



# CENTENNIAL TODAY

Wednesday, April 2, 2025 – Day 1

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.



## LUNCH MENU



**Soup of the Day: Cajun Roasted Yam**  
Small \$2.50, Medium \$3.50, Large \$5.50

### AM Break

Turkey Sausage & Egg Breakfast Wrap \$3.00  
Cheddar Pierogies w/ Fried Onions \$5.50

### Today's Menu

Grilled Cheese \$5.00  
BBQ Pulled Pork Sandwich \$6.00  
Chicken Pesto Panini \$5.50  
Four Cheese Pizza \$5.50  
BBQ Chicken Pizza \$5.50

### Salads

Centennial Salad \$ 5.00 w/ Chicken \$7.00 (GF)  
Spinach Kale Caesar Salad \$4.50 w/ Chicken \$5.50  
Chopped Salad \$4.50 (GF)

# ALL STUDENTS

**Please pick up your pictures and student ID from the office – during lunch or after school.**

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

## **Spring is here!**

We need to prepare our school garden for spring planting. Join us on Tuesdays and Thursdays after school 3:30- 4 in the garden or during Cent time on non rainy days! Email Mr. Jonas for more information.

## **The final results for the UBC Physics Olympics are in!**

Out of 81 teams that came to compete from all over BC, Centennial's team placed 19<sup>th</sup> overall due to top 20 results (thus earning points) in 4 out of the 6 events. We had solid results in both pre built events (solar boat and light box) AND in the lab events on buoyancy and moment of inertia.

WELL DONE to our team, lead by Joanne Kim and Eloise Kim, with project managers: Bradley Perkins, Raffi Broun, Sofiya Kostur and Chuhan Deng and competitors: Hugo Chen, Alex Chang , Melia Guo and Maani Marsalimi

## **LIBRARY POET-TREE**

Hey Centaurs!

It is National Poetry Month, and the Poet-Tree in the Library has started to bloom! Come in during the month of April to write a poem, ode, lyrics, haiku, a prose - whatever speaks to you, and add it as a leaf to our Poet-Tree. Every entry gets a candy, and the chance to win one of four free lunches in the Centennial Cafeteria!



We also have Magnetic Poetry happening on a two-sided white board, so stop by to express your creativity!

## **FREE BOOKS IN THE LIBRARY!**

The library has two carts of deleted books available to students on the main (stacks) level past the circulation desk. If you'd like some books for your home library, please stop by and help yourself!

## **CENTENNIAL DRAGON BOAT TEAM!**



## **WE ARE LOOKING FOR PADDLERS!!!!**

Students who are interested in joining the Centennial Dragon Boat Team for this season! There will be an **IMPORTANT MEETING on Wednesday, April 2<sup>nd</sup> in ROOM 221 at lunch!** You will need to sign-up, pick-up forms and listen for valuable information!

Our first practice will be on Tuesday, April 8<sup>th</sup> at Barnett Marine Park at the Lotus Sport Clubhouse from 4:30-6pm.

For more information, please see Mr. Asano!



## **EUROTOUR 2026**

**Paris, Nice, Florence and Rome!**

### **Spring Break 2026**

Missed the Eurotour 2026 info meeting?

Don't worry, we will have another parent info meeting in early April.

In the meantime, why don't you add yourself to the Teams page?

(You need to use your school district email and password)

Applications will be opening shortly!!

For more information, email [Ichambers@sd43.bc.ca](mailto:Ichambers@sd43.bc.ca) or [mmattson@sd43.bc.ca](mailto:mmattson@sd43.bc.ca)

Scan the code below!



**Second Info Meeting for Eurotour**

**Bring your parents**

**April 15<sup>th</sup> 7pm**

**Centennial Theatre**

**You do not have to attend this meeting if you attended the first info meeting.**



Everyone has a responsibility for looking after our facilities at Centennial. If you see an issue with any of our washrooms, please report it.

No toilet paper or soap... report it!

A mess on the floor... report it!

Vaping... report it!

Damage... report it!

### **The Q&A (Queers and Allies) Club**

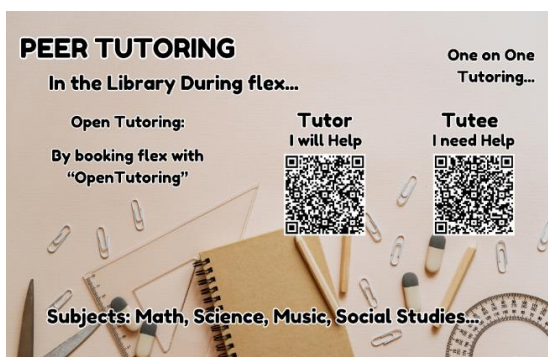
Will be meeting on Tuesday April 8th at lunch in the textiles room (E215) to plan activities and events for Pride Month in June. Everyone is welcome! If you have any questions, please talk to Ms. Munroe, Illing, or Mr. Mogensen. 😊

**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.

**Tech Leader?** 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!

**Are you interested** in becoming a Peer Tutor?

We are looking for students to make a once per week commitment during a Flex block. Please fill in the QR code to apply on the next page.



