



CENTENNIAL TODAY

Tuesday Sept 24 2024 - Day 1

In order to speed up the process of serving you at lunch:

- 1. Please leave your backpacks or bags in your locker or outside the cafeteria service area**
- 2. Please read the menu in the Centennial Today before entering the lineup**
- 3. Use hand sanitizer before entering**
- 3. Have your payment ready before you order**
- 4. No touching items that you are not going to buy**
- 5. Only those buying are permitted to enter the lineup. This will help speed up service.**
- 6. No cutting into the line. Please wait your turn and line up in an orderly manner.**

bon appetit!



Menu

~ LUNCH ~

bon appetit!



Soup of the Day: Cheesy Cauliflower

Small \$2.50, Medium \$3.50, Large \$5.50

Am Break

Bacon, Egg & Cheese Wrap \$3.00

Turkey Grilled Cheese \$5.50

BBQ Beef Burger \$5.50 (veggie option)

Guacamole Turkey Burger \$6.00

Today's Menu

Grilled Cheese \$5.00

Pesto Chicken Panini \$5.50

BBQ Pulled Pork Sandwich \$6.00

Shepherd's Pie \$5.50

Salads

Centennial Salad \$ 5.00 w/ Chicken \$7.00

Caesar Salad \$4.50 w/ Chicken \$5.50

ALL STUDENTS

PLEASE COME IN THE OFFICE TO GET YOUR STUDENT CARD AT LUNCH TIME OR AFTERSCHOOL

PAWS RESCUE SOCIETY CLUB

Do you like helping animals? Do you have pets of your own? Do you want to help injured animals who need urgent medical care, or sick animals who are considered unadoptable?? Join Paws Rescue Society. We support charities like the SPCA (provincially) , VOKRA (Vancouver) and SAINTS (Mission). To help fundraise for these organizations, join Paws Rescue Society! Last year, we sponsored Bubba the cat at SAINTS animal rescue in Mission. First meeting is Monday, October 7th at the beginning of lunch in Room E216. See you there!

Centennial Robotics Team

1.Are you interested in robotics or engineering? Join us for the first Robotics Team meeting on October 1 in the makerspace! (located next to the library)

2.As a member, you'll get the chance to build robots and compete in exciting competitions against other schools.

3.Everyone is welcome, whether you're a beginner or have prior experience. If you have any questions, please email 076-aintihar@sd43.bc.ca. We look forward to seeing you there!

METFEST

If anyone is interested in MetFest, SD43's short play festival, see or email Mr. Novotny this week.



The **Centennial Book Club** will be meeting every 3rd Thursday at lunch in the library. New members are welcome to join us! Please see Mrs. Caldwell if you would like to join in! Next book club meeting: October 3rd.

Are you interested in Science Technology Engineering Arts and/or Math? The **Centennial STEAM team** meets this Friday in the Library Makerspace. New members are welcome to join. This year we will be in a Dragons Den competition! Speak to Mrs. Caldwell to find out more.

Would you like to support the school as a **tech leader**? Please come to the library to speak to Ms. Olchowy or Mrs. Caldwell anytime to find out more!



Peer Tutoring:

The Flex Peer Tutoring Program kicks off on Monday, September 16! This semester, we're offering two convenient options during flex/cent time in the school library:

Fixed Tutoring: Enjoy weekly, one-on-one sessions with a dedicated tutor. This program provides consistent support and is committed to helping you achieve your academic goals. Sign up using the QR code or the link below!

Open Tutoring: Drop by the library anytime during flex throughout the week, and we'll match you with a tutor based on availability. No sign up needed; this flexible option allows you to get help when you need it.

We look forward to seeing you in the library! For more information please visit our website at centutor.wordpress.com

Link for fixed tutoring: forms.office.com/r/x624mNa0Qd

QR code for fixed tutoring:



Looking for tutors!

The Flex Peer Tutoring Program is seeking dedicated tutors in Math, Science, Social Studies, and musical instruments! While experience is a plus, it's not necessary. As a tutor, you'll gain valuable volunteer hours, tutoring experience, and a noteworthy addition to your resume. If you're skilled and passionate about helping others, we encourage you to join us! Sign up using the QR code or link below!

Link: <https://forms.office.com/r/maDem78m2A>

QR code:



Donate a Twoonie For Terry

Leadership will be hosting a fundraiser for the Terry Fox Foundation in the Foyer during lunch all this week.

Wednesday: Popcorn

Thursday: Sno-Cones

Support the Terry Fox Foundation by donating (a minimum of \$1 is required).

