



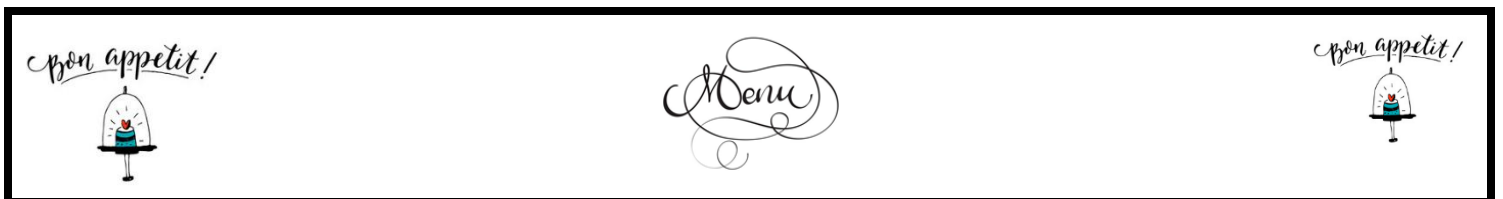
CENTENNIAL TODAY

MONDAY, FEBRUARY 28, 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

NO CHICKEN STRIPS TODAY

NO FRIES TODAY

Lunch- 11:00am - 12:45pm

Split Pea & Ham Soup \$2.00/\$3.00/\$5.00

Grilled Cheese Sandwich - \$5.00

BBQ Beef Burger \$5.00

Crispy Chicken Burger \$5.00

Philly Cheesesteak Sandwich \$5.00

Turkey Bacon Wrap \$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.



Place: Foyer
Time: 11:45 (block 3)

POUCH CONTAINING MONEY FOUND*NEW*

If you lost a pouch containing some money a couple of weeks ago in the hallway, please come to the office to identify it.

GOLDEN SPIKE DAYS T-SHIRT CONTEST *NEW*

Open to all SD43 students - a chance to win \$200. Design a T-Shirt for Golden Spike Days 2022. Submission Deadline: May 20th, 2022. Go to the career centre/contests for more info or check their website at

www.goldenspike.ca

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/>



MOVE4MANA TRICK SHOT CHALLENGE*NEW*

Hey Centaurs! Ready to show off your talent and win some prizes? Send a video of your best trick shot to @centm4m on Instagram for a chance to win one of our exclusive prizes a waterproof Bluetooth speaker! Details and rules will be posted so make sure to follow us on Instagram. Let's see what you've got!



M4M



OPTIMIZING ATHLETIC PERFORMANCE ACADEMY INFORMATION MEETING

Optimizing Athletic Performance Academy
Your future in sports starts here! **\$795**
(\$200 due at registration)

Careers in the Sport & Athletic Field
Athlete, coach, trainer, medical support, media etc.
All participants will receive Multi-sport NCEP 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@sd45.bc.ca

#centm4m

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 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.

Week 4 Winner: April-Si Woo Joon! Please see Ms. Razzell in E122 to claim your prize!



GRADE 12'S

**@cent43careercentre****UBC IS OFFERING A FREE ONLINE COURSE FOR RACIALIZED PROSPECTIVE UNIVERSITY STUDENTS *NEW***

Title: Your Guide to Getting into a **Canadian University (not just UBC)** (15-17 year olds) Start date: March 14, 2022 for approx. 3 weeks **REGISTRATION** Students should register at this webpage: <https://extendedlearning.ubc.ca/sections/your-guide-getting-canadian-university/so100w22q> before March 7, 2022.

**ATTENTION 2022 GRADS – *NEW***

If you are a graduating student who is a *Canadian Citizen, Permanent Resident or Protected Person* you and your parents will be receiving an email with the **Local Scholarship Package and the District Authority Applications.**

Please note: Applicants will have an opportunity to ask Mrs. Healey Wright questions at next week's Grad Assembly.

All documents will also be posted on the career centre! We encourage all students to review the awards and submit an application.

External Scholarships and awards continue to be released. March – May are the months with the most available awards! Check the Cent Today and the Career Centre Page regularly.

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

SENIOR GIRLS SOCCER ***NEW*** – senior Tryouts today. 3:30-4:45 @ HILLCREST MIDDLE SCHOOL. Hope to see you there

SENIOR BOYS BASKETBALL ***NEW***

It was a very successful and eventful weekend for the Centennial boys' team as they participated in the Fraser North Championships. The playoffs started with a 98-75 win over Burnaby North. In the semifinals the team defeated #1 ranked Burnaby South 69-62. In the finals, the Centaurs had to play their crosstown rivals Terry Fox. In a back-and-forth affair, the Centaurs defeated the Ravens 73-65 to capture the Fraser North banner. Nick Yang was outstanding and was named to the first all-star team. With his stellar play, KC Ibekwe was awarded the MVP of the championships. The boys now prepare for the 4A BC Championships at the LEC. A special thank you goes out to all the staff and students who came out to support the team. All of your cheering provided the boys with so much inspiration.

JUNIOR GIRLS SOCCER ***NEW***

Practice today at 3:30- Centennial Oval (across the street) dress for the weather, bring cleats if possible! See you there Centaurs!