



# CENTENNIAL TODAY

**\*Thursday Sept 26 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: Centennial Garden Harvest Minestrone (Vegetarian)**

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

### **Am Break**

Bacon, Egg & Cheese Wrap \$3.00

Chicken Enchilada w/ Sour Cream \$5.50

### **Today's Menu**

Grilled Cheese \$5.00

Tomato Basil Panini \$6.00

BBQ Beef Burger \$5.50

Roasted Cauliflower Quesadilla w/ Fresh Salsa \$5.50

Greek Chicken Wrap \$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**

**STUDENT EMERGENCY FORMS ARE DUE, PLEASE HAND THEM IN TO THE OFFICE**

### **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 7<sup>th</sup> at the beginning of lunch in Room E216. See you there!

### **Centennial Robotics Team: afterschool on Oct 1 in the makerspace**

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

As a member, you'll get the chance to build robots and compete in exciting competitions against other schools. Everyone is welcome, whether you're a beginner or have prior experience. If you have any questions, please email [076-aintihar@sd43.bc.ca](mailto: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 3<sup>rd</sup> 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 3<sup>rd</sup>.

**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. Olchoway or Mrs. Caldwell anytime to find out more!



### **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](mailto: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.

**Grade 12 Students**

**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](mailto:dhealeywright@sd43.bc.ca)

**Career Centre**

**General**

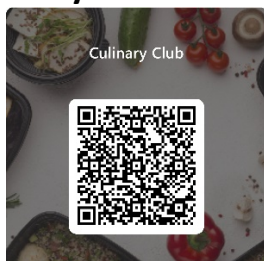
**2024 TRADES EXPO**

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

Are you interested in a Neuroscience/Psychology Club? Fill out the QR code:



Are you interested in joining the Culinary Arts Club? Fill out the following QR code:



**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](mailto: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:

Live learning event - Education Planner 10/2/2024  
UNIVERSITY OF ALBERTA AT CENTENNIAL Flex B222 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)

### Millennium STEM BC,

Is a youth-led non-profit organization that aims to equip youth with the technological skills and opportunities to pursue careers in STEM. Our organization will be hosting the 4th iteration of our annual event STEMCon at the BCIT Downtown Vancouver Campus on **Saturday, October 26th**. Our event welcomes all high school students to immerse themselves in engaging scientific workshops and exciting STEM activities. This event features an opening speaker, 5 workshop options, a networking fair and 2 hands-on activities that aims to expose students to diverse STEM fields, opening up possibilities for STEM exploration outside of the classroom. Our workshops will be run by experienced educational institutions such as BCIT Computing Faculty, Genome BC and more! There will also be prizes available to the winners of our concluding activity, and we are providing a free complimentary lunch for all attendees. Participation is FREE for all students. You can sign up through [this eventbrite link](#), and feel free to learn more about the event and our organization through [our website](#).

## Grade 12

### THANKS TO THE GRADS WHO ATTENDED THE SCHOLARSHIP MEETING

Students who could not attend can find the slide deck and the financial aid handbook here:

[Career Centre/Finance/Documents](#)

**LORAN SCHOLARSHIP** - STILL TIME TO APPLY! Character, Service Leadership 85%+ avg.

[How to Apply - Loran Scholars](#) Applications for the 2025 Loran Award will close on Tuesday, October 15.

### NATIONAL PORTFOLIO DAY AT EMILY CARR

**Save the date - November 16<sup>th</sup>**

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

[U of T National Scholarships and U of T Book Award Apply by Sept. 27<sup>th</sup>](#) [About the National Scholarships - Future Students. University of Toronto | University of Toronto \(utoronto.ca\)](#)

### **Info session - RCMP Recruiting**

Interested in becoming an RCMP officer? Attend and Info session on Wednesday, October 09, 2024, at 6:00 pm in POCO. Details under Post-Secondary on the website.

UBC Personal Profile information:

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

### **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](#)



**DOUGLAS COLLEGE - Info Fair October 29, 2024, 5:00 pm**

- Future Students

**New Westminster Campus** Join us at the Douglas College [Info Fair](#) this October. Drop-in any time during the event to explore the programs you're interested in, talk with instructors one-on-one and see the New Westminster Campus. [Register now.](#)

### **Welcome Back BBQ at the Getaway Youth Centre**

Kick off the school year with some fun! Join us for a Welcome Back BBQ at the Getaway Youth Centre right after the big Centennial home opener. Enjoy free food, drinks, music, and games with your friends, and check out everything the centre has to offer. Friday, September 27 | 5:30 – 7:30 p.m. Getaway Youth Centre (630 Poirier Street) Open to youth age 13-18.

## **SPORTS**

### **Field Hockey:**

**Congratulations!** to the Girls Field Hockey team for their 3-3 tie against Charles Best last night. Every athlete contributed and continued to battle throughout the game. Special mention to Emma for two goals, to Julietta for a beautiful goal to tie the game, and to Avery for her tenacity. We continue to improve each quarter! Our next home game is Thursday. We'd love to have some support from our fellow Centaurs!

### **Gr. 9 Girls' Volleyball**

Remember to be in the main foyer around 2:40 dressed and ready to go for your first game today at Port Moody. You do have an early dismissal from period 4. Wear your jersey today!

### **Senior Girls Volleyball – Practice**

Calling all Centennial indoor sports fans, come and cheer on the Senior Girls Volleyball team take on Archbishop Carney on the first HOME match of the season in the BLUE Gym Central court! This is the first of 4 home matches this season!

Senior Girls Volleyball team takes to the court at 7:30pm.

Come cheer on both volleyball teams in the Blue Gym for an amazing night of Volleyball matches.

Warmup begins at 5:30pm, with the Boys match starting at 6:00pm.

Immediately following the Boys match, will be the Senior Girls taking to the court.



Go Centaurs Go!

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.

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

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 16<sup>th</sup> at 3:30 pm on the Turf."

### Cross Country Members

Thursday, September 19<sup>th</sup>, 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