



CENTENNIAL TODAY

Thursday, October 9, 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: Lemon Chicken Orzo

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

AM Break

Sausage, Egg & Cheese Breakfast Sandwich \$3.00

Apple Streusel Cake \$2.50

Chicken Pesto Panini \$5.50

Dessert

Cheesecake w/ Strawberry Sauce \$3.00

Menu

Grilled Cheese \$5.00

Quinoa Veggie Wrap \$5.50

Ham Turkey & Bacon Sub \$5.50

Baked Mac & Cheese w/ Bacon \$5.50

Beef Taco Salad \$7.00

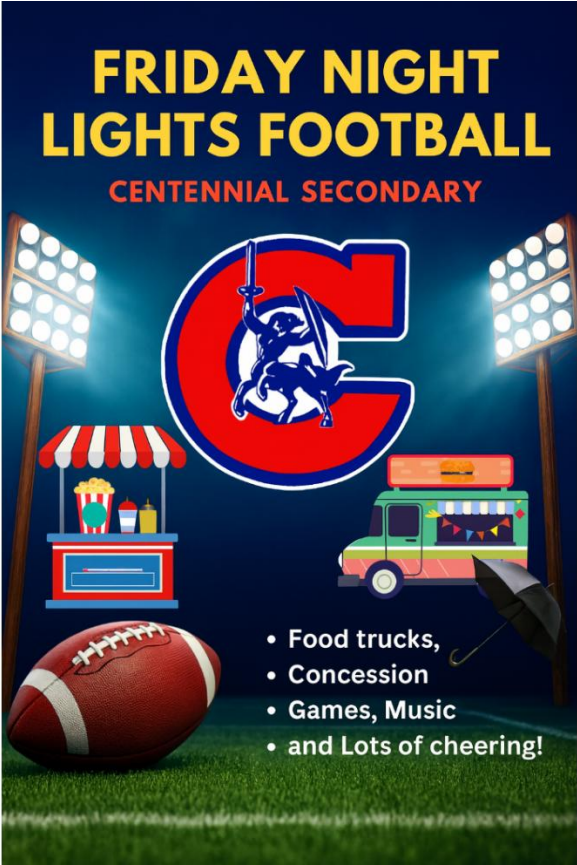
Salads

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

Caesar Salad \$4.50 w/ Chicken \$5.50

Chopped Salad \$4.00

ALL STUDENTS



Friday Night Lights Carnival Games Oct 10 at 7pm

If you are looking for some fun tomorrow evening, come out to our Sr Football game against Lord Tweedsmuir at 7pm. There will be food trucks, concession, games, music, and lots of cheering going on. Hopefully, the rain holds off and if it doesn't, there always umbrellas! The other games are scheduled for Oct 17th and 24th.



SD43 has an exciting opportunity to join the Student Leadership Council this year! A couple of spots have opened up for SLC Executive members. The deadline to apply is **October 17** for applications.

MISSING CAMERA

Last seen in the Theatre on October 3rd. Please return to the office. Reward if found.

PHOTO RETAKE DAY IS COMING ON OCTOBER 14th

Time: Starting at 1:15pm

Location: Red Gym

Message from Photographers:

- Students needing retakes must bring their ID card to be photographed. There is a QR code on the back of the card we need to scan.
- All retake photos will replace the original day photo for a new ID card, pictorial and image in the yearbook. However, students will still be able to view and order both images online.
- We do not allow students to wear hats or sunglasses in our photos.

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

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

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.

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!



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

STUDY AND GO ABROAD FAIR - VANCOUVER

[Study and Go Abroad / SchoolFinder Fair](#) **Saturday, October 18** at the Pinnacle Hotel in Vancouver.

VOLUNTEERS NEEDED - MUNDY PARK ELEMENTARY

After-School Coding Program (Mundy Road Elementary) Kids Innovative is looking for volunteers to help with an after-school Coding Club at Mundy Road Elementary. No prior experience is required - just an interest in working with kids and some basic computer skills (typing, Google search, etc.). This is a great way to gain experience in education, mentoring, and STEM programs. When: 3 - 4 pm, Oct 8 - Nov 19 Please email hillghul@gmail.com

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***

Grade 12

SFU - Recruiter Presentation TODAY!

Will be here today, **Thursday Oct 9th** at Lunch in the Library!

MARK YOUR CALENDARS

BCIT WILL HAVE A MINI-FAIR AT LUNCH IN THE FOYER ON **FRIDAY NOVEMBER 7TH** (HEALTH SCIENCES, CIVIL ENGINEERING, GEOMATICS, BUSINESS & MEDIA AND MORE!)

MORE MAJOR SCHOLARSHIPS INCOMING

INFO ON THE SCHULICH, BEEDIE LUMINARIES WILL BE POSTED SOON!

Langara INFO WEEK

OCT 20-24 Langara Info Week | Langara

AI 101 - UVIC Gustavson zoom session	...	10/9/2025
ECUAD Admissions webinar	...	10/9/2025
EMILY CARR ADMISSIONS WEBINAR OCT 9	...	10/9/2025
SFU ADMISSIONS UPDATE	...	10/9/2025
SFU IS VISITING CENTENNIAL (ADMISSIONS) OCT 9TH Library at lunch *****	...	10/9/2025
VAIS US College and University Fair	...	10/9/2025
AUArts Curriculum Update fall 2025	...	10/15/2025
Entrepreneurship 101 - UVIC "What Makes a Good Side Hustle?"	...	10/15/2025
SFU APPLIED SCIENCE INFO SESSION LIBRARY OCT 15TH (RESCHEDULED)*****	...	10/15/2025

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](#)

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](#)

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 Boys Basketball

Any grade 9 boys interested in joining the basketball team this year, there will be a brief **meeting** during lunch **today Thursday Oct 9th** in **Room F103**. **First tryout** will be in the **Blue Gym, Friday October 10th 7:15am - 8:45am**. If you are unable to make the tryout, please email Mr. Oriel at koriel@sd43.bc.ca

Gr. 9 Girls' Volleyball

Away game today at Pinetree so wear your jersey. You have an early dismissal at 2:40-be at the front of the school right away.

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

SCAN ME

