



CENTENNIAL TODAY

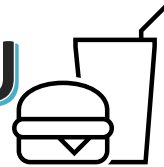
Friday, September 5, 2025-Day 1

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



AM Break

Sausage & Bacon Breakfast Wrap \$3

Today's Menu

Grilled Cheese \$5.00

Chicken Strips & Fries \$7.50

Clubhouse Wrap \$5.50

Teriyaki Chicken w/ Steamed Rice & Veggies
\$7.00

Dessert

Chocolate Pudding Cup \$2.50

Salads

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

Caesar Salad \$4.50 w/ Chicken \$5.50

ALL STUDENTS

WELCOME BACK STUDENTS!!!

Grad Hoodies

If you did not pick up your grad hoodie, please come to room E214 at the start of Flex on Today Friday, September 5.

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, Tuesday, Wednesday and Friday 8:00am – 3:30 pm.

email dhealeywright@sd43.bc.ca

General Information



VOLUNTEERS NEEDED

Are you interested in helping Friday Night or Saturday?
Do you need volunteer hours for Leadership or Grad?

Volunteers required for

- Setup (Friday Sept 5)
- Work the event (Saturday Sept 6)
- Take Down (Saturday Sept 6)



SIGN UP HERE

[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

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 EVENTS [Career Centre - Centennial Secondary School](#)

U of A visits Centennial	9/8/2025
UBC Sauder in person info session - UBC campus	9/11/2025
MARINE CAREERS EXPO	9/20/2025
COMMON APP ZOOM INFO SESSION Sept 24th at 6pm	9/24/2025
U of T New Student website	9/30/2025
CUE BC Canadian Universities Event	10/1/2025
BCIT BIG INFO - Burnaby Campus - OCT 8TH 4PM-7PM	10/8/2025
SFU IS VISITING CENTENNIAL OCT 9TH	10/9/2025



APPLYING TO POST SECONDARY

Most applications will open on October 1st and the application deadlines will vary.

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](#)

POST-SECONDARY VIEWBOOKS

Fall 2026 viewbooks will be uploaded to the career center site on an ongoing basis.

SFU ADMISSION REQUIREMENTS

<https://www.sfu.ca/students/admission/admission-requirements/canadian-highschool/bc-yukon.html>

SCIENCE

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

APPROVED COURSES:

[Approved courses - Undergraduate Admission - Simon Fraser University](#)

The U of A is coming to your school!

Monday, September
8, 2025 at 1:30 PM
In the foyer

Learn more about University of Alberta programs,
campus life, and admission requirements.

All interested students are welcome to attend.



SPORTS

Boys Soccer

BOYS SOCCER TRYOUTS:

Please attend a quick meeting at lunch on **Friday, Sept 5th** in the Red Gym!

Can't make it?? See Ms. Melvin or Ms. Purdey for Junior and Mr. Comeau for Senior.

Cross Country

It's that time of year to think about running as fast as you can through the woods of Mundy Park. You need absolutely no athletic ability to participate on the Centennial Cross-Country Team. All that is required is discipline, focus and a desire to be an aerobic animal.

If you are interested in being part of the Centennial Cross-Country Team, please come by room E104 at your convenience, and speak to Mr. Willett, Mrs. Willett, or Ms. Willett. Cross Country only requires you to run five Wednesdays in September and October. All Cross-Country Meets take place in Mundy Park. All grades nine through twelve are welcome.

Swim

SWIM TEAM starts right away!

Our first meeting is FRIDAY in B220 come out to connect and get some info - see Ms Curran and check in on TEAMS if you can't make it.

Practices start on Sep 11th for those that do not practice all year with a club team.

You do not need to have any racing experience to join but you do need to be a strong swimmer, who can do full laps there and back without stopping. We will teach dives and turns!

Practices are Tuesday and Thursday am from 7 - 8 am, with the expectation you will be on deck in a swimsuit for **6:50** so we can do a few warm ups and be in the water at 7 am. It is VERY important to get to all practices unless you are ill, because our season is super short. **Our first meet is the beginning of October**, which only gives us 2 weeks to prepare.

Volleyball

Gr. 9 Girls' Volleyball Try-Outs

TODAY Friday, Sept. 5th, and Monday, Sept. 8th, [in the blue gym from 3:20-5:30](#).

Senior Girls Volleyball Try-Outs

TODAY Friday, September 5th - 6:30 to 8:00PM in the Red Gym.

TODAY Friday, September 5th - 3:30 to 5:00PM in the Red Gym.

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
	ExFLEX *****		CENT TIME	
BLOCK 3 10:16-11:28	10:07 – 11:12	BLOCK 3 10:16-11:28	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
	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
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