



CENTENNIAL TODAY

Monday Oct 28 2024 - Day 2

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: Bacon Cheeseburger Soup

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

AM Break

Bacon & Egg Breakfast Wrap \$3.00

Today's Menu

Grilled Cheese \$5.00

BBQ Beef Burger \$5.50

Chicken Burger \$6.00

Poutine \$6.00

Chicken Enchilada \$5.50 (GF)

Salads

Centennial Salad \$ 5.00 w/ Chicken \$7.00 (GF)

Caesar Salad \$4.50 w/ Chicken \$5.50

Chopped Salad \$4.50 (GF)

ALL STUDENTS

PLEASE PICK UP YOUR STUDENT ID FROM THE OFFICE

Student emergency forms are due, please hand them in to the office.



There is an optional (optional in that students can sign up for it) assembly during Thursday's CENT TIME (in Red Gym) that students will be able to sign up for (under RENSEN). If they do not sign up, they will not be allowed to attend.

There will be costume contests and other games/activities during this optional assembly.

Ski and Snowboard Club

There will be a meeting for those interested in joining Ski and Snowboard Club at lunch on Tuesday, October 29th in room F105 with Ms. Chyzowski (down from the red gym). We will go over the dates, cost, and process for selecting members. It is **HIGHLY RECOMMENDED** that you attend if you are interested since spots are limited and the link for the application form will be provided! A QR code for the application will be posted after the meeting.

LIBRARY HALLOWEEN CONTEST

Looking for some Halloween fun and a chance to win prizes? Come to the Library from October 24th to the 31st to participate in our Halloween contest. To enter, you will need to answer a Library-related question of the day. Every entry gets a candy and there will be 5 draws for free lunches from the cafeteria.

The Library's first Halloween Trivia Contest winner for Thursday, October 24th is:

Jackie Abraham 😊

Counselling

To ALL students! Come by the Counselling area Wednesdays at lunch to hang out, play board games, and enjoy some snacks! Bring a friend or come and meet a new one!

Do you have a special talent that you could share with other students? For example yoga, crochet, knitting or anything you can think of?

Please see Ms. Norlin in the counseling area anytime 😊

The Q&A (Queers and Allies) Club will be meeting every Tuesday in the Textiles Room (E215) at lunch. Everyone is welcome! If you have any questions, please talk to Ms. Munroe, Illing, or Mr. Mogensen.

Paws Rescue Club

Paws Rescue Club is up and running! We help injured and unadoptable animals. Last year, we sponsored Bubba the cat! Please scan the QR code to join.



Are you interested in becoming a Peer Tutoring? We are looking for students to make a once/week commitment during a Flex block. Please fill in the QR code to apply!

A colorful poster titled "Need a Tutor?" for the 2024 Semester 1. It features two QR codes and text describing tutoring options. The top section is black with white text. Below, there are orange, purple, green, and blue sections. The purple section lists subjects: Math, Science, Social Studies, and Music. The orange section is for "Fixed Tutoring" (weekly one-on-one). The green section is for "Open Tutoring" (drop into the library). The blue section is for "Scan Me to become a tutor!".

Need a Tutor?
2024 Semester 1

Presented to you by
The Flex Peer Tutoring program

Fixed Tutoring
Weekly one-on-one tutoring throughout the semester during Flex and Cent time!

✓ Math
✓ Science
✓ Social Studies
✓ Music

Want to learn more? Visit us at centutor.wordpress.com

Open Tutoring
Drop into the library during flex! We will accommodate you subject to availability

Scan Me to become a tutor!



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!



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

MEDCONNECT CONFERENCE - FEE BASED

MedConnect, an annual conference hosted by Phi Delta Epsilon, Simon Fraser University's Medical Fraternity. MedConnect provides a unique opportunity for university and high school students **interested in pursuing a career in medicine.**

- Lectures from practicing physicians and residents across specialties
- Two interactive workshops, featuring injection and suturing techniques
- A panel of current UBC medical students
- A fun and engaging medical challenge

This non-profit event will take place at SFU Burnaby Campus on **Saturday, November 16th for \$25**, with limited registrations available. Students can register now at [MedConnect 2024 Tickets, Sat, Nov 16, 2024 at 8:00 AM | Eventbrite](https://www.eventbrite.com/e/medconnect-2024-tickets-758484888888). We encourage them to sign up early, as spots fill quickly! For more information about MedConnect, visit our website at <https://medconnectconference.com>

VOLUNTEER OPPORTUNITY - AUTISM SUPPORT NETWORK

NOV 21 at Crash Crawley's - 3:45 to 6:15 email Zarah@autismsupportbc.ca

UPDATES FROM SFU

SFU HAS OFFICIALLY REMOVED THE LANGUAGE 11 REQUIREMENT FOR FALL 2025.

