



# CENTENNIAL TODAY

WEDNESDAY \* FEBRUARY 9 \* 2022

**MASKS ARE REQUIRED IN ALL AREAS OF THE BUILDING  
THEY MUST BE WORN COVERING MOUTH AND NOSE PLEASE**

### CAFETERIA CUSTOMER GUIDELINES

1. Masks are mandatory
2. Use hand sanitizer before entering
3. Have your payment ready (tap preferred)
4. No touching items that you are not going to buy
5. Only those buying permitted to enter the line up



### 8:15-9:45 am Breakfast

Assorted Baked Goods and Breakfast Sandwiches

### Lunch- 11:00am - 12:45pm

#### **Cheesy Broccoli Soup \$2.00/\$3.00/\$5.00**

BBQ Beef Burger \$5.00

BBQ Pulled Pork Sandwich \$5.00

Chicken Strips & Fries \$6.50

Grilled Cheese Sandwich - \$5.00

Pesto Chicken Panini \$5.00

Crispy Buffalo Chicken Wrap \$5.00

Baked Tortellini Alfredo w/ Italian Sausage \$5.00

## ALL STUDENTS

### NEXT WEEK IS WELLNESS WEEK!

Each day you will dress up for spirit points, participate in fun activities and learn how to improve your wellness! Follow @centmentalhealth on Instagram for extra contexts and prizes!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>THEME</b>	Intellectual	Emotional	Social	Physical	Spirit Day!
<b>SPIRIT POINTS</b>	Wear Green	Tie Dye/ Rainbow	PJ Day	Jersey Day! or Fav. Team Colours	Cent Gear! or Cent Colours
<b>WELLNESS BLOCK</b>	"Language Matters" & Amazing Race	Art/Music & Anxiety Workshop	Student Survey and TedTalk	"Happy Brain" with Leah Pells	Bamboozled and prizes!

### INTERNATIONAL STUDENTS\*NEW\*

Pizza party for International Students on Wednesday, February 23<sup>rd</sup> after school.

\$2 per person, sign up with Ms. Sousa by Friday, February 18<sup>th</sup>, pizza party is going to be in Room E210.

## Block Schedule

AM: 7:10-8:22AM  
 P1: 8:25-9:33AM  
 P2: 9:37-10:45AM  
 P3: 10:48-11:56AM  
 P4: 12:00-1:08PM  
**WELLNESS ACTIVITY BLOCK: 1:10-1:55PM**  
 (stay with P4 class)  
 P5: 1:58-3:06PM

## MINDFULNESS BINGO

February 7-11th



Take deep breaths	Share a laugh	Meditating	Give someone a compliment	Eat a healthy meal
Get a good night's sleep	Write down 5 things that you are thankful for	Read a book	Spend time with your family	Do a random act of kindness
Journaling	Talk to a friend	Free space	Write down an affirmation	Stay hydrated
Listen to music	Take care of/water plant	Help someone out	Yoga/Stretch	Stay off social media for a day
Go on a walk/run	Listen to a podcast	Exercise	Light a candle	Declutter/clean space

### HOW TO PLAY:

Send in pictures of you doing the activity (for those that apply) and the filled out bingo sheet to our instagram @centm4m or fill out the form here. Each bingo/row you complete will count as an entry towards a draw where the winner will receive AirPods! <https://forms.gle/N91PPcET5yKzMdSN6>



### **INTERESTED IN EARNING COLLEGE CREDIT THROUGH THE AP PROGRAM? \*NEW\***

There will be an information session for students in Grades 9 – 11 who are interested in learning more about the AP (Advanced Placement program) and courses offered at Centennial. The session will take place at 11:20 AM (during Block 3) in the theatre. If you are unable to attend or have questions, please contact Ms. Eaton ([jeaton@sd43.bc.ca](mailto:jeaton@sd43.bc.ca)).

### **DONUT SALE FOR PAWS FOR A CAUSE!!!! \*NEW\***

Hey Centaurs!

Come down to the foyer during 3rd block on Thursday and Friday of this week, to get some delicious donuts! Donuts are \$2 each. Hope to see you there!

### **ATTENTION GRADE 9'S AND 10'S! \*NEW\***

Please return your completed immunization forms to the basket in the foyer ASAP.

### **REGISTER FOR THE TECH LEADERSHIP 10/11/12 COURSE NOW!**

If you're interested in learning about technology, helping our school community, being part of an amazing Tech Team, and/or developing a variety of skills that will help you in any future opportunities, consider joining Tech Leadership and become a Tech Leader at Centennial next school year! Register for this course and fill out a form through the QR code or this link: <https://forms.office.com/r/sXhETqRPF7> Feel free to contact Ms. Hothi at [jahothi@sd43.bc.ca](mailto:jahothi@sd43.bc.ca) to learn more and discover if this is a good fit for you!



### **LOST AND FOUND**

Lost and found has been placed out on a table by the cafeteria. Please check if anything belongs to you as it will be donated by the end of the week.

