grilled Cheese Sandwich \$5.00

Today's Menu

Chicken Enchiladas \$5.50

Zesty Chicken Ranch Wrap \$5.50

Quinoa & Veggie Wrap \$5.50

BBQ Beef Burgers \$5.50

Grilled Cheese Sandwich \$5.00

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.**

🎬🌟 Lights, camera, ACTION! Our **Centennial Senior Movie Night** is rolling in fast—and we need YOU there!

For just \$5 on **SchoolCashOnline**, you'll get:

🍕 Pizza

🥤 A drink

🎫 Admission to a classic: **Rush Hour**

📅 **Thursday, May 22**

🕒 Doors open at 7 PM | 🎬 Movie starts at 8:30 PM

📍 **Red Gym**

We're talking major senior night energy, comfy PJ vibes, and iconic one-liners. It's the kind of event even an AI would say sounds statistically awesome. 🤖🌟

Let's make it a core memory—grab your ticket today!

#SeniorMovieNight #CentennialSeniors #MedicalDiseaseClub #MovieMagic

#RushHourReady #YesThisCaptionWasAIApproved

Asian Heritage Month Events

May is Asian Heritage Month - an opportunity for us to learn and celebrate the diverse culture and history of Asian communities. Centennial will have free workshops including calligraphy, fan design and card decoration this month. Join us for the Asian Heritage Night event on May 29th for a celebratory evening of live music, dance, and a variety of Asian food! Tickets are on sale on School Cash Online now through May 23! Space is limited so get your tickets soon!

Photocard Workshop

Join us for a photocard workshop on May 22 during Cent Time in B122 (Ms. Illing's classroom). You will have the opportunity to make your own photocard and explore K culture to celebrate Asian Heritage Month. Please book a flex with Ms. Illing for the event in advance and you are also welcome to bring additional materials to the workshop to share.



Early Bird Tickets on Sale Today!!! 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.

Between now and May 26th, the cost of the Dinner Dance tickets will be \$185, with guests at \$195. After the 26th, 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 child's 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. Olchoway 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"

One on One
Tutoring...

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

INTERESTED IN KNOWING WHAT EMPLOYERS WILL BE AT THE TRADES FAIR?

bit.ly/SD43TradesHiringFair2025.

Check the most up to date list of which employers & organizations are attending.

NUPGE SCHOLARSHIPS \$2,500 EACH (Union Affiliation/List provided)

- The name of the union your parents, grandparents, or legal guardians is a member of, i.e., a [NUPGE Component or a Component's affiliate](#).
- Whether they are a current or retired member.
- The name and contact information of someone at the union who could verify their membership
- Visit [NUPGE Scholarships - NUPGE](#) for more information. **Please note that the deadline for all scholarship applications is Tuesday, July 15, 2025 at 5pm (EDT).**

SD43 INTERNATIONAL EDUCATION

The summer school program is still looking for VOLUNTEERS for ESL Summer school at Pinetree Secondary. Visit the career centre to register. Please apply by June 13th.

UBC Faculty of Medicine Youth Outreach Mentorship Program -Mentee sign up



[Qualtrics Survey](#) / [Qualtrics Experience Management](#)

PNE jobs

[Join our team! - PNE](#) Apply by June 6th!!



VOLUNTEER WITH COQUITLAM SUMMER LEARNING - BOOST YOUR RESUME!

FORM DEADLINE FRIDAY JUNE 6TH APPLY EARLY SPOTS FILL QUICKLY

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. The application form can be found on the Summer Learning Website.

Summer Learning Website: <https://ce43.augusoft.net//info/landing/summer-learning>

Volunteer Opportunities: We will be accepting applications for volunteers for our summer learning program starting now.

High school students interested in volunteering for elementary or middle school programs can fill in this FORM.

Adults and teacher candidates interested in volunteering for our high school program can fill in this ADULT FORM.

If you have any questions, please contact the summer learning volunteer coordinator, Mr. Wally Sawchuk (wsawchuk@sd43.bc.ca).