The Multicultural Leadership

Moon Festival (Mid-Autumn Festival)-Traditional desserts and snacks provided



"Multicultural Leadership will host a Moon Festival food event in room F215 during lunch time on Tuesday, September 17th. Totally free! The limit is 30 people, first come first served. Please register via the QR code or link to participate. <https://forms.office.com/Pages/ResponsePage.aspx?id=74x12ZICUkKZJWRC3iSkS-exOqDkJ-1BmubdsfCgFxmIBSU0UwRzNCOUI2MDFHVkNNTVcwSURNRy4u>

School Garden Volunteers Needed:

Please see Mr. Jonas in the teaching kitchen (room D205) this week if you would like to volunteer to help with our school garden this year.

Social Justice Committee IDS



Social Justice Committee IDS:

Are you passionate about social justice issues and making a difference in your community? Join the Social Justice Committee! **All grades are welcome!** Students earn Independent Directed Studies credits through this committee and can work independently or with other group members to delve into issues important to them and strive for change. Examples of include events and activities for Asian Heritage Month, Anti-Racism, Pride Month, Environmental Justice, Red Dress Day Project, Youth Homelessness, Truth and Reconciliation and others. It's a great way to get involved and have an impact on our community! If you're interested contact Ms. Razzell (arazzell@sd43.bc.ca)

Vancouver Climate Strike

WANT TO BE PART OF A GLOBAL YOUTH MOVEMENT DEMANDING A BETTER FUTURE?

Last year saw over 5000 people gather to march, make music and join Indigenous land defenders from all over BC to speak up for more action on Climate Change.

September 20th at 1pm will be this year's GLOBAL CLIMATE STRIKE - and it looks like it will be even BIGGER and better!

It isn't too late to act - and you can help make it happen:

come out TUESDAY to room B220 after school to learn more

We are going to make some banners and plan how we are going to meet and go down together for this amazing day!

[Vancouver Climate Strike 2024 - For Our Kids](#)

Music

If you love to sing and have been thinking about joining choir, it's not too late! Come to the choir room (D105) at 7:45am on Wednesday. New members are welcome to come and check it out before making the decision to sign up. Contact Mrs Goetz for more information: rgoetz@sd43.bc.ca

Musical Theatre -

All students welcome! Come and see what we're about and find out which exciting musical we are doing this year! We meet in the theatre every day after school from 3:25pm - 4:45pm.

Disneyland

The Centennial Concert and Jazz Bands have the opportunity to go to Disneyland this year. It's not too late to register. If you are interested, please fill out the QR code and speak to Mr. Byrd directly, so he can get you all of the necessary information. See you in band!



Music Announcements:

Choir:

Centennial Choir is looking for an accompanist! If you can play piano to a high standard and would like to get course credit for something you love, talk to Mrs Goetz or send her an email (rgoetz@sd43.bc.ca) ASAP to arrange an audition. The deadline for course additions is this Friday so don't delay! Choir meets at 7:45am on Day 2 and we have four concerts planned for the upcoming year.

Band

JOIN BAND! IT'S NOT TOO LATE! Whether you're new to playing an instrument or have been at it for years, the Centennial band is the perfect place to sharpen your skills, make new friends, and enjoy the thrill of

performing. Junior Band for grades 9 and 10 meets during Block 0 on Day 1, and Senior Concert Band is held during Block 4 on Day 1. High school is all about trying new things and making lasting memories—so why not add music to your journey? Don't miss out on the chance to be part of something special. Come join us and let's make music together! Talk to Mr. Byrd for more information.

Grade 12 Students

Attention Seniors

If you would like to order a Grad Hoodie, they are available for order online from **Wednesday Sept 11 (2pm) until Wednesday Sept 25.**

Grad Hoodie Order Link: <https://grdwr.co/Centennial2025>

GRAD COMMITTEE:

Attention all Grade 12s!

Do you want to make your graduation year memorable with FUN activities? Your Grad Committee can organize dances, outings and other events for Grade 12s throughout the year. These events are planned and carried out by committee members. If you want to contribute your time towards your Grade 12 experiences, please join Grad Committee. Meetings will likely be at lunch; the committee can determine exact meeting times. First meeting is Thursday September 19th at 12:25 in Room E216.

CAREER CENTRE

CAREER CENTRE Visit the online Centennial Career Centre Page

[Career Centre - Centennial Secondary School \(sd43.bc.ca\)](https://sd43.bc.ca)



@cent43careercentre

Employment/volunteering – Post Secondary Information- Scholarships & Awards – Trades Training -

Mrs. Healey Wright, your Post-Secondary and Career Advisor, is on site Monday, Tuesday, Wednesday and Friday 8:00am – 3:30 pm.

email dhealeywright@sd43.bc.ca

Career Centre General

SCHOLARSHIP MEETING TODAY IN THE LIBRARY AFTER SCHOOL.