## 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)

### **General Information**

**What the "L" - 2 day Training for the ICBC Learners Permit Test.**

### **New this year:**

- Applications are now open to all SD43 students aged 16 and older.
- **Cost:** \$20. This includes breakfast, lunch, transportation to the ICBC testing center, and the fee for the Learner's Permit Knowledge test.

### **Program Details:**

The Coquitlam School District is offering students the opportunity to participate in a 2-day instructional program with an ICBC instructor to help them prepare for the Learner's Permit test. On the second day of the program, students will take the Learner's Permit test, with the goal of successfully completing it. This program is designed for students who may face barriers in obtaining their learner's permit, including but not limited to: test anxiety, learning challenges, financial need, limited access to resources or vehicles, and others.

- **Dates:** May 6th and May 13<sup>th</sup> **Time:** 9:00 AM – 2:00 PM
- **Location:** Winslow Center **Other:** Breakfast and lunch provided **Cost:** \$20.00

### **Details:**

- The application package must be printed and completed **manually**.
- **Application Deadline: 3:00 PM on April 17, 2025.**
- All applications should be submitted to the school's Post-Secondary Advisor.

Selection will be based on the following factors: students' needs/barriers, age, attendance, and whether the student is in good standing with their home school. [WHAT THE L APPLICATION 2025 .docx](#)

### **Occupational First Aid (OFA) Level 1**

A one-day course designed to cover all medical techniques considered to be within the responsibility of the Occupational First Aid Level 1 Attendant as required by the Workers' Compensation Board of BC (WCB).

- Date: Wednesday May 21, 2025
- Location: Como Lake Middle School
- Time: 8.30am -4:30pm

### **Requirements:**

- age: must be at least 16 years old at the time of the course

Students will pay \$95.00 (Normally \$130-\$150 to non-members)

- Must have valid government-issued photo ID is required to receive a certificate (ex: driver's license, passport, NEXUS, BCID,...)

### **Details:**

- The application package must be printed and completed manually.
- **Application Deadline: 3:00 PM on April 17, 2025.** [FIRST AID AND CPR APPLICATION 2025 .docx](#)
- All applications should be submitted to the school's Post-Secondary Advisor.

Selection will be based on the following factors: first-come first-served, age, attendance, and whether the student is in good standing with their home school.

### **Garden Volunteers Needed (Dogwood Pavillion Rose Garden)**

Where: The Centennial and Canadian Hybridized Gardens at 1655 Winslow Ave.,

When: Starts April 2025 and expires November 15, 2025

Time commitment: 1 to 3 hours per week Saturday mornings from 9:30 am to 12:30 pm

Get in touch with your green thumb and the stress relieving benefit of working in a garden.

The Fraser Pacific Rose Society is a non-profit organization in a partnership agreement with the City of Coquitlam to maintain these gardens. We will pair you with an experienced rosarian to show you how to care for the roses during their yearly cycle. Garden tools will be available for you to use. Just bring yourself. If you are interested, please email [info@fprosesociety.org](mailto:info@fprosesociety.org)

**MORE: find more here: [Career Centre - Centennial Secondary School](#)**





**NFO SESSIONS THIS WEEK! :**

**April 2<sup>nd</sup> Health Care Career Fair | Douglas College**  
**Langara April 3<sup>rd</sup> 4pm-8pm Register Here**

**The YMCA Summer Work Student Exchange**

The YMCA Summer Work Student Exchange (SWSE) is a six-week program that offers youth ages 16-17 the opportunity to gain paid work experience, practise their second official language skills, and discover another community within Canada. Applications are open for our next summer exchange program, running from June 28 to August 9, 2025! The deadline to apply is April 13.