PRING POST SECONDARY INFO SESSIONS:

[Career Centre - Centennial Secondary School](#)

Grade 12

LOTUS LIGHT CHARITY SCHOLARSHIP

Due May 31st. Applicants will be assessed on scholastic record and community volunteer involvement.

Apply by mail or drop off only

LUKE SANTI MEMORIAL

Entering the physical sciences? This \$1,000 award requires a minimum 80% average. Apply by May 31st.

[2025 Luke Santi Memorial Award - Perimeter Institute for Theoretical Physics](#)

STILL CONSIDERING BCIT?

Check program availability - [Program Availability - BCIT](#)

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](#)

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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



HAVE YOU WON A SCHOLARSHIP?

Did you win an external award or scholarship? Share your news for the commencement program! Note: Local scholarships and District Authority Awards will be included on your behalf.)

<https://forms.office.com/r/zUfei9rn3Y>

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.

TRADES/ARTS (2 X \$1500)

EQUITY (4 X \$1500)

BARBARA VENSHOEL TRADES or FINE ARTS (2 X \$500)

Apply directly [Scholarships - Coquitlam Teachers Association](#) **Deadline June 1**

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**

ANGAD HUNDAL SOCIETY AWARD AND SCHOLARSHIP (5,000 & 2500)

[Angad Hundal Society](#) **Apply by June 30th**

HORATIO ALGER SKILLS AND TRADES SCHOLARSHIP (BC RESIDENTS ONLY) 70 X \$9,000

JUNE 15 DEADLINE

VISIT THE ONLINE CAREER CENTRE FOR AWARDS AND SCHOLARSHIP WITH MAY DEADLINES!

[Career Centre - Centennial Secondary School](#)

SPORTS

Centennial's Hockey Club Defeated Riverside by a close score 4-3.

While the Centaurs held most of the play, Riverside collected a few lucky bounces and their goalie had a very strong outing to make it a close game. Charlie "C" Robinson scored the winner while Dom Allegretto, Vlad King, Ethan Maglio worked into the scoring. Good team win....on to the next!

Next Game- Semi-Finals- 5-6:30 Saturday Planet Ice #3 vs Haney/SRT

Golf Team

This year, we had a small but very committed group of students on our Centennial School Golf Team. We were fortunate to be able to play at some very nice golf courses, including Vancouver Golf Club, Green Tee Pagoda, Pitt Meadows Golf Club, Green Tee Westwood, and Golden Eagle Golf Club. At the District Championship at Golden Eagle, our team placed 3rd, which qualified us for the Fraser North Championship. At the Districts, we had excellent performances from June Hsiao (72) and Jacoby Frizzell (74). At the Fraser North Championship, our team finished in 4th out of 8 schools. Unfortunately, only two teams qualified for the Provincials, and we did not make it. Once again, we had a fantastic round by June Hsiao, who shot 66 (4 under par), and Jacoby Frizzell (75). We will miss June, who is graduating this year and will be going on to play NCAA Division II golf at Grand Valley State University in Grand Rapids, Michigan.



Boys Rugby
There will be a meeting tomorrow Thursday May 22 in the red gym during lunch. Please contact Mr. Oriel if you are unable to attend koriel@sd43.bc.ca

Track & Field
Congratulations!! to the Centennial Track & Field Team for their performances at Fraser North Championships last week. 50 athletes competed and at least 15 students will be advancing to Provincials in Langley on June 5-7th! A special shout out to our 1st Place Finishers: Jaylah Dennis in Junior Girls High Jump, 100m, and 200m; Kallee Lennstrom in Junior Girls 800m; Elizabeth Blatherwick in Junior Girls Hammer; and Senior Boys 4x400m Relay Team (Harry Lobay, Rufus Rowe, Liam Pearson, Nathaniel Lum)! The Senior Girls 4x400m team also had an incredible 2nd place finish with Cassie Maltas, Titi Balogun, Avery Turcotte, and Jaylah Dennis. Athletes - check Teams for important messages about Provincials!



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		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