



CENTENNIAL TODAY

FRIDAY * FEBRUARY 11 * 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

Chicken Noodle \$2.00/\$3.00/\$5.00

BBQ Bacon Cheeseburger \$6.00

Veggie Deluxe Pizza \$5.00

Grilled Cheese Sandwich - \$5.00

Cajun Chicken Wrap \$5.00

Chicken Strips & Fries \$6.50

Poutine \$6.00

Korean Beef Cheesesteak Sub \$5.00

Beef Bao Buns with Spicy Slaw \$6.00

ALL STUDENTS

ATTENTION GRADE 9'S AND 10'S!

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

THIS 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!

		February 7th-11th				
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THEME		Intellectual	Emotional	Social	Physical	Spirit Day!
SPIRIT POINTS		Wear Green	Tie Dye/ Rainbow	PJ Day	Jersey Day! or Fav. Team Colours	Cent Gear! or Cent Colours
WELLNESS BLOCK		"Language Matters" & Amazing Race	Art/Music & Anxiety Workshop	Student Survey and TedTalk	"Happy Brain" with Leah Pells	Bamboozled and prizes!

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>



INTERNATIONAL STUDENTS

Pizza party for International Students on Wednesday, February 23rd after school.
 \$2 per person, sign up with Ms. Sousa by Friday, February 18th, pizza party is going to be in Room E210.

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

Interested in earning college credit through the AP Program?

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 on **Thursday, February 17th**. If you are unable to attend or have questions, please contact Ms. Eaton (jeaton@sd43.bc.ca).

VOLUNTEERS NEEDED FOR FESTIVAL DU BOIS – APRIL 1, 2, & 3

Vaccination is required - <https://www.festivaldubois.ca/volunteer-form/>

DONUT SALE FOR PAWS FOR A CAUSE!!!!

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!

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 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 today, Friday, February 11, 2022.



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 11th 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.

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.



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 17th 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:

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](#) 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 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 or jhorvath@sd43.bc.ca to register.

APPLYING TO DOUGLAS? Check out the Entrance Scholarships and Awards!

<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 1ST 2022.**

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

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

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](#)

HIRING FAIR 2022

WESTWOOD PLATEAU
Above & Beyond

On the spot interview for positions in golf, events, restaurant, culinary and turf care

Sat Feb 26 and Sun Feb 27 10am to 2pm
3251 Plateau Boulevard, Coquitlam
Drop in, everyone welcome!

WESTWOODPLATEAUGOLF.COM/CAREERS

SCAN ME

SCAN TO SEE OUR EPIC STAFF PARTIES!

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 3rd 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

SOCCER TIME!!! *NEW*

There will be a brief organizational meeting **Tuesday at 11:20** in Rm **B222** for all girls interested in joining the Senior or Junior girls' soccer teams. Pass it on! See you there.

GRADE 9 GIRLS' BASKETBALL:

After an intense final game against the Riverside Rapids, your grade 9 girls Centaurs pulled through with a win 13-30! These athletes capped off their amazing season with an incredible bond and amazing skill sets. We are anxious to see these ladies on our junior team next year! Please congratulate any of our athletes on their huge win, and view game highlights on Instagram @centgirlsbball9. Congratulations ladies!