**[Apply Today](#)**

**DOUGLAS COLLEGE**

**HEALTH CARE INFO FAIR: [Events](#)** Wednesday April 2<sup>nd</sup> Coquitlam Campus 5 - 8 pm. WIn a \$100 gift card.

**Upcoming info sessions - in person**

Tue Apr 15, 2025 @ 5:00 PM  
 New Westminster  
 New Westminster Campus Concourse  
 Wed Apr 16, 2025 @ 5:00 PM  
 Coquitlam  
 Coquitlam Atrium

**New Summer Intensives at CapU Squamish**

**[Summer Intensives - Capilano University](#)**

**[Register for the webinar](#)**

**CAPILANO UNIVERSITY - TOURISM MANAGEMENT VIRTUAL INFO SESSION**

Event Details:  
 April 9, 2025  
 Time: 6:30 PM (PT)  
 Zoom  
**[https://capu.zoom.us/meeting/register/g7G4E\\_BnTOOidzdzOLd5jw](https://capu.zoom.us/meeting/register/g7G4E_BnTOOidzdzOLd5jw)**

**Grade 12**

**NOW OPEN - The Horatio Alger Vocational and Technical Scholarships FOR GRADS**

**[Vocational & Technical Scholarships - Horatio Alger Canada](#)** FOR individuals pursuing a certificate or diploma program. **125 of the awards are only for BC residents ONLY & require <\$100,000 income** (the others are <65K) Some awards are now \$9,000 (70)  
**Deadline June 15th.**

**U OF T VIRTUAL INFO SESSION FOR ACCEPTED STUDENTS**

## UBC UNIVERSITY APPLICATIONS AND SKILLS

[Ongoing/Online courses \(tuition-based\) held virtually. Incoming Grade 11&12's. University applications and skills | Extended Learning](#)

### **Opportunities**

#### **SFU CAMPS - EMPLOYMENT OPPORTUNITIES NOW OPEN**

All applications are currently OPEN! [Employment Opportunities - SFU Camps - Simon Fraser University](#). Deadlines vary.

#### **BCIT ENTRANCE AWARDS AND BURSARIES**

[Entrance Awards - BCIT](#)

BCIT: :SFAA: :Entrance Award Descriptions.pdf Deadline April 15<sup>th</sup>

#### **NEW - DR. JENNIFER TONG MEMORIAL SCHOLARSHIP \$1,000 [Dr. Jennifer Tong Memorial Scholarship – BC Council for Exceptional Children](#)**

The scholarship is to honour the determination and perseverance of a Grade 12 student who has overcome adversity to achieve personal success. Deadline to apply April 15.

#### **GFNF (GRACE FAMILY NETWORK FOUNDATION) SCHOLARSHIPS**

Opened March 1st. Application form: [Career Centre - Centennial Secondary School](#)  
3 X \$1,000

- Criteria: students with outstanding academic and leadership achievements demonstrating financial need
- A one page essay on "**What experience has shaped your values?**"

#### **LOCAL SCHOLARSHIP FORM (DUE APRIL 9TH) & DISTRICT SCHOLARSHIP FORM (DUE APRIL 15TH)**

[Centennial Info Sheet - Local Scholarships/District Scholarships](#)  
[Career Centre - Centennial Secondary School](#)

## **SPORTS**

### **Jr Girls Soccer - Home Opener**

The Jr Girls Soccer team plays their first home game of the season against Charles Best on Friday April 4th at 3:30pm. Come out to support them!

**Go Centaurs!**

### **The Sr. Girls Soccer team is hosting a small 6-team tournament this Wed and Thursday on our turf.**

The schedule for the tournament is below (games in red are at Centennial, games in blue are at Best). It would be awesome to have some classes come and watch out Sr. Girls play in their games, so if you are interested, please come out to the turf on Wed at 9:30 and 2:30 pm.

DATE	GAME #	TIME	HOME		GUEST
WEDNESDAY	1	9:30 Cent	CENTENNIAL	vs	HANDSWORTH
<i>April 2nd</i>	2	9:30 Best	BURNABY CENTRAL	vs	STM
	3	12:00 Cent	HANDSWORTH	vs	PITT MEADOWS

	4	12:00 Best	<b>CHARLES BEST</b>	<b>vs</b>	<b>BURNABY CENTRAL</b>
	5	2:30 Cent	<b>PITT MEADOWS</b>	<b>vs</b>	<b>CENTENNIAL</b>
	6	2:30 Best	<b>STM</b>	<b>vs</b>	<b>CHARLES BEST</b>
<i>THURSDAY</i>					
<i>April 3rd</i>					
5 <sup>th</sup> /6 <sup>th</sup>	7	10:30 Cent	<b>3<sup>rd</sup> place team (Cent)</b>	<b>vs</b>	<b>3<sup>rd</sup> place team (Best)</b>
3 <sup>rd</sup> /4 <sup>th</sup>	8	12:30 Cent	<b>2<sup>nd</sup> place team (Best)</b>	<b>vs</b>	<b>2<sup>nd</sup> place team (Cent)</b>
1 <sup>st</sup> /2 <sup>nd</sup>	9	2:30 Cent	<b>1<sup>st</sup> place team (Cent)</b>	<b>vs</b>	<b>1<sup>st</sup> place team (Best)</b>



# 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