



CENTENNIAL TODAY

Friday, May 24 * 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: : Tomato Basil

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

A.M. Break



Turkey Sausage, Egg & Cheese Wrap \$3

Bacon. Egg & Cheese Breakfast Sandwich \$3

Blueberry Banana Smoothie \$2.50

Sandwiches



Grilled Cheese \$5.00

Chicken Strips & Fries \$7.00

Pork Schnitzel Sandwich \$6.00

Southwest Pulled Chicken Wrap w/ Guacamole \$5.50

Meatball Sub \$6.00

Salads

Chopped Green Salad w/ Tomato Vinaigrette & Feta \$4.50.

w/ Chicken \$5.50

Caesar Salad \$4.50. w/ Chicken \$5.50



SHAWALS

Summer Learning

2024

Elementary

Eight locations, Tuesday July 9 - Friday July 26 9:00am-12:00pm. K to 1 transition, English for Beginners, Visual & Performing Arts, French Immersion, Integrated studies, Math, Reading & Writing, Coding (Info tech), Outdoor Science, STEAM, and more!
Free to all BC residents*.

Middle

Three locations, Tuesday July 9 - Friday July 26 8:45-11:45am. Band, Guitar, Creative Writing, Drama/Improv, English for Beginners, Guitar, Home Ec/Culinary, Integrated studies, English and French Immersion Language Arts, Mathematics, PE/Leadership, Coding (Info Tech), Outdoor Science, STEAM, Tech Ed, Visual & Performing Arts, and more! Free to all BC residents*.

Two locations. Tuesday July 9 - Friday July 26 8:30-11:30am OR 12:00-3:00pm. English, English for Beginners, IB Math & Science, Jazz & Concert Band, Science, Home Ec, Sewing, 2D Animation, Metal and Wood Tech Ed, Math, Coding (Info Tech), Skills for Success. Free to all BC residents*. These non-credit courses may be taken to review previously covered course content OR preview a course. Academic Completion 9/10 (earn a passing mark) also available, by referral.

Secondary Skill Building

Face-to-Face Advanced Credit OR Online Blended Fast Track
Two locations. Wednesday July 3 - Thursday August 8 8:00-11:30am OR 12:00-3:30pm. Biology 11,12; Career Life Education 10; Chemistry 11,12; EAL 10,11; English 10,11,12; English First Peoples 11,12; Mathematics 10,11,12; Physics 11,12; PHE 10; Socials 10,11.

Secondary Full Credit

Check out the SOYL full day program on our website!

Registration begins at 6:00am for ...
- Elementary: Tuesday April 30
- Middle & Secondary Skill Building: Friday May 3
- Secondary Full Credit: Wed. May 8
Phone 604-936-4261 for assistance.
*SD43 Residency requirements apply

To Register

WWW.SD43SUMMERLEARNING.CA / Phone 604-936-4261

Courses and locations listed above are subject to change



STYVING

ALL STUDENTS

NEW ITEMS:

The Catalyst is back!

Centennial's student newspaper, [The Catalyst](http://TheCatalyst), 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.

Gold Scholars

A list of this year's Gold Scholars is posted on the Counselling window. If your name is not listed and you believe it should be, please see your counsellor right away.



EUROTOUR 2025: England, France, Spain and Italy



Join Ms. Chambers, Ms. Mattson and Mr. Asano on a two week tour of major European centers: London (Buckingham Palace, Big Ben), Paris (The Louvre, the Palace at Versailles), Barcelona (Sagrada Familia, Park Guell) and Rome (The Vatican, the Sistine Chapel, The Colosseum, and the Forum) in March of 2025. This unforgettable experience will be the highlight of your school year. Payment plans are available.

For more information email Ms. Mattson (mmattson@sd43.bc.ca) or Ms. Chambers (lchambers@sd43.bc.ca).



Attention Grade 12's: Live Hypnotist Event During Cent Time Tuesday May 28.

