



CENTENNIAL TODAY

Wednesday Oct 30 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: White Bean & Bacon (GF)

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

AM Break

Bacon, Egg, Cheese Wrap \$3.00

Pepperoni & Cheese Stuffed Focaccia \$3.50

Today's Menu

Grilled Cheese \$5.00

Veggie Burger \$5.50

Pesto Chicken Panini \$5.50

BBQ Pulled Pork Sandwich \$6.00

Cajun Chicken Pizza \$5.50

Four Cheese Pizza \$5.50

Fish Tacos w/ Salsa Verde, Beans & Rice \$7.00

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.

Student Leadership Council

The Student Leadership is looking for general members! This year we are searching for passionate students interested in learning how to empower themselves and others. Secondary general membership offers workshops with various speakers to acquire the skills to become a better leader. In addition, as a group, we will be working towards a collective community initiative that will empower younger students in the district and work towards a more sustainable and inclusive environment!

For the opportunity to collaborate with other district groups including the Sustainability committee, the Anti-Racism committee and other district groups JOIN! This is your chance to network and build your leadership!

We are looking for eager and passionate student leaders who are dedicated to making a positive impact on the community. EVERYONE is welcome to join, no applications necessary simply fill out this form <https://forms.office.com/r/fgMNzDhNiY>

We encourage you to spread the word and let anyone who might be interested know! For more information visit the SLC Instagram: @slcsd43.



Do you...

- Value student voice
- Want to make an impact on our community
- Wish to collaborate with different student leaders from all over the district



JOIN THE SLC SECONDARY PROGRAM!

Open to all SD43 secondary students, no application necessary!


SCAN ME

Meeting will include a guest speaker, **Kaylen Lomas**, a young entrepreneur inspired to start her own business!



First Meeting:
Nov 7th, Thursday
4:00-5:30 @Pinetree Secondary
in the Learning Commons

Halloween Spirit Week

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

Applications are due Monday, November 4th. You must fill out the application form on time to be considered for the lottery. See Ms. Chyzowski in Room F105 for questions.



Calling All Cadets & Guides

We are looking for cadets and guides we are interested in being apart of the Centennial Remembrance Day Ceremony on Thursday November 7. You would be opening the ceremony by marching the flags into the gym.

Email Ms. Chambers lchambers@sd43.bc.ca if you are interested.

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 third Halloween Trivia Contest winner for Tuesday, October 29th is:

William Glukler 😊

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!



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

Virtual Parent info session - Registration required

Wednesday Oct 30th 2024 from 6:30pm- 7:45 pm we will host the VIRTUAL Parents as Education and Career Coaches (PECC) for SD 43 Coquitlam.

Last year we had hundreds of parents attend!

EducationPlannerBC invites parents, families, and student supporters to join our virtual presentation on Wednesday, October 30, 2024. Learn about post-secondary education and career opportunities, as well as tools to best support your student in planning for their future. Come explore our website! Search thousands of programs, get to know trades, and discover career paths. Find helpful resources, including financial aid options, admission requirements, FAQs, and the Glossary. Learn how to create an account, save programs, paths, and careers to My List, and apply to post-secondary in B.C.

EducationPlannerBC with SD 43 Coquitlam

Wednesday, October 30, 2024 6:30 – 7:45 p.m.

Details

Wed, Oct 30

6:30 PM - 7:45 PM PDT

Online event

Register

<https://events.teams.microsoft.com/event/85944815-fe43-494d-bb56-7fbad12a9a12@31f68b85-2fd5-401e-88a4-bda85d3294b0>

BEEDIE LUMINARIES SHINE SCHOLARSHIP - WILL OPEN NOV 4TH

[SHINE - Grade 12 Program Details | Transform Your Future | Beedie Luminaries](#)

ARE YOU THE ONE? UP TO 11K PER YEAR OF STUDY.

