



# CENTENNIAL TODAY

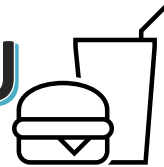
**Wednesday, October 1, 2025-Day -1**

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: Roasted Butternut Squash & Apple (Vegan) (GF)**

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

### AM Break

Bacon Potato & Egg Breakfast Wrap \$3.00

### Dessert

Chocolate Cake \$3.00

### Menu

Grilled Cheese \$5.00

Pepperoni & Salami Pizza Panini \$5.50

Pesto Chicken Panini \$5.50

BBQ Pulled Pork Sandwich \$6.00

Cajun Chicken & Sausage Penne \$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.

### **Do you like Krispy Kreme Donuts?**

Well now is your chance to get your hands on some here at school and help out the Robotics Club at the same time. This fundraiser will help the robotics club be able to compete at local VEX competitions. Donut pre-sales will happen on Wednesday October 1 and Thursday October 2 in the foyer. Donuts can be picked up on Friday October 3 in Room A204 at lunch. Order a box for you and your friends or just order one for yourself. Prices: \$1.50 per donut, \$8.00 per half dozen donuts, \$15 per dozen (box).



**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





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

Also that math contest club will run in B206 Thursday at lunch for students who want to practice.



# 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



### 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 24<sup>th</sup> 9-3PM**

REMINDER: REGISTER BY Sept 28TH!!

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



## Grade 12



**SFU APPLIED SCIENCES WILL BE HERE**

**Thursday Oct 2nd at lunch in the library makerspace.**

**CUE ANADIAN UNIVERSITY EVENT - LAST CHANCE!**

**SURREY PUBLIC EVENT WESTFIELD COUNTRY CLUB THURSDAY, OCTOBER 2 6:00-8:00PM**

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

## **All Swimmers**

We need to have a SHORT MEETING on Thursday at lunch in B220 to check in and make sure you are signed up for our first meet. New swimmers will be able to ask questions and get instructions then as well. See Ms Curran if you miss it!

## **Gr. 9 Girls' Volleyball**

Very important practice today after school, 3:20-5:40, in the blue gym. Also, game tomorrow so it is vital you secure a ride to our game at Heritage Woods. If you miss practice, absolutely come to see me to let me know you have a ride!!

## **Junior Boys**

Next home game is wed Oct 1 against Riverside.

## **Senior Boys**

Next game is Thurs Oct 2 at Charles Best

## **Cross Country Team**

The Centennial Cross Country Team requires an early dismissal **today, Wednesday, October 1<sup>st</sup>** for 2:00 pm as they have a meet in Burnaby's Central Park. It is up to the discretion of the classroom teacher to approval this early dismissal.

# Go Centaurs!

# Centennial Schedule

| Monday                  | Tuesday                  | Wednesday                    | Thursday                   | Friday                  |
|-------------------------|--------------------------|------------------------------|----------------------------|-------------------------|
| BLOCK 1<br>7:45 - 8:53  | BLOCK 1<br>7:45 - 8:53   | BLOCK 1<br>7:45 - 8:53       | BLOCK 1<br>7:45 - 8:53     | BLOCK 1<br>7:45 - 8:53  |
| BLOCK 2<br>9:00-10:12   | BLOCK 2<br>9:00 – 10:03  | BLOCK 2<br>9:00-10:12        | BLOCK 2<br>9:00 – 10:03    | BLOCK 2<br>9:00 - 10:12 |
|                         | ExFLEX<br>10:07 – 11:12  |                              | CENT TIME<br>10:07 – 11:12 |                         |
| BLOCK 3<br>10:16-11:28  | BLOCK 3<br>11:16 – 12:19 | BLOCK 3<br>10:16-11:28       | BLOCK 3<br>11:16 – 12:19   | BLOCK 3<br>10:16-11:28  |
| Lunch<br>11:28 – 12:13  |                          | Lunch<br>11:28 – 12:13       |                            | Lunch<br>11:28 – 12:13  |
| BLOCK 4<br>12:13 – 1:25 | Lunch<br>12:19 – 1:05    | BLOCK 4<br>12:13 – 1:25      | Lunch<br>12:19 – 1:05      | BLOCK 4<br>12:13 – 1:25 |
|                         | BLOCK 4<br>1:05 – 2:08   |                              | BLOCK 4<br>1:05 – 2:08     |                         |
| FLEX<br>1:29 – 1:59     | BLOCK 5<br>2:12 - 3:15   | ADVISORY/FLEX<br>1:29 - 1:59 | BLOCK 5<br>2:12 - 3:15     | FLEX<br>1:29 - 1:59     |
| BLOCK 5<br>2:03 - 3:15  |                          | BLOCK 5<br>2:03 - 3:15       |                            | BLOCK 5<br>2:03 - 3:15  |

Book your  
FLEX and  
CENT

SCAN ME