If you are in grade 12 and interested in being hypnotized or watching your friends hypnotized sign up with Ms. Chambers during Cent Time on May 28.

Scott Christie The Impossible Hypnotist will be here in the theatre!

May is Asian Heritage Month!



Asian Heritage Month is an opportunity for all of us to learn, support, and uplift diverse Asian cultures, and acknowledge how their contributions have made Canada the country it is today. The Social Justice & Equity Committee will be holding events throughout the month of May. Check out some of the amazing things happening around the school and stay tuned for more details!

Asian Heritage Night: A celebration of Asian heritage through food, dance, and musical performances. Ticket includes an assorted bento box, dessert, and performances.

Tickets: 15\$ through [myschoolcashionline](https://myschoolcashionline.com) until May 24.

Date: May 29 (6-8 pm)

Place: Red Gym

Past Lives Screening

Date: May 27-28 (lunch)

Place: Theatre

If you have any questions, comments, or concerns regarding Asian Heritage Month or the events happening, please reach out to Ms. Razzell (arazzell@sd43.bc.ca) or Keira Wong (076-kwong1@sd43.bc.ca)

Pumpkin Growing Contest

Centennial has been entered in a Sd43 giant pumpkin growing contest for the Fall of 2024. The winner with the largest pumpkin will receive \$200 for sustainability initiatives for their school. We require team members to participate in this contest. If you are competitive and care about sustainability and environmental issues and want to participate, please see Mr. Jonas in the culinary kitchen, before or after school, or email adjonas@sd43.bc.ca.



Registration open again for the Tech Leadership 10/11/12 course now!

Contact Ms. Hothi if you have any questions about this course or would like to join the team next year!



Social Justice/Equity Committee IDS

Social Justice/Equity Committee IDS Are you passionate about social justice issues and making a difference throughout your community? Join the (Independent Directed Studies – Foundations of Inquiry) course for 2024-2025! Students in this committee can work independently or with other group members to delve into issues important to them and organize activities and events throughout the year. Examples of past and upcoming events include Asian Heritage Month activities and Asian Heritage Night event, a Pride Month event, the Red Dress Day Project display, Truth and Reconciliation assembly and activities, and more. It's a great opportunity to get involved and have an impact on our community! If you're interested, please fill out the form using the QR code or contact Ms. Razzell.



Grade 12 Students

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

The PNE IS HIRING!

[Join our team! - PNE](#) Deadline to apply June 9th. (ages 15+, 16+ for rides - The PNE Fair runs from August 17 – September 2 Deadline to apply is June 9th)

See jobs and details: [2024 PNE Fair Summer Jobs in Vancouver, British Columbia | Careers at Pacific National Exhibition \(icims.com\)](#)

CONDITIONAL OFFERS – INFO AND POLICIES

SFU [Conditional Offer - New Undergraduates - Simon Fraser University \(sfu.ca\)](#)

UBC [How to keep your offer of admission - UBC | Undergraduate Programs and Admissions](#)

BCIT [Application Status - BCIT](#)

Douglas [Admissions FAQ | Douglas College](#)

VOUNTEER THIS WEEKEND FOR THE UNITED WAY

They require four volunteers to help with THIS Saturday's **UWBC Period Promise** product collection event at **Como Lake Village Shopping Centre**. The event, in collaboration with the Tri-Cities Soroptimists, runs from 10 a.m. to 1 p.m., but volunteers would join me at **9:30 a.m. to help with set-up and stay until 1:30** to help with take-down. Details are on our iVolunteer platform here: [Period Promise Collection Drive - Volunteers Needed | iVolunteer Powered by United Way British Columbia](#)

SD43 INTERNATIONAL ED NEEDS MORE VOLUNTEERS

We are looking for reliable, trustworthy, helpful students who are open to talking to new students and can be flexible with the schedule and placement. Interested students must submit [this Forms link](#), as well as the **application form** and their **resume** by June 14th to achapell@sd43.bc.ca Find the application form on the career website: [Career Centre - Centennial Secondary School \(sd43.bc.ca\)](#)

