

# CENTENNIAL SCHOOL

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## 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>

May 21, 2015

### Principal's Message

#### THE HOME STRETCH ....

In this space, at this time of year, over the years, I have commented on the need to focus, bear down and to finish strong. This year in particular, the rhythm has been a bit different, and the weather has been making us think of summer early. All our senses are telling us to "shut it down".

In fact, we all must consciously, and with great effort at times, resist our natural tendencies and, instead, "ramp it up". I will often say to kids "Anyone can quit. You are not anyone. You are somebody!" Trite? Corny? Perhaps, but the message is there. Refocus, and finish strong. The actions are simple and attainable.

- Get to class
- Stay up-to-date
- Get to tutorial
- Put the effort in when effort is needed

Success will breed success, so ensure success through effort. Remember, anyone can quit.

#### **Other notes ....**

For those who have not yet heard, my longest serving Vice Principal ever (worth a medal, I am sure!), Ms Janine Close, will be leaving Centennial to go to Gleneagle as a Vice Principal. I want to thank her for her tremendous work ethic, leadership and dedication to Centennial students and staff over the last six years. I cannot tell you how many students she has singlehandedly supported (or maybe even dragged!) to graduation while here. It has been a remarkable journey for all of us.

I'd also like to take the opportunity to welcome Ms Kelly Zimmer to Centennial as my tenth Vice Principal since arriving here. Ms Zimmer has been a Vice Principal at Montgomery Middle, Principal at Mundy Road and, most recently, Principal at Heritage Mountain Elementary. I look forward to having her back in our community!

Take care. Twenty school days to go!

*Robert Zambrano, Principal*

Follow us on Twitter!

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

@centennial43 (school)

@centaurathletic (athletics)

@centvox (student government)

@Cent\_Football (football)

@CentennialSP (salmon project)

**For school updates, educational and social commentary, follow our admin team:**

@RobertGZambrano

@brynmw (Mr. Williams)

@JanineClose



# *Counsellors'*

## **o** Programming for 2015 - 2016

We have now completed programming for all students planning to attend Centennial next year and the Administration is working on next year's timetable. Students will receive a copy of their course requests for next year and are asked to review any changes with their counsellors before the end of May as there will be very limited opportunities for students to make any course changes next year. If you will be moving out of our catchment, please see your counsellor immediately.

## **r** **n** Scholarships and Bursaries

The Centennial Counselling Department has hosted several financial aid information sessions this year. Students who missed the information meetings can pick up information packages from the counselling area. Please note that the deadline for local scholarships and bursaries has now passed; however, additional scholarships and bursaries are advertised on an ongoing basis. Check out the Counselling page of the Centennial website for more information.

**e**  
**r** There is still time to apply for many awards as the application deadlines vary. Grade 11 students may wish to start searching now for awards and scholarships with summer deadlines. Students do not need to have exceptional grades to apply for many of these awards.

Students should check out the institution-specific financial aid sites for sources of many more scholarships, bursaries and awards opportunities available through each post-secondary. Students can go to the "Counselling" page of the Centennial website and click on "Post-Secondary Institution-Specific Scholarships" then go to the specific post-secondary institute's financial aid pages.

Please note; scholarship and award recipients should inform their counsellor of the details so that we can publish the information in our Commencement Ceremony booklet and in local newspapers. Students can fill out the "Have You Received a Scholarship?" form available in the counselling area.

## Post-Secondary Planning

Students who applied to universities and colleges in January and February and who have met early admission requirements will receive conditional acceptance.

All Grade 12 students should have completed the on-line Post-Secondary Institutions Choices form by May 4 - this form gave permission for marks to be released to post-secondary institutes in May. Students who are hoping to attend a post-secondary institute next year and have not signed the form must send in a hard copy of their transcripts.

Students must make their PSI Selections by July 15, 2015 to have the final transcript information sent to post-secondary institutes in late July.

## Career Resource Facilitator

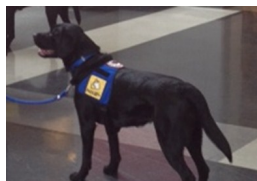
Mr. Steve McBride is Centennial's Career Resource Facilitator. Parents and students are encouraged to contact Mr. McBride ([smcbride@sd43.bc.ca](mailto:smcbride@sd43.bc.ca)) regarding post-secondary, career, and volunteer opportunities.