**MOVE4MANA is Back!**  
Feb 4th- March 4th

The RUTF packets earned will be sent to South Sudan

Join the challenge on the "Active for Good" app  
with event code "CSSMOVES"

Get Active, Save Lives & Win Prizes!

Check out @centm4m for more info

**ATTENTION Students CURRENTLY in Grade 9, 10 and 11:**

Applications are now open for next year's **Jr. and Sr. Environmental Studies Academies**. You can find them:

- 1) On the Centennial Website
- 2) On our Instagram @cent.es
- 3) Using the QR code below



Applications close **March 11<sup>th</sup> at 3:00pm**

**GRAD HOODIE PICK UP**

If you need to still pick up your grad hoodie, please come to the pod outside Rm. B204 in either period 3 or 4 of this week.

**RCMP VOLUNTEER INFO SESSION Community Police Stations (POCO & Coquitlam)**

You are invited to learn about the exciting ways you can assist the RCMP and give back to your community. You must be 16+ years of age for these opportunities via zoom on **Feb 17<sup>th</sup> at 7pm**. Register here to get the link: <https://www.eventbrite.ca/x/volunteers-needed-coquitlam-rcmp-volunteer-opportunity-information-session-tickets-253355622487> Presentations on the following programs explaining the role, the time commitment, police clearance requirements, benefits, and more:

**BLIND DATE WITH A BOOK IS GOING ON IN THE LIBRARY!**

How does it work?

1. Pick a wrapped book from the display, with a description that matches your interests.
2. Bring it up to circulation desk to sign it out 😊



**BLACK HISTORY MONTH**

February is Black History Month. It is meant to honour the significant historic and ongoing contributions of Black Canadians in society. It is also meant to spotlight the enormous impact that these contributions have made in pushing civil rights forward towards a more inclusive society for all. In different pods in the school, you will find posters highlighting the contributions of Black Canadians. Scan the QR code below and follow the instructions to enter a weekly prize draw. This week the feature is SOCIAL STUDIES.

**WEEK 1 PRIZE DRAW WINNER: Avril van Hemmen** – Please see Ms. Razzell in E122 to claim your prize.



## COURSE PLANNING 2022-2023

### **ATTENTION ALL STUDENTS RETURNING TO CENTENNIAL NEXT YEAR**

Course Planning information is **NOW available** on the Centennial Website

You now have access to the [Course Planning Booklet](#) for 22-23, with course descriptions

In addition, an online, [fillable course selection sheet](https://mycentennial.sd43.bc.ca/courseplanning/) is available here: <https://mycentennial.sd43.bc.ca/courseplanning/>

Counsellors **STRONGLY** encourage all students to read through the course descriptions to make sure you are choosing wisely.

Should you have any unanswered questions please contact your counsellor for further information

We will be providing a **Virtual Question & Answer Teams Meeting** for Students and Parents on **Feb. 2nd from 6:30-7:30 P.M.** Link to be provided on Centennial website.

Once you have completed your course selection sheet you are welcome to meet with your counsellor in person or virtually.

Stay tuned for more information about Counsellor Sign Up Appointments!

**MYED PORTAL WILL OPEN ON FEB. 7TH AND CLOSE ON MARCH 1ST SO MAKE SURE YOU HAVE INPUT CORSES BY THE DEADLINE**

### **VOLUNTEER WITH THE VANCOUVER CHILDREN'S FESTIVAL May 31 – June 5**

Act quickly! Our first Key Volunteer meeting (live or Zoom) is coming up soon. If you think this might be you, contact Carmen at [volunteer@childrensfestival.ca](mailto:volunteer@childrensfestival.ca) or 604.708.5655 OR **sign up on the website**. To find out more about the Children's Festival visit <https://www.childrensfestival.ca/about/volunteer-application-form/>

## GRADE 12'S

### **CAREER CENTRE**

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



**@cent43careercentre**

### **SD43 TRADES INFO SESSION FOR STUDENTS AND PARENTS****\*NEW\***

The Coquitlam Schools District will be hosting a virtual information session over **Teams on Wednesday February 16th from 6:00 – 7:00pm** for students, parents, and teachers who are interested in learning more about opportunities for students in trades. This session will contain important information about specific program details including pre [1]requisites for high school students. Both the TRAIN in Trades and WORK in Trades programs will be covered. Email [dmaclean@sd43.bc.ca](mailto:dmaclean@sd43.bc.ca) or [jhorvath@sd43.bc.ca](mailto:jhorvath@sd43.bc.ca) to register.

### **APPLYING TO DOUGLAS?** Check out the Entrance Scholarships and Awards! **\*NEW\***

<https://www.douglascollege.ca/sites/default/files/docs/finance/entrance%20scholarship%20application%20-%20fillable.pdf>

§ Entrance Scholarships: Students must have a minimum admission GPA of 3.5 and significant contributions to their school or community.

