



CENTENNIAL TODAY

THURSDAY, FEBRUARY 24, 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



8:30-9:45 am Breakfast

Assorted Baked Goods and Breakfast Sandwiches

Lunch- 11:00am - 12:45pm

Butternut Squash & Apple \$2.00/\$3.00/\$5.00

Spicy Italian Sausage Pizza \$5.00

Veggie Deluxe Pizza \$5.00

Four Cheese Pizza \$5.00

Grilled Cheese Sandwich - \$5.00

Cajun Chicken Wrap \$5.00

BBQ Beef Burger \$5.00

Chicken Caesar Salad \$5.00

ALL STUDENTS

AWARDS

If you received an email that you received an award and haven't picked it up yet, please come to the office to get it as soon as possible.

OPTIMIZING ATHLETIC PERFORMANCE ACADEMY INFORMATION MEETING

Optimizing Athletic Performance Academy
Your future in sports starts here! **\$795** (\$288 due at registration)

Careers in the Sport & Athletic Field
Athlete, coach, trainer, medical support, media etc.
All participants will receive Multi-sport NCCP training

Recruiting
Pursue your University student-athlete dreams
- Know the process
- Find the right fit
- Earn a scholarship
*each student will receive a recruiting workbook and a coaching workbook

Athlete Evaluation & Testing
Sport Analytics
Using data to maximize performance & provide athlete specific feedback

Athlete Strength & Conditioning
Sport Specific Exercise Programs
Rehab & Prehab
Physical & Mental preparedness

Special guests from the sports world: Pro and Olympic athletes, University Coaches, current student-athletes and sports professionals

For more information contact
Dino Geremia @ dinogeremia@shaw.ca / 604.816.5157
Colin Cameron @ ColCameron@sd43.bc.ca

#centennialmap

GET YOUR TICKETS FOR THE CENT MUSICAL! The theatre is at 50% capacity and all attendees must wear masks.

High School: The Play (With Music) was written and directed by Leah Hanas and Yvette Dunham, with choreography by Leila Jung, Sofia Mazzuca and Amber Hipditch. Be prepared to laugh, dance, and sing in your seats, as the students present thirteen musical numbers, woven into an original script. Running time is 2 hours plus a 15-minute intermission.

<https://centmusical.brownpapertickets.com/>



M4M



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!



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**

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

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's focus is on SCIENCE/MATH/BUSINESS.**

Week 3 Winner: April-Si Woon Joon – Please see Ms. Razzell in E122 to claim your prize!



GRADE 12'S

CAREER CENTRE

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



@cent43careercentre

UBC – DESIGN, CREATE, INNOVATE Info session

[March 1, 2022 - Design, Create, Innovate](#) 5-6 PM

Interested in a future career where you'll get to design, create, and innovate? Want a career that can make an impacting change in our world? We invite students to learn about how a degree in engineering can lead to unlimited career opportunities that will allow you to design, create, and innovate.

YCSP SCHOLARSHIP PROGRAM - Grade 11 or below BC Wildlife Foundation

To apply for the YCSP, youth must...

- Be between grade 7 and grade 12 in the **2022-2023** school year.
- Be either
 - (A) sponsored by a BCWF member. If they are unsure how to go about this, please contact youth@bcwf.bc.ca
 - (B) become a BCWF member. Not a member? [Become one today](#), membership starts at just \$56.00!

Once students have secured a sponsor or membership, all they need to do is fill out an [application online](#). **Application to the YCSP is FREE!** DEADLINE March 18.

BC SCHOOL SPORTS SCHOLARSHIPS ARE OPEN

<https://www.bcschoolsports.ca/member-services/scholarships> Application & **Scholarship package** available at the link. DEADLINE May 2/22.

UBC ENGINEERING SCIENCE INFO SESSION

How do I learn more? We're inviting students, parents, and teachers to Join us via **Zoom on Tuesday, March 8th, 2022, 4:00 - 6:00 pm**, to learn about Engineering Physics. Registration link: <https://forms.gle/phEhw2USGAUhGMDN7> for the event.

GIRL GUIDES OF CANADA SCHOLARSHIPS

A variety of awards available. APPLICATION WINDOW IS SHORT - Deadline to apply March 20th Applications for the 2022 National Scholarships will be open from February 15 to March 20

<https://www.girlguides.ca/web/GGC/Programs/Scholarships/GGC/Programs/Opportunities/Scholarships.aspx?hkey=2006fffd-4b2e-46dc-ab71-8105a6d17cef>

APPLIED TO POST-SECONDARY?

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

EAGLE RIDGE AUXILIARY STUDENT BURSARY 2 X \$2,500

Applicants must be a Tri-Cities (Coquitlam, Port Coquitlam, or Port Moody) resident for a period of not less than two years and be planning a post-secondary education in the field of **healthcare**. Deadline March 31,

2022. [https://www.sd43.bc.ca/school/centennial/ProgramsServices/CareerCentre/financeawards/Pages/default.aspx#/="](https://www.sd43.bc.ca/school/centennial/ProgramsServices/CareerCentre/financeawards/Pages/default.aspx#/=)

BCSTA CITIZENSHIP AWARDS

The British Columbia School Trustees Association - BCSTA will once again be awarding **three** graduating B.C. public school students who have shown exemplary citizenship in their school and community with scholarships worth **\$500** each. VISIT THE CAREER CENTRE/FINANCE

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.

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

GIRLS SOCCER *NEW* – Tryouts today for gr 9-10s in the gym. 3:30-4:45. Seniors will be outside for tryouts next Monday-Tuesday.

SENIOR BOYS BASKETBALL

The Centaurs begin their Fraser North Championships this week. The boys play Burnaby North on Thursday, Feb. 24 at 6pm at Burnaby South. Spectators are now allowed to come out to watch the games. If you can make it, come out and support the team.