## Summer School

Coquitlam will be offering Summer School in 2015. Course offerings are both face-to-face and online. Summer school information can be found at [www.summerlearningcoquitlam.ca](http://www.summerlearningcoquitlam.ca)

## PADS Dog

Raven joined the Counselling Department this year with many happy results!! Raven, a highly specialized therapy dog, is a beautiful black lab. Mrs. Temlett is his handler but Raven is a member of the counselling team working to assist all students and staff in the school.





## Centennial Music Departments Calendar of Events...

### CABARET

Thank you to all who came out to our the Centennial Music Department's 4<sup>th</sup> Annual Jazz Cabaret. We had 130 people attend the evening, which featured fantastic music from all of Centennial's Jazz groups and amazing solo and small ensemble performers. We had a fantastic dinner (provided by Centennial's Culinary Arts program), a successful silent auction and great music. It was a fun evening for all. We owe a big thank you to our office staff for their help with the tickets and to Adam Jonas and our Culinary Arts students, Katherine Wallace, Dalene Schulz and Emily Baker, all of whom worked incredibly hard to help make the event a big success.

The Music Department would also like to thank the following families and businesses who donated items for the silent auction:

Club Aviva	Long & McQuade
Sammy J's Bar & Grill	Northshore Paintball
Everything Wine	Como Creek Brewing
Kristin's Salon	The Zone Bowling
Eaglequest Golf	The River's Reach Pub (Mr. Sharif Pardi)
Climb Base 5	Rona
The Body Shop	Thrifty's
Giancarlo Italian Deli (The Aiello Family)	The Meech Family
Tom Lee Music	Starbucks

### COMING UP...

#### **Whistler Music Adventure, Friday May 22<sup>nd</sup>, 2015**

We are excited to head to Whistler for a performance day trip with all of our music students. We plan to take in some beautiful sights during the day, such as visiting the Capilano Suspension Bridge, picnicking at Shannon Falls and enjoying Whistler Village. We will perform in the Olympic band stand in Whistler Village, spend some free time visiting the shops and then enjoying a group dinner together at the Old Spaghetti Factory. We should arrive back at Centennial by 8:30pm.

### DISTRICT JAZZ NIGHT AT CENTENNIAL

The Centennial Music Department will host the **"Big Band Dance" on Friday June 5<sup>th</sup>**, in the Centennial Courtyard from 7:00-10:30pm. The event will feature Jazz Bands and some Jazz choirs from Coquitlam's Secondary Schools. It promises to be a great night! Make sure you put it on your calendars and BRING YOUR DANCE SHOES!

**Friday, June 5<sup>th</sup>, 2015**

**7:00 – 10:30pm**

**Centennial Courtyard**

**\$5.00 Entrance (pay at the door)**



#### **Music Department's Year End Concert, June 9<sup>th</sup>, 7pm**

Please join us Tuesday June 9<sup>th</sup> at 7pm in the Centennial Courtyard for our Year End Concert and Music Awards Night.

### Commencement

The Senior Vocal Jazz choir will have the pleasure of performing in the Orpheum Theatre for the 2015 Graduation Ceremonies on Wednesday June 24<sup>th</sup>. All members should be at the theatre by 4:30pm for sound check and the ceremonies will begin at 7:00pm.

## **FAMILY STUDIES NEEDS DONATIONS FOR DOWNTOWN EASTSIDE**

Family Studies students are heading to the downtown eastside to 'give back'. Our goal is to put together 100 bags of women's toiletries & make cookies to hand out on June 10th. In order to do this, we need your HELP! Please consider **donating or contributing** in some way – by **June 5<sup>th</sup>**.

- Toothbrushes
- Toothpaste
- Deodorant
- Hair brush
- Flip flops
- Feminine hygiene products
- Women's underwear –all sizes
- Small bottles of water
- Medium & large Ziplock bags
- Ingredients for cookies – eggs, butter, sugar, flour, oatmeal, chocolate chips
- Gift cards/money for us to buy supplies

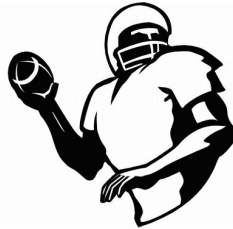


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## **CENTENNIAL FOOTBALL**

The Centennial Football team is getting ready for our spring full equipment camp, and we would like to get as many students out as possible for this camp. As a general rule, we do not make cuts, as long as students want to commit to our team, and commit to our expectations on and off the field!