§ Entrance Awards: Students must have a minimum admission GPA of 3.0 and significant contributions to their school or community. Deadline: **MARCH 1<sup>ST</sup> 2022.**

### **DOUGLAS COLLEGE ENTRANCE AWARDS AND SCHOLARSHIPS**

<https://www.douglascollege.ca/current-students/advising-services/financial-planning/financial-aid/entrance-awards-scholarships>

**Entrance Scholarships:** Students must have a minimum admission GPA of 3.5 and significant contributions to their school or community.

**Entrance Awards:** Students must have a minimum admission GPA of 3.0 and significant contributions to their school or community.

**For fall applicants** - open until **MARCH 1, 2022**

## CALLING ALL GRADE 11 & 12 GIRLS IN B.C.! AUGUST 4-7, 2022

This year we are planning a 3 night and 3-day event with overnight including afternoon arrival on August 4th, followed by three full days of firefighting activities at assorted locations in the lower mainland, ending on August 7th.

Do you have an interest in exploring the limits of your potential? You are invited to share in this unique experience while working with a team of like-minded friends who share your passion for challenge and adventure.

**Camp Ignite Participant Application Forms will be due to [info@campignite.com](mailto:info@campignite.com) by June 1st, 2021.**

If you are a female youth in BC aged 15-18 and are interested in participating in Camp Ignite 2022 then this info session is for you. RSVP to [info@campignite.com](mailto:info@campignite.com) \*NEW\*



### **SFU – INVENT THE FUTURE (AI SCHOLARS COURSE) FOR FEMALE STUDENTS GRADE 9-12**

Early bird admission Feb 15 Apply by March 29<sup>th</sup> Time: July 11th - July 29th, 2022, 9am – noon. FEE: \$500 (bursary available) [Invent the Future - Simon Fraser University \(sfu.ca\)](https://www.sfu.ca)

### **GREEN COLLAR CONFERENCE**

The “green economy” is changing the face of the workplace in B.C. Are you a Grade 9-12 student in B.C.? [Learn more about the Green Collar Futures Career Conference](#). This next annual conference will be held remotely on Saturday, February 12, 2022.

[Click here to see what happened at the Green Collar Futures Career Conference.](#)

[register now](#)

### **APPLIED TO POST-SECONDARY?**

Students are reminded to check their **student portals** and email accounts regularly for updates and ‘to-do’ lists.

### **COQUITLAM FOUNDATION SCHOLARSHIPS AND BURSARIES – NEW LINK**

<https://coquitlamfoundation.com/funds/> Deadline FEB 15.

### **INFO SESSIONS**

BCIT Big Info Feb 15-17, JIBC Law Enforcement Feb 16, SD43 TRADES Feb. 16 (students and parents welcome) link & info: [HERE](#)

### **ACADEMIC FOUNDATIONS FOR POTENTIAL NURSING APPLICANTS**

## **WINTER 2023 APPLICATIONS**

Applications for Winter 2023 will open on Monday Feb. 7, 2022 at 9:00am and will close on Wednesday Feb. 9, 2022 at 4:00pm. Please see the Program Overview below for additional details.

<https://www.douglascollege.ca/program/ctafpn>



### **SFU CAMPS 2022 – VOLUNTEER RECRUITMENT**

VISIT THE LINK FOR MORE DETAILS: [Volunteer Opportunities - SFU Camps - Simon Fraser University](#) OR [HERE](#)

Application Period: **February 11, 2022 - April 19, 2022** - ALSO PLAN TO ATTEND OUR SD43 INFO SESSION (VIRTUAL) ON MARCH 3<sup>rd</sup> at 5pm.

### **BCIT BIG INFO SESSION FEB. 15-17 AT HOME EDITION**

REGISTER IN ADVANCE – CHOOSE YOUR PREFERRED SESSION - [Big Info – BCIT](#)

## SEARCHING FOR FUNDING?

QUICK LINK TO THE ONLINE CAREER CENTRE – FINANCE AND AWARDS PAGES: [HTTP://BIT.LY/2XZDRKU](http://bit.ly/2xzDRkU)

Students should read the Centennial Today and access the online career centre for up-to-date career and post-secondary information.

# SPORTS

## GRADE 9 BOYS BASKETBALL \*NEW\*

The Centaurs season came to an end last night in the Coquitlam League Play-Offs, with a 28-23 loss to Pinetree. Taisho Gilmour led the Centaurs with 7 points. Go Centaurs! [Team Reminder](#) - team meeting next week. Please check "Teams" for time and place.

## CENTENNIAL SPRING HOCKEY TEAM

It is finally time to ice a lineup for the 2022 High School Hockey League. **The Centaurs Hockey Team is back!!!** First tryouts are 3:45 Thursday Feb 3 on rink 3 across the Poirier. Scan the QR code to register for tryouts. If you have a Centennial jersey from 2 years ago, cost is \$150- new socks are provided. If you are new to the team, \$190 includes team jersey, socks, games, and practice ice. Only 20 players will be rostered. See Mr. Peterson A203 for more details.