Check out this site 2024 SD43 Trades Hiring Fair-Employer List

<https://sd43bccca.sharepoint.com/sites/PCACareerTeams/Shared%20Documents/Forms/AllItems.aspx?id=%2Fsites%2FPCACareerTeams%2FShared%20Documents%2FGeneral%2FTrades%20Hiring%20Fair%2F2024%20list%20of%20employers%20%26%20trades%20Epdf&parent=%2Fsites%2FPCACareerTeams%2FShared%20Documents%2FGeneral%2FTrades%20Hiring%20Fair&openShare=true>

Scholarships posted on the Career Centre: [Career Centre - Centennial Secondary School \(sd43.bc.ca\)](#)

UFCW Canada Scholarship program (membership)	5/30/2024
2025 Undergraduate Scholarship offered by the Japanese Ministry of Education (MEXT) Study in Japan	5/31/2024
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MAY INFO SESSIONS: POST SECONDARY BC

[Events - Post-Secondary BC \(postsecondarybc.ca\)](#)

RCMP NATIONAL YOUTH ADVISORY COMMITTEE

[Applications for next year 24/25 will open on May 13th 2024.](#) 125 students from across Canada will form the committee. The National Youth Advisory Committee members meet on a moderated, private online forum to discuss youth trends, RCMP programs, as well as youth crime and victimization issues. This commitment requires approximately two to four online hours per month, from October to June. [National Youth Advisory Committee | Royal Canadian Mounted Police \(rcmp-grc.gc.ca\)](#)

TRI-CITIES MENTORSHIP PROJECT – ALUMNI PANEL SERIES (Virtual)

Are you curious about what different degrees/programs have to offer? Want to learn more about how to get into a particular field? Are you interested in learning more about the different pathways available to you after high school? Do you have a field or degree that you're curious about, but you're not sure what it's like or how to get there? Don't worry, you're not alone - we've all been there too.

Join us for a **VIRTUAL** panel series where **SD43 alumni** will discuss their high school & post-secondary journeys and answer your questions!

Bachelor of Arts: Thu, May 23 (7-8 PM)

Business: Thu, May 30 (7-8 PM)

RSVP here: bit.ly/tricitiesalumnipanel

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

TEDDY BEAR PICNIC 6/5/2024

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



SD43 Trades Hiring Fair

Looking for a job?

Bring your resume

Meet employers from a variety of skilled trades such as:
carpentry * plumbing * electrical * mechanics * sheet metal * welding * landscaping * ironworking

43careers.com * careerprograms@sd43.bc.ca

Wednesday
June 5th
5-7pm
Centennial Sec.
(foyer & gym)
570 Poirier St.
Coquitlam

Grade 12

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



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

NUPGE SCHOLARSHIP PROGRAM 2024

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

SPORTS

Track & Field Team – Provincials Bound!

Congratulations to all who competed at the Fraser North Championships this past week. A special shoutout to the athletes who qualified for provincials in Nanaimo on June 6-8th – Hope Blatherwick (Triple Jump), Beth Blatherwick (Hammer), Bryony Mackinder (Shot put), Payton Young (Shot put and Discus), Alec Chang (Discus), Nathaniel Lum (400m), Cassie Maltas (200 and 400m), Rufus Rowe (200m), and both our Senior Girls and Senior Boys 4x100 and 4x400 relay teams! (Go Ayo, Gwen, Sofiya, Kristina, Alethea, Rachelle, Rohan, Harry, Nathaniel, Jake, and Tanner!)



Congratulations to the Centennial Golf Team for placing second in the Fraser North Championship yesterday at Burnaby Mountain Golf Course in extremely wet and rainy conditions. Shout out to Ryan Douet for a fantastic round of golf. The golf team now moves on to the Provincial Championship hosted by Oak Bay from June 3-5th at the Arbutus Ridge Golf Course on Vancouver Island.



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