



CENTENNIAL TODAY

Wednesday, September 17, 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: Pork Chili (GF)

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

AM Break

Bacon, Egg & Potato Wrap \$3.00

Sausage Gravy & Biscuits \$3.00

Yogurt Parfait \$2.50

Cinnamon Bun \$3.00

Menu

Grilled Cheese \$5.00

Italian Cold Cut Panini \$5.50

Pesto Chicken Panini \$5.50

BBQ Pulled Pork Sandwich \$6.00

Pepperoni Pizza \$5.50

Tomato Basil Pizza \$5.50

Four Cheese Pizza \$5.50

Korean BBQ Chicken w/ Rice & Veggies \$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

WELCOME BACK STUDENTS!!!

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.



Terry Fox Fundraising Next week

Items are by donation, and all proceeds go to the Terry Fox Foundation

Cotton Candy Sale: Mon/Tues

Slushie Sale: Mon/Tues



Popcorn Sale: Weds/Thurs

Sno-Cone Sale: Weds/Thurs



*minimum donation \$1



PAWS RESCUE SOCIETY CLUB

Do you like helping animals? Do you have pets of your own? Do you want to help injured animals who need urgent medical care, or sick animals who are considered unadoptable? Join **Paws Rescue Society**. We support charities like the SPCA (provincially) , VOKRA (Vancouver) and SAINTS (Mission). To help fundraise for these organizations, join Paws Rescue Society! Last year, we sponsored injured cats and dogs through the SPCA and SAINTS. First meeting is **Thursday, September 18th at the beginning of lunch in Room E216**. See you there!

Attention Grads

Grad Committee!

Plan your grade 12 events! First meeting of Grad Committee is Wednesday, September 17th at lunch in Room E216. See Ms. Mattson (E216) or Ms. Chambers (E214) if you are unable to attend.

If you missed the chance to sign up for Grad Committe and you would like to join, please fill out the QR Code to be added to the Grad Committee TEAMS Page.



If you would like to order a Grad Hoodie, they are available for order online **until Wednesday Sept 24 (11:59pm).**

Use the following link: <https://grdwr.co/CENT2026>

want to help animals?

Join PAWS Rescue Society!

We meet every Thurs at Lunch,

First meeting is  *in Ms. Mattson's room*

Thurs Sept 18  *(E216)!*

;)

A row of various puppies and kittens, including a brown dachshund, a white beagle, a black and white French Bulldog, and several other breeds, all looking towards the camera.

Game Design Club

Beginners are welcome

We'll be making a story-driven 2D game

Meetings on Mondays after school in room A204

LOOKING FOR:

- **ARTISTS**
- **WRITERS**
- **CODERS**

We will be using Ren'py with Python, Git, and Krita

Scan code to sign up!

A square QR code with a white border, centered on a dark background.



SOGI CLUB

Meetings every Thursday – Lunch –Textiles Room E215
Everyone is welcome!

We Need You!

JOIN THE SUSTAINABILITY LEADER COUNCIL (DSL)

Do you have a passion for making our world more sustainable?

Who is DSL?

The DSL brings together students from Middle and Secondary schools to take the lead in driving climate action and shaping a sustainable future.

What we offer:

- Develop leadership skills by organizing district-wide sustainability events
- Share your ideas and influence how schools take climate action
- Build connections and make an impact in your school and community

Your main commitment:

- Attend our monthly meetings – The 1st Wednesday of each month, 3:30 – 4:30 pm on Microsoft Teams

Let's do more things like:



Clothing Swap



Landfill Field Trip



**EARTH DAY
Eco Week
CHALLENGE**

Eco Week Challenge



Garden Clubs

Email **Mr. Pettyfer** our District's Energy and Sustainability Manager if you want to join us to get an invitation to our **first meeting** on **October 9, 3:30 pm.**



INTERESTED? BE PART OF THE MOVEMENT!

EMAIL: apettyfer@sd43.bc.ca or let your principal know you're interested

Black History Month Club

Please join us on Wednesday, September 17, 2025, at lunch in room E100 to discuss plans for Black History Month 2026 and the assembly. Everyone is welcome!

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

BCIT BIOTECHNOLOGY CAREER AWARENESS WORKSHOP

For students in Grades 10-12 with a strong interest in science, research, and innovation. Dec. 8-12, 2025 BCIT Campus and UBC. Application Deadline: November 14, 2025 Spaces fill quickly!
Apply early.

[2025 Career Awareness Workshop A](#) [Package December 2025.pdf](#)

Interested in MINI MED SCHOOL at the BC Children's Hospital?

The registration form will be open from Monday, September 15, 2025 at 9:00am PST to **Friday, September 26, 2025 at 11:59pm PST**. Students can submit the registration form any time during this period. For more information, see the Mini Med School [website](#) and [FAQ](#). This four-week lecture series will be scheduled from 6:30-8:00 pm on the following Wednesdays: October 22, October 29, November 5 and November 12. **Grade 11-12** students from across BC and the Yukon will have three ways to participate




[Fairs](#)
[Register Now](#)
[Exhibitors](#)
[Seminars](#)
[Scholarships](#)

[Counsellor Resources](#)
[Counsellor Networking Day](#)

Explore Your Future

Study in Canada or abroad

SATURDAY
OCT 18

VANCOUVER
Pinnacle Hotel Harbourfront

Meet with top universities, graduate schools and professional schools from Canada and around the world.



