

# CENTENNIAL SCHOOL

---

## NEWSLETTER



570 Poirier Street, Coquitlam, B.C. V3J 6A8 Telephone: 604.936.7205 Fax: 604.937.8051

@Centennial43

Read our daily newsletter "Centennial Today" at <http://cent.sd43.bc.ca>

December 19, 2014

### PRINCIPALLY SPEAKING - TAKING THINGS FOR GRANTED

*"Learn to appreciate what you have, before time makes you appreciate what you had." Unknown*

As we move into the holiday season, it is always important to take stock of where we are at, so that we can enjoy the company of others, and give joyfully, unencumbered by our narcissistic tendencies. It really is amazing how good we can feel, when we put others first.

Why do we take things for granted? We are all guilty of it from time to time. The last 30 years of "self improvement" and "me too" culture have helped to contribute to the most depressed and anxious population of all time. Funny how that works. Yet we continue to be self-absorbed, making sure our "needs" are met, when really our "needs" are a matter of skewed perspective (for a good laugh, Google Louis C.K. on Conan O'Brien "Everything is amazing, and nobody is happy.").

I have hope for us, though. Coming back off the teacher lockout and strike, we went many weeks where students, parents and educators were extremely grateful to be back. It was energizing, positive and reaffirming. Yet months later, as the daily grind set in, we all reverted back to our default position that we, as individuals, are the most important thing in the world. Does it, or will it, take a tragedy to give us a different perspective for long term change?

No, I believe it does not. First, by maintaining our focus on others, and on social responsibility, we can change the way we feel, and do well by others. Whether contributing to a food hamper, volunteering, or promoting engagement in school and community on an ongoing basis, small changes in our behaviour can greatly influence our surroundings, and significantly alter self.

Second, by re-emphasizing the importance of our relationships, we can ground ourselves in an appreciation of the moment. Yes, those closest to us often drive us the craziest, but how do we feel once we lose those people? Be appreciative, be tolerant and, most of all, learn to forgive. The alternative, living with guilt and regret, is much more toxic to our wellbeing.

Finally, appreciate what you have and demonstrate gratitude at all times.

*"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, and confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." Melodie Beattie*

I want to thank you for a great year, despite our difficulties, and the privilege of working with your children every day. There are certainly days when I don't heed my own advice, and it takes some effort to regain perspective; however, I would not trade this vocation for anything in the world!

Merry Christmas, and Happy Holidays to you all. 2015 will be even better!

*Robert Zambrano, Principal*

Follow us on Twitter!

**For school updates, educational and social commentary,**

**follow our admin team:**

@RobertGZambrano

@brynmw (Mr. Williams)

@JanineClose

**School events, news and updates at:**

@centennial43 (school)

@centaurathletic (athletics)

@centvox (student government)

@Cent\_Football (football)

@CentennialSP (salmon project)



# *Counsellors'*

**o**

**Post-Secondary Applications - now** is the time for Grade 12 students to finalize post-secondary plans and prepare post-secondary applications. Applications to community colleges, newer universities and BCIT applications should already have been completed. Students who have not yet completed college or BCIT applications should do so immediately since registration priority for many programs will be based on the day the institute receives the application.

**r**

**n**

**e**

**r**

Throughout the months of October, November and December students have had opportunities to meet with advisors from BC universities and colleges, as well as from post-secondary institutes elsewhere in Canada. Please see Centennial's career resource facilitator, Mr. McBride, if you have any questions.

The Counselling Department presented application workshops for UBC and SFU in November. Students who are planning to attend university should be applying now. On-line registration and self-reporting of grades is available through each university's website. The deadline for early admission consideration for UBC is **January 31, 2015**; all other BC universities have a registration deadline of **February 28, 2015**.

Some certificate, diploma, and limited enrolment programs in college and all BCIT programs will require an interim transcript with the application. Students should see their counsellors for interim transcripts.

Students who anticipate a need for on-campus housing at university should also be contacting university housing offices now. See Mr. McBride in the Career Resource Centre for more information.

**Marks transfer** - most university and university transfer programs do not require an interim transcript. The post-secondary institutes will access interim marks from the Ministry of Education in early May and final grades in July – as long as students have completed the on-line **Post-Secondary Institutions Choices Form (PSI)** that is available now on the Ministry of Education provincial exam site's "Student Secure Web" at [www.bced.gov.bc.ca/exams/](http://www.bced.gov.bc.ca/exams/) Students must give their consent to release marks (via PEN number) to institutions. Information was given to Grade 12 students in October but instructions are available on the Counselling webpage.

**Scholarships and Financial Aid** - students seeking scholarships and financial aid should see the Counselling page of the Centennial website if they missed the October information sessions. Our financial aid information, which includes external awards and bursaries, is posted on this page as well as links to major scholarship sites. Students should be researching potential awards and working on their personal essays. Please note the application deadlines for the various awards.

Parents and students are asked to check the Counselling page of the Centennial website. Information on post-secondary applications, course planning, information sessions, events, and scholarships have been posted. Students will also find useful links to post-secondary admission requirements, career planning and information, provincial exam samples and results, and scholarships.



## *Centennial Music Departments Calendar of Events...*



### **Christmas Tree Recycling Project**

The Kinsmen Club of Coquitlam has once again graciously invited the Centennial Music Department to participate with their annual **TREE CHIPPING EVENT** as a fundraising venture. The event will be held on Sunday January 4<sup>th</sup> from 9am-4pm. Funds are raised by donation so bring your Christmas trees and support our community, the Centennial Music Department and the Kinsmen Club of Coquitlam. **\*PARENT HELP IS NEEDED!** Please contact Mrs. Baker, Mr. Grier.

**Date: Sunday January 4<sup>th</sup>, 2015**

**Time: 9am - 4:00pm**

**Location: Coquitlam School Board parking lot**

**Funds raised by Donation**

**CENTENNIAL'S MUSICAL THEATRE PRESENTS,**

**"THE WEDDING SINGER THE MUSICAL"**



**Performances:**      Thursday – Saturday, February 12<sup>th</sup> – 14<sup>th</sup>, 7:30pm show  
                                 Thursday – Saturday, February 19<sup>th</sup> – 21<sup>st</sup>, 7:30pm show  
                                 Friday, February 20<sup>th</sup>, 11:30am matinee show



### **Christmas Carol Ship with EAL and International Students**

On December 4th, eighty EAL and International students celebrated the Christmas season as they boarded a Carol Ship sailing from Granville Island. The beauty of Christmas lights and a tour of Vancouver's harbour was made even better by a full-course turkey dinner on board, followed by an evening of music and dancing. This annual trip, which we have organized for more than ten years, is always delightful for both students and their teachers!



### **HOME HEATING TIPS:**

For some great Winter home heating Tips please visit [http://www.bchydro.com/news/unplug\\_this\\_blog/2014/keep-warm-this-winter.html?WT.mc\\_id=c-14-11\\_tips](http://www.bchydro.com/news/unplug_this_blog/2014/keep-warm-this-winter.html?WT.mc_id=c-14-11_tips)

