



# CENTENNIAL TODAY

Wednesday March 6\* 2024 - Day 1\*

**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: Vegan Butternut Squash**  
Small \$2.50, Medium \$3.50, Large \$5.50

### **A.M. Break**

**Sausage Egg Breakfast Sandwich \$3**

### **Sandwiches**

**Grilled Cheese \$5**

**Turkey Grilled Cheese \$5.50**

**Pesto Chicken Panini \$5.50**

**Pepperoni Pizza \$5.50**

**Four Cheese Pizza \$5.50**

**Braised Pork Bao Buns \$7.00**

### **Salads**

**Centennial Salad \$5.00 w/ Chicken \$7.00**

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

# ALL STUDENTS

## NEW ITEMS:

### CHARITY: WATER CLUB BAKESALE MARCH 7<sup>th</sup> THURSDAY

Charity: Water Club is hosting a Bake Sale this Thursday, March 7<sup>th</sup>, to raise money for clean water. This sale features muffins, Oreo Rice Krispies, Lemon Loaf, Kool Aid, and Cookies, all of which are \$2.00 and below! All proceeds go to Charity: Water, a non-profit organization that helps support over 700 million people without immediate access to clean water. E-transfer available! Come and support!

### Code of Conduct Survey:



Members of the Centennial Community are invited to help guide the continuing process of revision of our school's Code of Conduct. Please access the survey and a current edition of the Code of Conduct here: <https://forms.office.com/r/AA7hkFSM34> Or at the QR Code posted below:

### ACTORS WANTED - @cent filmmaking club:

No experience needed and all grades are welcome!

If you're interested in being a part of a student made short film alongside some of your fellow Centaurs, and an opportunity to gain more acting experience, contact [scowie@sd43.bc.ca](mailto:scowie@sd43.bc.ca) or [pcowie@sd43.bc.ca](mailto:pcowie@sd43.bc.ca) for more information. Auditions will be held on March 7th at lunch in the theatre!

### Social Justice:

Are you passionate about social justice issues and making a difference throughout your community? Join the **Social Justice/Equity Committee IDS** (Independent Directed Studies) 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 below or contact Ms. Razzell.

Social Justice/Equity Committee  
Interest Form



### Course Selection Dates

\*The school-wide deadline for course selection is March 4 and the Course Planning Sheet will also be due on March 4. If you have trouble logging into the My Ed portal, please scan the QR code.

<https://forms.office.com/r/Qanzpm3hkj>

For those of you in grade 9, 10, and 11 course selection through the MyEd portal will open on the following dates:

Current Grade 11's: February 12-16

Current Grade 10's: February 19-23

Current Grade 9's: February 26 to March 8

MyEducation BC Password Reset



## D&D 11 and CHESS 10

Dungeons & Dragons 11 and Chess 10 are new full-credit elective courses available in your next school year. Sign up in your course selection to learn & play. See Mr. Novotny if you have any questions.

## Register for the Tech Leadership 10/11/12 Course Now!



JOIN  
TECH LEADERSHIP!  
2024-25

- LEARN ABOUT TECHNOLOGY AND SUPPORT WITH TECHNOLOGY
- GET INVOLVED WITH THE CENTENNIAL COMMUNITY
- DEVELOP A VARIETY OF SKILLS THAT WILL HELP YOU IN ANY FUTURE OPPORTUNITIES
- GO ON TECH-RELATED FIELD TRIPS- E.G., THE MICROSOFT HEADQUARTERS
- BE PART OF AN AMAZING TECH TEAM!

Register through QR code or link in Instagram bio

@cent\_tech\_leadership

## Grade 12 Students

Grade 12 students who may need help with getting a Grad dress or Tuxedo, please see Youth Worker, Tara. Deadline to put your name forward is March 7<sup>th</sup>.

## CAREER CENTRE

### CAREER CENTRE Visit the online Centennial Career Centre Page [HERE](#)



[@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](mailto:dhealeywright@sd43.bc.ca)

### General

#### POST SECONDARY INFO SESSIONS AND EVENTS

Douglas college info fair Coquitlam campus/Atrium March 12, 5pm 3/12/2024

PARENTS AS EDUCATION AND CAREER COACHES WEBINAR FOR PARENTS OF SD43 STUDENTS\*\*\*\*\* 3/12/2024

Douglas College info fair - New West campus in person Thursday March 14th 5pm. 3/14/2024

SFU Beedie webinar 3/14/2024

VFS (Vancouver Film School) School of Animation Program Preview Event 3/14/2024

PSBC MARCH Events 3/30/2024

BCIT PATHWAY AWARDS 4/3/2024

#### SFU CAMPS – EMPLOYMENT

[Employment Opportunities – SFU Camps – Simon Fraser University](#) Applications now open

**EducationPlannerBC** and **SD 43 Coquitlam** invite parents, families, and student supporters to join our virtual workshop: **Parents as Education and Career Coaches (PECC)** on **Tuesday March 12th, 2024**, from **6:30pm to 8pm**.

Learn how you can support your student in planning for their future. The information will be especially helpful for families with students in Grades 10-12.