If students are unsure if they want to play, this is an outstanding opportunity to see what football is about, as it is only a few weeks long. It is also a great opportunity to meet the coaches and connect with students from Centennial. Registration information is located on the school website. If you have any questions, feel free to get in touch with Coach Cameron at [cocameron@sd43.bc.ca](mailto:cocameron@sd43.bc.ca)



## **CENTENNIAL FOOTBALL SPRING RAFFLE!**

The football team is selling raffle tickets to help support and pay for equipment and uniform needs. We have some great prizes this year and they are listed below.

Cost:

- 1 ticket for \$5
- 5 tickets for \$20

If you would like to support our efforts, please get in touch with Coach Cameron at [cocameron@sd43.bc.ca](mailto:cocameron@sd43.bc.ca) !

### **FIRST PRIZE:**

- Two night stay at the FAIRMONT CHATEAU WHISTLER (\$700 value) - valid June 28<sup>th</sup> 2015 – June 28<sup>th</sup> 2016 (Blackout dates: Dec 15, 2015 – Jan. 5, 2015)
- Golf for four at Big Sky Golf Club – Pemberton (\$750 value), Golf cart included (Expires: October 2015)

### **SECOND PRIZE:**

- Two tickets to the Pemberton Music Festival: July 16<sup>th</sup> – 19<sup>th</sup> (\$775 value) - Includes winner's choice of Camping or Shuttle service

### **THIRD PRIZE:**

- Two Golden Circle Tickets to an upcoming show of your choice at the Hard Rock Casino Vancouver (value: \$250)
- Includes a VIP meet and greet (subject to availability)

### **FOURTH PRIZE:**

- Two Touchdown End Zone Tickets to a 2015 BC Lions Regular Season Home Game (\$86 value)
- One BC Lions Team Autographed Football

# Talk to Me 2.0

Tickets: \$5 or more..  
all proceeds to MDABC

shining the light on anxiety



Sharon Villars  
Michelle Mann  
Jim Mandelin  
Alyson Jones  
& many more..

Friday, May 22<sup>nd</sup>, 6:30 PM  
MPR @ Gleneagle Secondary School  
1195 Lansdowne Dr., Coquitlam  
Contact us: [ttm2.0gleneagle@gmail.com](mailto:ttm2.0gleneagle@gmail.com)  
604-347-6557 (Dennis)



## BIKE TO WORK WEEK

This year, in preparation for the upcoming Bike to Work Week (May 25 - May 31), HUB is conducting two cycling workshops for the City of Coquitlam.

· Biking to Work Primer – Thu, May 21 @ Glen Pine Pavilion (12pm-1pm)

Get ready for Bike to Work Week by joining us at a FREE lunch-hour workshop! A certified bike-safety instructor from HUB Cycling will discuss topics such as: bike safety scenarios, taking bikes on transit, route planning & much more. Bike maps & other resources will also be provided.

· Beginner Bike Maintenance Workshop – Tue, May 26 @ Poirier Sports & Recreation Complex (12pm-1pm)

Cycled to work during Bike to Work Week but want to know more about maintaining your bike? This FREE workshop by HUB Cycling will offer you bike maintenance tips and show you how to do a basic inspection, clean and oil your bike, check the brakes and gears, fix a flat tire & more. **Note that participants will need to bring their own bikes for this bike maintenance workshop.**

As there are limited spaces, those who are interested should register early for the workshops by calling 604-927- 4386 or by emailing Samantha Cooke at [scooke@coquitlam.ca](mailto:scooke@coquitlam.ca). Workshop participants will also stand to win prizes from HUB.

# Workshop Invitation:

## Exploring Youth Resilience: Mental Health and Wellness

June 24, 2015, 8am to 4pm

Event Location: The Act Arts Centre, 11944 Haney Place, Maple Ridge



### Discussion topics include:

Youth Brain Health and Wellness with Gary Anaka, Strategies for Managing Youth in Crisis, Concurrent Disorders, Substance Use, Social Media and Youth Perspectives.

RCMP detachments and their community partners are invited (including: First Nations, government, education, youth and community agencies, municipal police departments, health); free; pre-registration is required.