Ensure you review all remaining 11 & 12 requirements for your program

UBC WILL REMOVE THEIRS FOR FALL 2026.

SIAT has added *Math Foundations 12* as an acceptable math. (Pre -Cal 12 is also accepted) [School of Interactive Arts and Technology - Undergraduate Admission - Simon Fraser University \(sfu.ca\)](https://www.sfu.ca/school-of-interactive-arts-and-technology/undergraduate-admission)

SFU Beedie has moved Calculus 12 to **List B** from List A.

Beedie - Your supplemental score plus your academics will determine your rank. **Students should apply in plenty of time** to do a concise job on the supplemental application questions and requirements. Be concise and relevant. Emphasize learning outcomes from your experiences - Leadership, flexibility, communication skills etc. Do not leave it to the last minute! Your 2 referees will answer 3 questions about your specific skills. (short format)

Bachelor of Arts – Performance and Cinema Studies no longer requires a supplemental. (Most other programs still do)

FIELD TRIP AND INFO SESSION - UBC Black Student Outreach

UBC is holding a Black Student Outreach session for **Gr. 12 SD43 students** who identify as Black. They will learn more about the university, as well as **opportunities and scholarships available for Black students**. The event will take place the afternoon of **Wednesday, November 20th** at the **Coquitlam Public Library (City Centre branch)**. Students will be expected to make their own way to the event and will be dismissed when it is completed. There is no charge for this event (and UBC will be providing snacks!)

[UBC Black Student Outreach Field Trip Consent Form](#)

Students need to **submit the attached parent permission form** to Mrs. Healey Wright (Post-Secondary and Career Advisor)/Counselling Offices E200 BY **FRIDAY NOVEMBER 8TH AT 3:30 PM**.



NEW UPDATES FROM DOUGLAS COLLEGE

STUDENTS ARE URGED TO APPLY FOR ENTRANCE AWARDS (meet criteria) [Entrance Awards & Scholarships | Douglas College](#)

ONLY ONE CHOICE – Students select one choice. They will offer an alternate program if students are not accepted. (Limited entry...Engineering, Nursing, Vet tech. etd.)

Volunteer hours waived for most Community Studies Program

New MOA 8-month certificate program will re-launch Sept 2025

EA now a ladder to SFU Education

Commerce and Business admin a two-year common year, then specialize

LPN will ladder to BS Psych Nursing in 2025

No wait list for BS Psych Nursing, tuition entitlement available. (2K credit limited)

Bachelor of Health Information Management (BSC) an excellent field to get into start with foundation courses 2 sem.

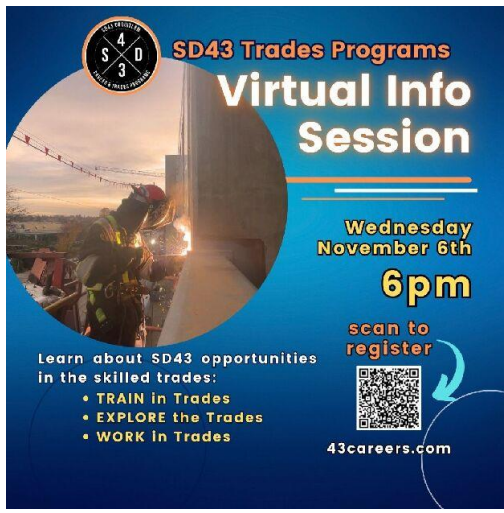
Gerontology, Mental Health and Diversity are in demand careers

***NEW**

Vet Tech Hybrid part-time, Applied Acct. Certificate, Mental Health and Substance Youth Work

Volunteer Opportunities in Coquitlam

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



Grade 12

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](#).

SPORTS

Hello Centaurs!

Field Hockey

Congratulations to the girls field hockey team for their amazing tournament play last weekend. They played 4 games and won 3 of them. They beat Okanagan 3-1, lost to Sutherland 2-0 and then beat Handsworth 1-0 and ended their season with a 2-0 win over Southridge. What a great accomplishment ladies. Well done!

Grade 9 Girls Volleyball

Important practice in blue gym 3:20-5:30 today. Remember game at home tomorrow.

GO Centaurus Go!

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