



CENTENNIAL TODAY

Tuesday June 11 * 2024 - Day 2 *

In order 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.

bon appetit!



Menu

~ LUNCH ~

bon appetit!



Soup of the Day: Mushroom & White Bean Stew (Veg)

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

A.M. Break

Sausage & Egg Breakfast Sandwich \$3

Sandwiches

Grilled Cheese \$5.00

Pesto Chicken Panini \$5.50

BBQ Pulled Pork Sandwich \$6.00

Baked Four Cheese Penne \$5.50

Chicken Adobo w/ Rice & Vegetables \$7.00

Salads

Chopped Salad \$4.50 w/ Chicken \$5.50

Caesar Salad \$4.50 w/ Chicken \$5.50

ALL STUDENTS

NEW ITEMS:



Grade 12 Students

Attention Grade 12s Attending Grad Dinner Dance:

The Sheraton Wall Centre requires advance notice of any **food allergies or food intolerances**. Please let Ms. Mattson know if this applies to you **NO LATER THAN THURSDAY, JUNE 14th**. See her in Room E216 or email mmattson@sd43.bc.ca.

Grad Tickets:

If you have not picked up your Dinner/Dance Grad tickets yet, please see Mrs. Chambers in room E214 during Cent Time or Flex.

Dry After Grads:

Can be picked up in the office either at lunch or afterschool.

Compass Cards:

If you have not picked up your two free compass cards please come to the office they are only good till June 30.

Literacy or Numeracy Assessments

If you are planning on writing the Literacy or Numeracy Assessments next week June 10-14, please use this scan code to register for the assessment.



All students:

ELL/International Kayak Field Trip:

if you went on the field trip last month please come to E210 and get a memory photo and holder.

Yearbook Order:

Please check your school cash online account is in good standing otherwise you will not be able to pick up your yearbook.



Attention: Current Grade 11s/Grad Class of 2025

Grad hoodies are available to purchase online starting Wednesday June 5 at 3pm until Wednesday June 19th 11:59pm.

<https://grdwr.co/Centennial2025>

*Use the special promo code **JUN5** to receive a free sleeve personalization. This code is valid from June 5 @ 3pm until June 6th @ 11:59pm.

Q & A Club

The Q & A (Queers and Allies) club is meeting Tuesday June 11th. We will be in the Textiles Room (E215) at lunch for a space to hang out and share ideas for the Q&A club next school year! If you have any questions, please talk to Ms. Munroe or Illing. 😊

The Catalyst is back

Centennial's student newspaper, [The Catalyst](https://mycentennial.sd43.bc.ca/catalyst), is now live online! Check it out at:

<https://mycentennial.sd43.bc.ca/catalyst>

If you were interviewed or photographed for a story this year, you may see yourself in print!

If you have a story you'd like us to cover, speak to a member of the journalism class, see Mr.

Salembier in the Library, use the [Contact](#) form on the website, or email

catalyst@sd43.bc.ca, If you're an artist, we're also looking for editorial cartoonists. To find out more, pick up a cartoonist handout in the Library.

CAREER CENTRE

CAREER CENTRE

Visit the online Centennial Career Centre Page



@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. **Support is available for all students! Appointments & Drop-in visits available in the counselling area or email**
dhealeywright@sd43.bc.ca

General



PROGRAM SPOTLIGHT –

- Check out the Engineering certificates and the diploma that transfer to university. [Engineering and Fabrication Technologies \(Diploma\) | DPEGESS | Douglas College](#)
- Admission requirements: [General College Admission Requirements](#)
- Chemistry 12 with a minimum grade of C+ or acceptable substitution*
- Physics 12 with a minimum grade of C or acceptable substitution*
- Precalculus 12 with a minimum grade of B or acceptable substitution*
- **Preferential GPA Admission:** Applicants will be offered admission based on the Grade Point Average (GPA) of the courses required for admission. Applicants with the highest GPAs will receive the first offers.



[Bachelor of Legal Studies \(Paralegal\) Degree - Capilano University](#)

CapU's School of Legal Studies is the only university in Western Canada to offer a degree program for paralegals and graduates of the program are in high demand across the legal profession.

- High school graduation or equivalent education or experience
- High school with an 80% average through Grades 11 and 12 (in English Studies 12 or English 12 or English First Peoples 12 and at least four other Grade 11 or 12 [academic courses](#))
- ADDITIONAL CRITERIA (references/essay etc) see website

Becoming a Lawyer in Canada:

1. Complete at least three/four years of an undergraduate degree.
2. Write the Law School Admission Test (LSAT).
3. Apply to and complete a law school in Canada. (three years)
4. Article with a law firm or complete the Law Practice Program.
5. Pass the bar admission exams for the area where you plan to practice.

OCEANWISE – YOUTH TO SEA PROGRAM

A full program description and FAQ's can be found here: [Youth to Sea - How it works - Ocean Wise](#)

Youth to Sea will run from October 2024 to May 2025 and is supported by the Government of Canada through the Canada Service Corps initiative. All training, certifications, and excursions are fully funded, and there are no costs for participants.

- Access to Ocean Wise mentorship, resources, and grant funding;
- A 3-day, 2-night immersive learning journey in October 2024;
- Opportunities to take part in several excursions (ex. Snowshoeing, survival skills, water testing, etc.);
- And skill-building workshops to help with resume building and employment skills.