APPLICATIONS **WILL OPEN** NOVEMBER 4TH VISIT THE [WEBSITE](#) FOR DETAILS AND CRITERIA. See program guidelines: [2024-Beedie-Luminaries-Program-Guidelines-FINAL.pdf \(beedieluminaries.ca\)](#)

KPU – CREATIVE CONNECTIONS – Nov 2 (Richmond)

- **Date: Saturday, November 2, 2024**
- **Time: 11:00 am – 2:00 pm**
- **Location: KPU Richmond, Wilson School of Design**
 - **8771 Lansdowne Road, Richmond**
- **RSVP: Creative Connections 2024 | Kwantlen Polytechnic University**

VOLUNTEER WITH THE OPTIMIST CLUB – WALK FOR YOUTH Direct walkers walking a route in Mundy Park to raise funds Nov. 16 & 17

Details on the career centre

November 16, Saturday, Rehearsal Day

3 PM - 5:30 PM at the very latest

South entrance to Poirier Recreation Centre

Contact Al Kersey 778-988-4337

November 17, Sunday, Route Marking and Signage

10 AM - 12 PM

South entrance to Poirier Recreation Centre

Contact Al Kersey 778-988-4337

November 17, Sunday, Walk Monitoring Stations

12:30 PM - 3:30 PM

South entrance to Poirier Recreation Centre

Contact Al Kersey 778-988-4337

November 17, Sunday, Optimist Walk for Youth Food Service Helpers

1:30 PM - 4:30 PM

South Entrance to Poirier Recreation Centre

Contact Al Kersey 778-988-4337

Each student volunteer is cordially invited to sign up for any one or more of the above duties.

VOLUNTEER AT SEAVIEW PARK – INVASIVE PLANT REMOVAL EVENT

Join us THIS Sunday, Nov 3, from 9:45 AM to 1 PM at Seaview Park in Port Moody for an invasive plant removal! 🧻💚

What We'll Be Doing: We will be removing invasive blackberry plants in the park. This hands-on activity not only helps restore local habitats but also provides a unique chance for students to connect with nature and their community.

Why Participate?

- ***Educational Experience:*** Students will receive fun, educational instruction on the impact of invasive plants on biodiversity. This aligns with BC's Environmental Science and Outdoor Education curriculum.
- ***Volunteer Hours:*** This is an excellent way for students to earn community service hours while actively contributing to environmental restoration.
- ***All Ages Welcome:*** We encourage families to join, making it a perfect outing for students and their loved ones!

What to Expect:

- ***Gloves, tools, and snacks will be provided.***
- ***Participants will learn practical skills in a supportive and friendly environment.***
- ***Bring a water bottle, wear long sleeves, and come with a smile!***

Sign Up: Interested students can sign up here: [Nov 3, 9.45-1pm Seaview Park invasive plant removal](#) or email Ashton@greenteamsCanada.ca to RSVP.

BCIT engineering panel info session is now FULL.

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](#). 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

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**.

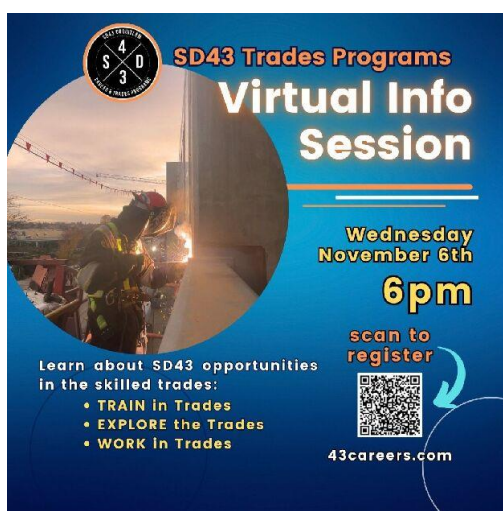


[NEW UPDATES FROM DOUGLAS COLLEGE](#)

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

Volunteer Opportunities in Coquitlam

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

SPORTS

Hello Centaurs!

Grade 9 Girls Volleyball

Congratulations on your solid 3-1 victory over Charles Best last night. Remember practice for game Friday after school.

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 |