



# CENTENNIAL TODAY

**\*Thursday Oct 1 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: Beef Chili**

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

## **Am Break**

Bacon, Egg & Cheese Breakfast Sandwich \$3.00

## **Today's Menu**

Grilled Cheese \$5.00

BBQ Beef Burger \$5.50

Veggie Burger \$5.50

Crispy Chicken Burger \$6.00

Pesto Chicken Panini \$5.50

Cheese Pierogies w/ Bacon & Onions \$5.50

## **Dessert Specials**

Banana Coffee Cake \$2.50

Apple Streusel Cake \$2.50

## **Salads**

Centennial Salad \$ 5.00 w/ Chicken \$7.00

Caesar Salad \$4.50 w/ Chicken \$5.50

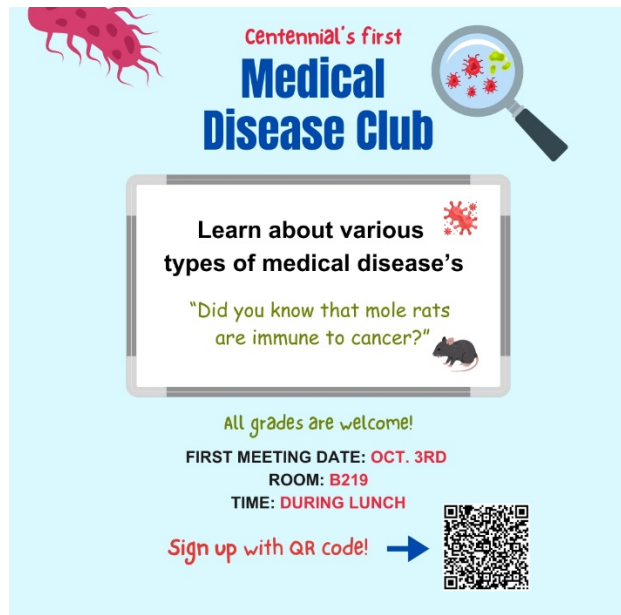
Chopped Salad \$4.50 w/Chicken \$5.50

# 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**

Did you know that people who got rabies were afraid of water? Or that heroin was used as a cold syrup when people didn't know about the dangers of opioids? If you are curious about learning about the different kinds of medical diseases and the history behind them, then join the Centennial Medical Disease Club! All grades are welcome, and our first meeting will be on October 3rd during lunch in B219. Scan the QR Code to join.




Centennial's first  
**Medical Disease Club**

Learn about various types of medical disease's

"Did you know that mole rats are immune to cancer?"

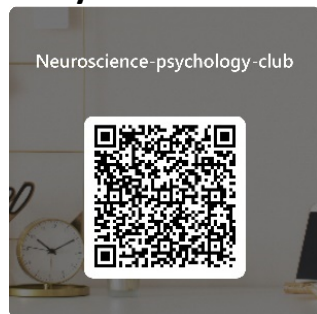
All grades are welcome!

FIRST MEETING DATE: **OCT. 3RD**  
ROOM: **B219**  
TIME: **DURING LUNCH**

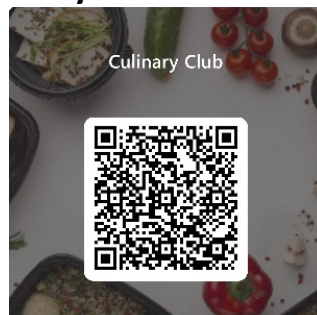
Sign up with QR code! → 

## Career Centre

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:



## PHYSICS OLYMPICS TEAM

first day of games, puzzles and phenomenal physics pun will be on MONDAY October 7th  
come check it out and take part in a bit of friendly competition  
B220 after school  
ALL levels of physics students welcome!

## 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!



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

**APPLICATIONS FOR MOST POST-SECONDARY SCHOOLS ARE OPEN.**

**APPLY BEFORE THE POSTED DEADLINE. FOR LIMITED ENTRY PROGRAMS APPLY NOW!**

**U of A IS COMING TO CENTENNIAL**

Monday October 7th at FLEX - 1:30 - 2:00 Room B222. Bring your questions! Meet a representative.

**Interested in volunteering in SURREY?**



**REGISTER TO VOLUNTEER!**  
Be part of the Canadian Cancer Society CIBC Run For the Cure Volunteer Community

**Get involved NOW!**  
www.volunteercancer.ca  
October 6  
Hawthorne Rotary Park | Surrey, BC



## 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) Abbotsford Agriplex Oct 16<sup>th</sup> & 17<sup>th</sup>**

**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 \(ecuad.ca\)](#)

### 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](#).

## SPORTS

### **Field Hockey:**

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

Very important practices Tuesday and Wed. in the blue gym 3:20-5:30 with home game on Thursday at 3:20. Please also get team/season fees in

#### **Senior Girls Volleyball Team**

Senior Girls reminder, we have an AWAY match tonight at Terry Fox Secondary!

Please be at Terry Fox Secondary, on the court at 5:15pm. Traffic may be busy!

GO Centaurs GO!

Next HOME MATCH is Thursday October 3 vs Pinetree Secondary. More to come this week.

Reminder for the HOME matches, Centennial is responsible for providing 2-3 score keepers, 2 lines people, and one referee.

Please make sure you sign up with the coaches.

Also, reminder please update TeamSnap with all your availability for all matches and practices.

Reminder about Saturday October 5 – as we have a tournament at Harry Jerome Sports Centre in Burnaby.

We are still waiting to get the tournament draw. More to come!

GO Centaurs 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