

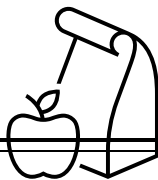


CENTENNIAL TODAY

Monday, October 6, 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: Thai Chicken & Rice

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

AM Break

Sausage, Ham & Potato Breakfast Wrap \$3.00

Dessert

Rice Krispie Square \$2.50

Red Velvet Cake \$3.00

Menu

Grilled Cheese \$5.00

Zesty Chicken & Veggie Ranch Wrap \$5.50

BBQ Beef Burger \$5.50

Poutine \$6.00

Chicken Enchilada \$5.50

Salads

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

Caesar Salad \$4.50 w/ Chicken \$5.50

Chopped Salad \$4.00

ALL STUDENTS

Please come to the office to pick up your Student Id Card.

White Emergency Forms are now overdue.

Please bring your completed and signed form to the office asap!

International Students

Hoodie design contest! Submit your own design to Lsousa@sd43.bc.ca by Oct 31st. There will be a vote and the winner will win a hoodie! Must have Cent/Centennial & International incorporated in your design.

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.

Language Challenge Exams

We have a long relationship with many of you — here's to another year of Language Challenge coming up!

Each year our Challenge students represent over 150 schools and 20 school districts. While the majority are from the Lower Mainland, there are around 200 students from the Island and always a few from the Okanagan and other parts of BC. It is a pleasure working with all of you!

This year we are pleased to offer American Sign Language 11 (ASL 11) as a Language Challenge Exam — please note for ASL 11 the exam dates will be arranged with each student individually.

Please follow this link for all information related to the 2025/26 Language Challenge Exams

<https://www.deltasd.bc.ca/schools/secondary/challenge-exams>

This year we are offering:

- ASL 11 (American Sign Language)
- Farsi 11 & 12
- French 11 & 12
- Japanese 11 & 12
- Korean 11 & 12
- Mandarin 11 & 12
- Punjabi 11 & 12
- Spanish 11 & 12

Dates to remember:

- Oct 24, 2025 – application deadline for students.
- Jan 31st & Feb 1st, 2026 – exam dates

EUROTOUR 2026



PARIS THE FRENCH RIVIERA FLORENCE ROME

Yes, we still have available spots for this tour!

Join us on this exciting tour of France and Italy
Spring Break 2026

Travelling to Europe is a true adventure! It's filled with diverse countries, cultures, cuisines, history and languages making a trip to Europe educational, inspiring and just plain fun! Join Ms. Chambers and Ms. Mattson on EUROTOUR 2026: France and Italy (Spring Break 2026). See Ms. Mattson (E216) or Ms. Chambers (E214) about the itinerary, payment plans and more!

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



Ski and Snowboard Club

The days are getting shorter but that means Ski and Snowboard season is just around the corner! Please join Ms. Chyzowski in room **F105 this Thursday, Oct. 9th** at lunch for an information session regarding Ski and Snowboard Club this year. You will find out everything regarding cost, dates, and applications at the meeting so please come check it out and bring your friends.

**Interested in Improving
Your Resume?**

Sign up for the CIMC/CSMC math contest!

When: November 12th

Who: Open to all students

Cost: 15\$


9 questions only!

**There will be study groups in session
every Wednesday at lunch in room B206
to prepare! This is a great opportunity to
improve your math skills and resume.**

Apply before October 8th!

**Visit Ms. Kambo's room B206
for more info!**

www.PanEducation.net



The CIMC/CSMC Contest registration deadline is **October 8** and is open to all grades.

Math Contest Club will run in **B206 Thursday** at lunch for students who want to practice.

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!




want to help animals?

Join PAWS Rescue Society!

*We meet every Thurs at Lunch,
in Ms. Mattson's room
(E216)!*



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. See you there!



SOGI CLUB

Meetings every Thursday – Lunch –Textiles Room E215

Everyone is welcome!

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

RCMP VOLUNTEER INFO SESSION Event Details: (16+)



Date: Wednesday, October 15th



Time: 7:00 – 9:00 PM



Location: Port Coquitlam Community Centre

Application form available on the Career Centre/Experience & Volunteer



WHAT THE "L"

This 2-day program is open to students 16 years and older and is designed to support those who may experience barriers to earning their learner's permit. Barriers may include financial limitations, test anxiety, lack of parental support, or limited access to a vehicle. With guidance from an ICBC instructor, students receive the tools and support they need to succeed.

Application Details

- **Application Due Date:** Wednesday, October 22nd
- **Application Pick-Up:** Thursday, October 23rd
- **Program Dates:** Tuesday, November 18th & Tuesday, November 25th

****Please submit all application to your Youth Worker or THE MAIN OFFICE***



SFU Beedie (Pro-D day event) Oct 24th 9-3PM

REMINDER: REGISTER BY Sept 28TH!!

- **Registration Link:** <https://www.eventbrite.com/e/discover-sfu-beedie-tickets-1373656426349>

Grade 12

DOUGLAS COLLEGE VISITS TODAY AT LUNCH IN THE LIBRARY!!

Come and get your questions answered and learn all about Douglas College admissions, scholarships and more!

SFU - Recruiter Presentation

Will be here Thursday Oct 8th at Lunch in the Library!

Congratulations to **Vannah Tam** who has been selected for our *U of T Book Award Nominee* 2025-2026!

UBC UNDERGRADUATE TUITION FEES 2025/26

[Undergraduate tuition fees | UBC Student Services](#)

SFU APPLIED SCIENCE RESCHEDULED INFO SESSION

Please join us in the library on Wed. Oct 15th at lunch

FINANCE PAGE LINK (SCHOLARSHIPS): [Career Centre - Centennial Secondary School](#)

BCIT - Spend a Day - - Shadow a BCIT student in your area of interest [Spend a Day - BCIT](#)

Select a program and fill out the form to get started.

APPLYING TO A TRADES FOUNDATION PROGRAM?

See Mrs. Healey Wright in the Counselling area for information on current waitlists

NOTE: MOST ENTRANCE SCHOLARSHIPS WILL OPEN OCTOBER 1ST

Deadlines will vary - check the website(s)

- [BCIT](#)
- [SFU](#)
- [UBC](#)
- [UVIC](#)
- [DOUGLAS COLLEGE](#)
- [LANGARA COLLEGE](#)
- [CAPILANO UNIVERSITY](#)

DID YOU MISS THE SCHOLARSHIP MEETING?

The PowerPoint and handbook can be found here:

[Career Centre - Centennial Secondary School](#)

UBC PERSONAL PROFILE

Information and video [Write your Personal Profile - UBC | Undergraduate Programs and Admissions](#)

SFU APPROVED COURSE LIST FOR FALL 2026

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

CANADIAN COAST GUARD -

Applications will open soon. 80 seats per year: [Officer Training Program](#)

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.

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](#)

SPORTS

Gr. 9 Girls' Volleyball

Practice today in the blue gym right after school until 5:40. Tuesday you have a home game right after school. Wear your jerseys on Tuesday.

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