**Register** candidates directly to [randy.stone@rcmp-grc.gc.ca](mailto:randy.stone@rcmp-grc.gc.ca) or Ph: 778-290-4046 by **June 15, 2015**.



# MAKE ♦ BAKE ♦ GROW



## MAY 17: MAKE YOUR OWN SOIL BLOCKS

Join us for this fun hands on workshop! Spring is the time for planting your garden, window boxes, planters and everywhere else you want to see colour and grow food. This workshop will show you how to create a healthy base for your seeds to begin growing. Learn some tips and techniques to starting your seedlings in a nutrient rich healthy environment, and give them the best chance for producing all summer long. The cost for this workshop is \$15 but you will receive \$10 in Market tokens to spend at the market.

## MAY 24: CENTENNIAL CULINARY PROGRAM

Watch and learn new cooking techniques and recipes using local in season produce from the farmers market. Perfect for that upcoming dinner party!

## MAY 31: GARDEN STEPPING STONES

Stop by between 9am – 1pm and make your very own garden stone. Please be sure to bring a container to use for your stone. Jazz up your garden with us! Register to reserve your space and stay informed about more details!

\* Preregistration is recommended \*

Register at the market information tent or online at [www.makebakegrow.com](http://www.makebakegrow.com)

Poirier Street Farmers Market | 624 Poirier Street, Coquitlam | Every Sunday from 9:00 am - 1:00 pm



[www.makebakegrow.com](http://www.makebakegrow.com) | 604-318-8966 | [info@makebakegrow.com](mailto:info@makebakegrow.com)



**POIRIER STREET**  
**Farmers**  
**Market**

**SUNDAYS May 10, 2015 – October 25, 2015**  
**9:00 am – 1:00 pm**

**DOGWOOD PAVILION PARKING LOT**  
624 Poirier Street (Poirier St & Winslow St), Coquitlam

***Celebrate everything that is made, baked, grown and raised in BC!***

Local Farm Fresh Produce, Meat & Seafood, Baked Goods,  
Unique Crafts, Prepared Foods, Food Trucks,  
Kids Activities, Entertainment

[www.makebakegrow.com](http://www.makebakegrow.com)

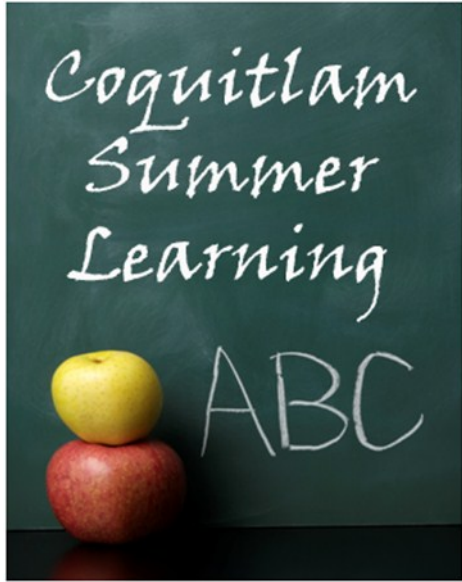
For vendor or volunteer information, contact us at 604-318-8966



Thank you to our Season Sponsor







**SUMMER LEARNING 2015 ONLINE Registration Dates (6:00 a.m. Opening)**

Grades 9 and 10 Remedial & EAL: May 19

Grades 9 and 10 Skill Building: May 28

Grade 10 High School Credit: May 5

Grade 11 High School Credit: May 8

Grade 12 High School Credit: May 12

We are offering new courses including Fitness 10 – check out the website for more information

Students must have an account with our online system **BEFORE** registering for courses. Please visit our website and create/update your account **now**.

Visit [www.summerlearningcoquitlam.ca](http://www.summerlearningcoquitlam.ca)

A promotional graphic for the 'CHILD &amp; YOUTH Summer Pass'. It features a blue circular badge with the word 'NEW' in white. The text 'CHILD &amp; YOUTH Summer Pass' is displayed in a mix of green and blue fonts. A yellow starburst contains the text 'ONLY \$20'. Below this, a green banner contains the text: 'Get yours on May 13!', 'Unlimited access to all drop-in programs for kids 0 – 18 yrs old', 'Valid June 21 to September 6, 2015', and the website 'coquitlam.ca/summerpass'.