



CENTENNIAL TODAY

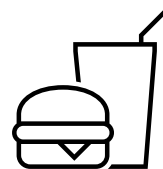
Tuesday, May 27, 2025 – Day 2

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: Minestrone Soup

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

AM Break

Sausage, Egg & Cheese Breakfast Sandwich \$3.00

Baked Sausage Tortellini w/ Tomato Cream
Sauce \$5.50

Today's Menu

Grilled Cheese Sandwich \$5.00

Pesto Chicken Panini \$5.50

BBQ Pulled Pork Sandwich \$6.00

Crispy Chicken Burger \$6.00

Clubhouse Wrap \$5.50

Salads

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

Caesar Salad \$4.50/ 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.**

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!

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.

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. 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.



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

MINERVA RISE AND SHINE FREE VIRTUAL SESSIONS FOR FEMALES - AUGUST

The sessions cover:

- Self-awareness and Thinking Traps
- Boundary-Setting
- Sadness and Depression
- Self-Compassion
- Stress and Anxiety
- Self-Care

Dates: August 11 - 14, 19 - 21 **between** 10 - 11:30 AM PT. *Attendance of the full program is strongly encouraged.*

Location: Zoom. **Age Group:** All girls and gender-diverse youth **ages 15 through 24**

Cost: FREE! **Application** Link: <https://www.surveymonkey.com/r/CLXQKF5>



[Make This Summer The Summer That You Volunteer at RibFest](https://portmoodyribfest.ca)

Visit: portmoodyribfest.ca/volunteer to sign up! **APPLY BY JUNE 15TH**

SFU SCIENCE ALIVE COURSES MAY/JUNE

[High School Programs — Science ALIVE @ Simon Fraser University - STEM Programs for K-12 Youth](#)

UBC ENGINEERING - EVERYTHING YOU NEED TO KNOW FOR YOUNGER HIGH SCHOOL STUDENTS

JUNE 4TH-

VIA ZOOM [UBC event details](#)

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).

SPRING POST SECONDARY INFO SESSIONS:

[Career Centre - Centennial Secondary School](#)

Grade 12

REMINDER!!

HORATIO ALGER TRADES AND TECHNICAL SCHOLARSHIPS DUE JUNE 15TH

This year is the inaugural launch of a new [British Columbia Scholarship Programs](#), where we are awarding **120 scholarships, each worth up to \$9,000** - to support students pursuing careers in trades, vocational, or technical fields. This program is **exclusive to B.C. residents**, so we are looking forward to receiving as many applications as possible and award all 120 scholarships.

MAY 31st DEADLINES: Details: [Career Centre - Centennial Secondary School](#)

Builders of Tomorrow BC Foundation (construction-related program in BC) 5/31/2025

Medavie Scholarship | Medavie Foundation 5/31/2025

Grace Family Network Foundation Scholarships 5/31/2025

Lotus Light Charity Scholarship 5/31/2025

Luke Santi Memorial Award for student Achievement 5/31/2025

MADD Canada Youth Bursaries 5/31/2025

Rudder Reid Charitable Foundation Scholarships 5/31/2025

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 VENGSHOEL TRADES or FINE ARTS (2 X \$500)**
- **ROY KRUTOW (2 X \$1250) AWARDS FOR CTA RELATIVES (Due July 1)**
-

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

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SPORTS

Senior Girls Volleyball – Fall Season

Calling all Centennial Girls interested in playing for the Senior Girls Volleyball team in the Fall 2025 season!

The senior girls coach from this year is running a development camp for the fall season. The focus is on play, skills, and systems. This camp is dedicated to play a few mini games to help focus on the systems and skills for the Senior Girls Volleyball team in the fall.

Looking for Girls in Grades 10 to 11 who would be interested in playing on the Senior Girls Volleyball team in the fall. Interested Centennial girls in participating in a mini camp, should show up at the Red Gym on Tuesday May 27 from 5pm to 7pm.

Thanks, Coach Grant Morrison

Centennial's Hockey Club Semi-Final Results

The Centennial Hockey Club faced off against Mission in the semi-finals Saturday. Mission got off to a quick start taking a 2-0 lead 5 minutes in. The score stayed the same till the 3rd period. In the 3rd the boys killed off 7 minutes of being shorthanded and mounted an unbelievable comeback making it 2-2 with 1:30 remaining in the game. Goals by Nathan Hillmann and Dominic Allegretto. Allegretto scored short-handed on a 3 on 1 to tie it up. Absolutely crazy finish. The game ended in a tie sending us to a shootout. While we scored first, Mission ultimately took the game and advanced to the finals.

Coach King and Peterson thank the boys for their hard work, dedication, and great attitudes during this short but exciting season. We hope to get the Centaurs back to the finals next year. Honorable mention to seniors Tyler Datt and Adam Robertson. Shout out to captains Charlie Robinson, Brody Lawrence and Matty Dane.

Thank-you to all staff for supporting our players during the last few months.

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