Grade 12

UBC EARLY ADMISSION IS ONLY FOR SCHOLARSHIPS (NOT EARLY CONSIDERATION)

- **December 1:** Deadline to apply to UBC to be considered for scholarships. [Dates and deadlines - UBC | Undergraduate Programs and Admissions](#)
- **January 15:** Deadline to apply for Winter Session (September 2026 to April 2027).

LIMITED ENTRY PROGRAMS

Students are urged to check admission dates for programs with limited entry. The sooner you apply, the better, programs fill fast.

CUE - Canadian Universities Event INFO

A list of institutions from across Canada attending the event!

[Universities - Canadian Universities Event](#)

U of T Reminder

Only Nominees for the Book Award are eligible to apply for the U of T National Scholarships. (due by Oct 2 internally)

U of T automatic entrance awards

The University of Toronto has some great scholarship opportunities for strong students who excel in their work. [See here for more information about admission awards.](#)

Helpful Admission Links

[Apply - EducationPlannerBC](#)

[How to apply | UBC Undergraduate Programs and Admissions](#)

[Biology at UBC's Vancouver campus | UBC Undergraduate Programs and Admissions](#)

[Apply to SFU - Undergraduate Admission - Simon Fraser University](#)

[Science - Undergraduate Admission - Simon Fraser University](#)

[How to apply - Undergraduate admissions - UVic](#)

[Apply to Douglas | Douglas College](#)

[How to Apply - BCIT](#)

[Ontario Universities' Application Centre](#)

[How to Apply | Future Students. University of Toronto](#)

[Apply to College or University in Alberta | Official Application Portal](#)

[Apply for Undergraduate Admission](#)

EDUCATION PLANNER BC LINK TO NURSING APPLICANT PAGE

NEW Nursing applicant page - Review and compare all options to study nursing across the province, highlighting specific program details and requirements

SCHOLARSHIPS

Visit the career centre/Finance page to see current scholarships including the Loran, U of T Lester B Pearson, U of T Book Award. Scholarships are added regularly and open and close throughout the year. Career Centre - Centennial Secondary School

SCHOLARSHIP MEETING #1

The first meeting will be held on **Sept 24th** after school in the library. Plan to attend.

Post Secondary info sessions

UBC Engineering - Everything you need to know	...	9/17/2025
MARINE CAREERS EXPO	...	9/20/2025
OCAD - VIRTUAL INFO SESSION - Art & Design U (Toronto)	...	9/22/2025
Ivey HBA an AEO (Advanced Entry Opportunity) Admission Info Session	...	9/23/2025
COMMON APP ZOOM INFO SESSION Sept 24th at 6pm	...	9/24/2025
Douglas College Info Session (zoom)	...	9/24/2025
U of T * new* START HERE - Undergraduate info/admissions session	...	9/25/2025
BCIT School of Business and Media visits Centennial***** ✳	...	9/26/2025
Port Day at Canada Place	...	9/27/2025
Vancouver Film School Open House	...	9/27/2025
DISCOVER SFU BEEDIE Pro D day - Oct 24th 9am - 3pm	...	9/28/2025
CUE BC public event	...	9/29/2025
U of T New Student website	...	9/30/2025
CUE BC Canadian Universities Event Riverside Secondary (SD43)	...	10/1/2025

U of T Wolf Scholars

Canada's most immersive scholarship, designed for brilliant students who are curious about the world and driven to lead for the better
Must have **90%** average and be applying to the **University of Toronto Faculty of Arts and Sciences at the St. George campus**. Students can self-nominate for this award.

UNIVERSITY OF TORONTO BOOK AWARD

Outstanding students may apply to be considered for our one nominee. Apply by **Oct. 2nd**. Details here: Career Centre - Centennial Secondary School

SPORTS

CENT SWIM TEAM

has started practicing! If you missed our first practice last week, that is OK, you can still come out Thursday morning this week (September 18th). Be on deck at Poirer pool by 6:50 ready to swim and make sure to check in with either Ms Murray or Ms Curran (we take turns)

You will need to get your medical and permission forms from TEAMS or see Ms Murray in PE or Ms Curran in B220. Make sure to hand them in at practice or to one of us RIGHT AWAY. We will only be registering swimmers that have handed in forms.

ANYONE WHO WANTS A HOODIE or SWEATS NEEDS TO GET THEIR MONEY TO MS CURRAN IN B220 by WEDNESDAY LUNCHTIME at the latest (you can also bring it to practice Tuesday). Kennedy and Alex are ordering - check TEAMS for details!

Volleyball

Junior Boys Volleyball

Try-outs begin this week! Wednesday & Thursday in the Red Gym! 6:30PM to 8:00PM. #GoCentaur!

Gr. 9 Girls' Volleyball

Practice today in the blue gym from 3:20-5:45.
Read your playbooks today at lunch for the blocking schemes.

Go Centaur!

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
	ExFLEX 10:07 – 11:12		CENT TIME 10:07 – 11:12	
BLOCK 3 10:16-11:28		BLOCK 3 10:16-11:28		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
	BLOCK 4 1:05 – 2:08		BLOCK 4 1:05 – 2:08	
FLEX 1:29 – 1:59		ADVISORY/FLEX 1:29 - 1:59		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