Short presentation, Q & A and FINANCIAL AID HANDBOOK.

2024 TRADES EXPO

[Trades Expo \(trades-expo.ca\)](https://trades-expo.ca) Abbotsford Agriplex Oct 16th & 17th

STUDY WORLD

CANADA

2024 Virtual Fair
for International High School Students

Saturday, October 19, 2024
1pm to 5pm EDT
10am to 2pm PDT

- Meet Admissions Officers from over 25 of Canada's top universities and colleges
- Discover scholarship opportunities worth over a combined \$800,000 (all attendees receive a full list of available scholarships!)

Register today:

CA\$2,000 in Study Bursaries

4 Lucky Attendees Will Each Receive a \$500 Study Bursary**

Brought to you by **IELTS**

To learn more, please contact highschool@idp.com

Disclaimer: This event is to provide Canada's largest platform for international students to engage with top Canadian post-secondary institutions. This correspondence and event is not intended to solicit direct applications or breach an existing agency relationship.
*University Pathway Programs: York University, Toronto Metropolitan University, Simon Fraser University **Conditions Apply

UPCOMING POST-SECONDARY INFO SESSIONS/EVENTS DETAILS:

CUE CANADIAN UNIVERSITIES EVENT (Hosted at Heritage Woods 9 - 11 AM) 9/24/2024
SCHOLARSHIP MEETING #1 TUESDAY SEPT 24TH 3:15 IN THE LIBRARY (FOR GRADUATING STUDENTS) 9/24/2024
Live learning event - Education Planner 10/2/2024
UNIVERSITY OF ALBERTA AT CENTENNIAL 10/7/2024
ACCESS BC AND SD43 -Indigenous student (9-12) info session 10/9/2024
BCIT BIG INFO 10/9/2024
SFU BEEDIE SCHOOL OF BUSINESS AT CENTENNIAL 10/16/2024

Volunteer Opportunities in Coquitlam

More links and opportunities: [Career Centre - Centennial Secondary School \(sd43.bc.ca\)](https://sd43.bc.ca)

Mini Med School 2024

The registration form will be posted from **Monday, September 9, 2024 at 9:00am to Friday, September 27, 2024 at 11:59pm**. Students can submit the registration form any time during this period. For more information, see the Mini Med School [website](#) and [FAQ](#).

This year, Mini Med School will be scheduled from **6:30-8:00 pm** on the following Wednesdays: **October 16, October 23, October 30 and November 6**. **Grade 11-12** students across BC and the Yukon will have three ways to participate:

Mini Med School In-Person: Interact with researchers and clinicians in-person at BC Children's Hospital.

Mini Med School Virtually Live: Engage with researchers and clinicians at BC Children's Hospital virtually in real-time.

Mini Med School On-Demand: Participate when it works for you! Watch previously recorded lectures online.

Grade 12

SCHOLARSHIP MEETING #1 TUESDAY SEPT 24TH 3:15 IN THE LIBRARY (FOR GRADUATING STUDENTS)


Pearson International Scholarship U of T

This is the most prestigious International award at U of T.

future.utoronto.ca/pearson/about/ 37awards available for the 2025 program (worldwide)

Earlier deadline: 2025 Pearson Scholarship nomination deadline is October 11, 2024.

future.utoronto.ca/pearson/about/

Students must submit a brag sheet to be considered as our one nominee. 

BRAG SHEET CENTENNIAL FILLABLE .pdf Brag sheet due: Oct 9th by 3:15 Questions? Ask your counsellor or advisor in September.

NATIONAL PORTFOLIO DAY AT EMILY CARR

Save the date - November 16th

[National Portfolio Day at ECU! | Emily Carr University of Art + Design \(ecuad.ca\)](https://ecuad.ca)

UBC Personal Profile information:

[Write your personal profile - UBC | Undergraduate Programs and Admissions](#)

UBC Undergraduate admissions

[Canadian high schools - UBC | Undergraduate Programs and Admissions](#)

UBC STUDENT GUIDE - FALL 2025 (INTERACTIVE)

<https://you.ubc.ca/student-guide-pdf>

Follow the blog [Admissions Blog | Undergraduate Programs and Admissions \(ubc.ca\)](#)

CONNECT WITH SFU

[Connect with Us - Undergraduate Admission - Simon Fraser University \(sfu.ca\)](#)

SFU STUDENT GUIDE 2025 [SFU Viewbook 2025.pdf](#)

BCIT STUDENT GUIDE

[2025/2026 BCIT Future Student Guide by BCIT - Issuu](#)

Big info REGISTER: [Big Info - BCIT](#)

Fall 2025 POST-SECONDARY APPLICATIONS WILL OPEN OCTOBER 1st IF YOU ARE APPLYING TO:

LIMITED ENTRY PROGRAMS -

APPLY ASAP once applications open. (Douglas Nursing Foundations, Vet Tech, ECE and many popular BCIT programs.

