



CENTENNIAL TODAY

Wednesday, October 8, 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.



Soup: Three Sisters Soup (Bean, Corn Squash) (Vegan) (GF)

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

AM Break

Meat Lover Breakfast Wrap \$3.00

Apple Streusel Cake \$2.50

Dessert

Pumpkin Cheesecake w/ Caramel Pecans \$3.00

Menu

Grilled Cheese \$5.00

Chicken Pesto Panini \$5.50

Four Cheese Pizza \$5.50

Pepperoni Pizza \$5.50

Ham, Turkey & Bacon Sub \$5.50

Baked Mac & Cheese w/ Bacon \$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

MISSING CAMERA

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

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

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



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

<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

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 \(sd43.bc.ca\)](http://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

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

BCIT BIG INFO IS TONIGHT 4-7PM AT THE BURNABY CAMPUS

Big Info is the largest program expo and information session at BCIT. It's your chance to find out about all our programs – from business and media, computing and IT, engineering, health sciences, trades and apprenticeships, and applied and natural sciences.

It's free. It's lively. It's a night of possibilities.

[Join us in person on Wednesday, October 8 from 4:00pm – 7:00pm at our Burnaby campus.](#)

SFU - Recruiter Presentation

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

Langara INFO WEEK

OCT 20-24 Langara Info Week | Langara

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

BCIT BIG INFO - Burnaby Campus - OCT 8TH 4PM-7PM	... 10/8/2025
Capilano U apps open OCT 7	... 10/8/2025
TMU 101 The Faculty of Science - virtual session	... 10/8/2025
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

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 Boys Basketball

Any grade 9 boys interested in joining the basketball team this year, there will be a brief **meeting** during lunch on **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

A tough fight against Terry Fox yesterday with one win and some good play though being defeated in the end. Practice today in the blue gym right after school until 5:40.

Senior Boys Basketball Tryouts

Thursday October 9 from **7:15AM** to **8:45 AM**. If you cannot make it, please come see or email Mr. Sauciuc, Mr. Sollero or Mr. Kaselj

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