[CLICK HERE TO APPLY!](#)

- Applications are due 11:59 pm PDT on **August 30th, 2024**. All applicants will receive notice of their status by September 9th, 2024.

NUPGE SCHOLARSHIP PROGRAM 2024

Applications are now open for these awards. [Scholarship FAQ - NUPGE](#) Due June 30th
Details about each NUPGE scholarship

- [Brian Fudge Memorial Scholarship.](#)
- [Scholarship for 2SLGBTQIA+ Students.](#)
- [Scholarship for Black Students.](#)
- [Scholarship for Indigenous Students.](#)
- [Students of Colour Scholarship.](#)
- [Terry Fox Memorial Scholarship.](#)
- [Tommy Douglas Scholarship.](#)
- [Young Worker Scholarship.](#)

SEVERAL NEW JUNE SCHOLARSHIPS ADDED TO THE WEBSITE - [Career Centre - Centennial Secondary School \(sd43.bc.ca\)](#)

2024 Canadian Iranian Foundation Scholarship	6/15/2024
Confratellanza Italo-Cadanese Scholarship	6/15/2024
Tessa Beauchamp high school graduating class scholarship	6/15/2024
The University of the Aftermarket Foundation (UofAF) Scholarship Program	6/15/2024
AIA High Fives for Kids Foundation Scholarships	6/15/2024
Horatio Alger Vocational & Technical Education Scholarships	6/15/2024
Prospera Credit Union Grants and Bursaries	6/15/2024
The Actuarial Foundation of Canada - Equality of Opportunity Scholarship (IBPOC)	6/15/2024
Horatio Alger Seaspam VTE Scholarships	6/17/2024
PSAC 2024 Scholarship program	6/23/2024
BC Council of Forest Industries Scholarship	6/28/2024
BCHF BC Hospitality Foundation - Industry Scholarship	6/28/2024
Engineering and Geoscientist of BC	6/28/2024
UBC Future Global Leaders Presidents Bursaries for grade 11 students	6/28/2024
Herbaland Sustainable Life Scholarship	6/30/2024
BCHF BC Hospitality Foundation - Hospitality Diversity Scholarships	6/30/2024
NUPGE Scholarship Program 2024	6/30/2024
RBC FUTURE LAUNCH (ONGOING APPLICATION)	6/30/2024
Russell Alexander Law Scholarship	6/30/2024

CURRENT VOLUNTEER OPPORTUNITIES POSTED ON THE CAREER CENTRE: [Career Centre - Centennial Secondary School \(sd43.bc.ca\)](#)

BC Highland Games - volunteers needed June 13, 2024	6/13/2024
Volunteer at Place des Arts this Summer apply by June 14th	6/14/2024
GOLDEN SPIKE DAYS VOLUNTEER CALL OUT	6/28/2024

SUMMER JOBS ARE BEING POSTED

[Available Summer jobs near Coquitlam, BC \(with Salaries\) | Indeed.com](#)
[British Columbia Summer Jobs | Canada Government Jobs](#)
[Summer jobs in Vancouver, British Columbia | Summerjobs.ca](#)

JOB SEARCH ENGINES

- [INDEED Job Search – part time COQUITLAM](#)
- [BC jobs Coquitlam part time](#)
- [WorkBC](#)

Be sure to check the [Career centre website](#) for more information and resources.

GRADE 12 CAREER CENTRE INFO

Grade 12

CONGRATULATIONS!

Sameera Parmar, the BC Excellence Award Nominee for Centennial class of 2024, has been selected as one of the 55 students in the province to win this prestigious award of \$5,000.

HAVE YOU WON A SCHOLARSHIP, BURSARY OR AWARD. SHARE YOUR NEWS IN THE COMMENCEMENT PROGRAM:



<https://forms.office.com/r/zUfei9rn3Y>

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SPORTS

Centennial Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55
BLOCK 1 9:00-10:12	BLOCK 1 9:00 – 10:02	BLOCK 1 9:00-10:12	BLOCK 1 9:00 – 10:02	BLOCK 1 9:00 - 10:12
BLOCK 2 10:16-11:28	ExFLEX 10:06 – 11:11	BLOCK 2 10:16-11:28	CENT TIME 10:06 – 11:11	BLOCK 2 10:16-11:28
Lunch 11:28 – 12:13	BLOCK 2 11:15 – 12:17	Lunch 11:28 – 12:13	BLOCK 2 11:15 – 12:17	Lunch 11:28 – 12:13
BLOCK 3 12:13 – 1:25	Lunch 12:17 – 1:05	BLOCK 3 12:13 – 1:25	Lunch 12:17 – 1:05	BLOCK 3 12:13 – 1:25
ADVISORY/FLEX 1:29 – 1:59	BLOCK 3 1:05 – 2:09	FLEX 1:29 - 1:59	BLOCK 3 1:05 – 2:09	FLEX 1:29 - 1:59
BLOCK 4 2:03 - 3:15	BLOCK 4 2:13 - 3:15	BLOCK 4 2:03 - 3:15	BLOCK 4 2:13 - 3:15	BLOCK 4 2:03 - 3:15