The session is engaging and informative, and includes a website tour followed by a Q&A.

Topics include:

- B.C.'s post-secondary education landscape, including institutions and credentials
- Program and admission requirements, and application dates
- Costs of post-secondary and options for financial aid
- Career exploration resources, including **Find Your Path**
- Using new tools such as **My List** to save and compare programs
- Applying for admission through EducationPlannerBC.ca

Hosted on MS Teams webinar. Registration is required.

Register [using the link here](#).

Full link: <https://events.teams.microsoft.com/event/26aca804-c68a-4c25-bf7c-7182bd0f0aef@31f68b85-2fd5-401e-88a4-bda85d3294b0>

For more information: [support@educationplannerbc.ca](mailto:support@educationplannerbc.ca)

### **PLANNING TO GET A JOB? 3 TIPS**

**#1 – SIN#** is required to work.

Check with your Parent/Guardian. If you do not have one you will need to apply: [Social Insurance Number – Apply - Canada.ca](#)

We are happy to support you with this.

**#2 – Resume’ –**

**To CREATE your resume:**

Go to the My Blueprint link below: SIGN UP or LOG IN using your **school email and password**

<http://www.myblueprint.ca/sd43>

Go to WORK tab

Select RESUME’

Select +Create Resume’ / Resume’ title

Enter info in any of the areas you would like to include. (you do not need to fill in all sections)

Use the **PREVIEW button** to see how it looks (here you can change the design and the order of the information)

Once complete, **EXPORT**

Download as PDF for uploading to job sites and/or printing. More info: [myBlueprint: Guides](#)

**#3 – Job Search**

#### **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.

### Biotechnology Career Awareness Workshop

NOW ACCEPTING APPLICATIONS for the BCIT Career Awareness Workshop. **Workshop B: Spring/Summer Term – April 15 – 19, 2024.**

I have attached an application package for you to send to your district and/or school contacts. We will be accepting 13 students with priority given to **Grade 12** students first and then Grade 11 and 10 students based on date order they apply and district allotment.

**IMPORTANT TIMELINES:** Applications close: **Monday, March 25, 2024** [Details on the career centre](#)

## GRADE 12 CAREER CENTRE INFO

### **NEW SCHOLARSHIPS ON THE CAREER CENTRE – CHECK THEM OUT AT [THE LINK HERE](#) ON PAGE TWO**

BC Adoptive Families Bursaries and Youth in Care Bursaries 4/15/2024  
CHARLENE REAVELEY BURSARY PROGRAM 4/15/2024  
Global Lift Equipment Scholarship (Essay) 4/15/2024  
Jaymie Lynn Robertson 2024 Memorial Bursary (Epilepsy and Seizure education) 4/15/2024  
KPU INTERNATIONAL SCHOLARSHIP INFO 4/15/2024  
BC School Student Superintendents Association 4/16/2024  
MyBlueprint H & R Block Awards 4/26/2024  
BC Housing awards program 4/30/2024  
Indigenous Forestry Scholarship program 4/30/2024  
UVIC Entrance Scholarships - Various criteria 4/30/2024

### **Reminder POST SECONDARY INFO SESSIONS AND EVENTS**

Douglas college info fair Coquitlam campus/Atrium March 12, 5pm 3/12/2024  
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STUDENTS\*\*\*\*\* 3/12/2024  
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### **SFU- CHANGE YOUR PROGRAM**

If you are a current applicant, you can change the program you have applied for in your [Student Center](#). This includes the option to add an alternate choice program if you did not select one when you applied to SFU. The deadline is March 31<sup>st</sup> for fall start (high school students) [Change your program - Undergraduate Admission - Simon Fraser University \(sfu.ca\)](#) If you have **already received an offer of admission, you can no longer change** your program prior to starting your studies at SFU.

### **LOCAL AND DISTRICT SCHOLARSHIP PACKAGE FOR GRADS**

The INFO SHEET and link to the APPLICATION FORM can be found here: [Career Centre - Centennial Secondary School \(sd43.bc.ca\)](#) (Hard copies in counselling area)

An email will be sent out with both documents to all domestic grade 12's and their parents.

Deadline to Apply April 11 by 3:30

# SPORTS



## **Dragon Boat Team:**

Looking for Paddlers!!!!

There will be a meeting in room 221 on Wednesday, March 13<sup>th</sup>, at the beginning of lunch in Room 221 for the upcoming season. There will be forms and important information to be presented! Please attend!

Our first practice will be on Tuesday, April 9, 2024. If unable to attend the meeting, please see Mr. Asano.

## **Basketball:**

The Centennial Unified Basketball team are hosting a play day in the Blue Gym today, March 5<sup>th</sup> at 3:30 pm. The team will be playing games against Gleneagle, Charles Best, and Riverside. Come out and support the team!!!

## **Fencing Club:**

Fencing will start after Spring Break. Stay tuned for updates!

## **Tennis Club:**

Hey Centaurs! Tennis Club has officially started this semester! If you missed Friday's meeting, please attend the meeting today (Monday) in room B108 during lunch.

## **Handball Intramurals:**



# 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