OPEN ENROLMENT – (Most institutions)

APPLY ANYTIME BEFORE THE DEADLINE POSTED ON THE INSTITUTION WEBSITE.

Please be aware:

BC EARLY CONSIDERATION (UBC by Dec. 1)

ONTARIO UNIVERSITIES (OUAC.ca) will have earlier application deadlines.

U of T recommends applying via OUAC by NOV. 7th Check the institution website.

VIEWBOOKS/STUDENT GUIDES 2025

These will be uploaded [HERE](#) once they are released.

POST SECONDARY BC RESOURCES

An excellent way to start your research –

[For Students - Post-Secondary BC \(postsecondarybc.ca\)](#)

[EducationPlannerBC](#)

U of T National Scholarships and U of T Book Award

[About the National Scholarships - Future Students. University of Toronto | University of Toronto \(utoronto.ca\)](#)

Exceptional Students interested in U of T and who want to be considered for one of the most prestigious awards in Canada is now open. ONE NOMINEE will be selected. See criteria at link

1. **Open to nominees only:** The 2025 National Scholarship application will be available to Book Award nominees only. Schools will continue to be limited to one nominee. However, students will no longer be able to self-identify as meeting the scholarship criteria. This means, that at most, **there will be one National Scholarship applicant per school.**
2. **Earlier interview dates:** 2025 National Scholarship finalists will be interviewed in January.

We will accept a completed **brag sheet** to determine our nominee. **Deadline: Thursday September 19th.**

SPORTS

Gr. 9 Girls' Volleyball

Remember your very important Team meeting in room E120 right at lunch today!

Be Prompt! All Must Attend!

Senior Girls Volleyball – Practice

This week, the high school volleyball season starts up as the senior girl's team has two matches.

Each week, there will be away and home matches for all schools through to the end of October.

On Tuesday September 24, the Centaurs teams travel to Heritage Woods Secondary for the first match of the season.

6:00pm = Senior Girls

7:30pm = Senior Boys

On Thursday, Centennial hosts the first HOME match of the season verses Archbishop Carney.

6:00pm = Senior Boys

7:30pm = Senior Girls

Please come out to cheer on both teams in our first HOME match in the Blue Gym Thursday.

Reminder that all HOME games, the volleyball teams are responsible for setup, scorekeeping, lining of both matches.

Go Centaurs Go as the season begins!

Junior/Senior Boys Soccer Teams

Anyone interested in playing for the Junior or Senior Boys Soccer teams this fall, please come to an important meeting Friday at Lunch (11:30 am) in the Red Gym. If you are unable to attend, please see Mr. Comeau!

Tryouts will start next Monday, Sept 16th at 3:30 pm on the Turf."

Cross Country Members

Thursday, September 19th, we will meet at Mundy Park for our practice. Please be there at 3:30pm also.

All athletes must have submitted their signed paperwork to complete.

Centennial Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55	BLOCK 0 7:45 - 8:55
BLOCK 1 9:00-10:12	BLOCK 1 9:00 - 10:02	BLOCK 1 9:00-10:12	BLOCK 1 9:00 - 10:02	BLOCK 1 9:00 - 10:12
BLOCK 2 10:16-11:28	ExFLEX 10:06 - 11:11	BLOCK 2 10:16-11:28	CENT TIME 10:06 - 11:11	BLOCK 2 10:16-11:28
Lunch 11:28 - 12:13	BLOCK 2 11:15 - 12:17	Lunch 11:28 - 12:13	BLOCK 2 11:15 - 12:17	Lunch 11:28 - 12:13
BLOCK 3 12:13 - 1:25	Lunch 12:17 - 1:05	BLOCK 3 12:13 - 1:25	Lunch 12:17 - 1:05	BLOCK 3 12:13 - 1:25
ADVISORY/FLEX 1:29 - 1:59	BLOCK 3 1:05 - 2:09	FLEX 1:29 - 1:59	BLOCK 3 1:05 - 2:09	FLEX 1:29 - 1:59
BLOCK 4 2:03 - 3:15	BLOCK 4 2:13 - 3:15	BLOCK 4 2:03 - 3:15	BLOCK 4 2:13 - 3:15	BLOCK 4 2:03 - 3:15