



CENTENNIAL TODAY

Thursday Oct 2 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: Cheesy Cauliflower
Small \$2.50, Medium \$3.50, Large \$5.50

Today's Menu

- Grilled Cheese \$5.00
- BBQ Pulled Pork Sandwich \$6.00
- Veggie Burger \$5.50
- Pesto Chicken Panini \$5.50
- Cheese Pizza \$5.50
- Meat Lovers Pizza \$5.50
- Buffalo Chicken Wrap \$5.50

Dessert Specials

- Chocolate Cake \$3.00
- Pumpkin Pie \$2.50

Salads

- Centennial Salad \$ 5.00 w/ Chicken \$7.00
- Caesar Salad \$4.50 w/ Chicken \$5.50
- Chopped Salad \$4.50

ALL STUDENTS

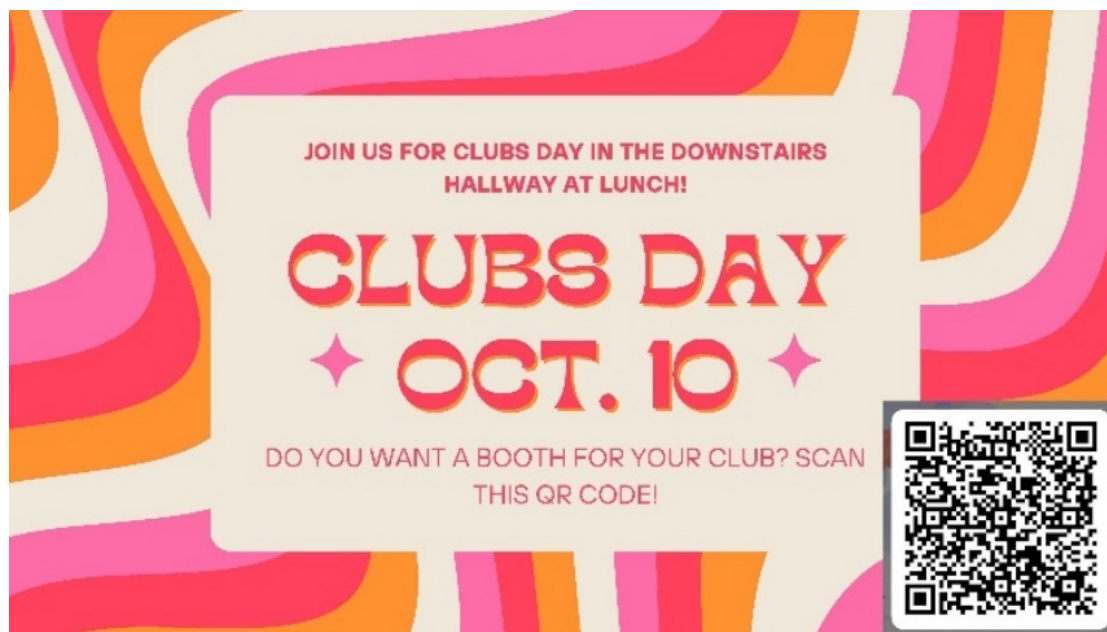
PLEASE COME IN THE OFFICE TO GET YOUR STUDENT CARD AT LUNCH TIME OR AFTERSCHOOL

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

Math Department

There are upcoming math contests this semester! Please use the QR code posted around the math department or come to B206! Some of the contests ha

Clubs



Q&A (Queers and Allies) Club

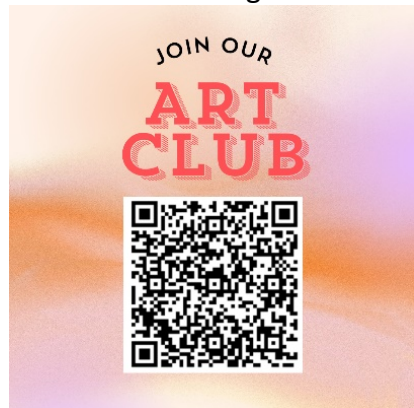
The Q&A (Queers and Allies) Club will be meeting every Tuesday in the Textiles Room (E215) at lunch. The next meeting will focus on making posters for the upcoming club fair. Everyone is welcome! If you have any questions, please talk to Ms. Munroe, Illing, or Mr. Mogensen. 😊

Collective Canvas Club

Collective Canvas is Centennial's new art club for 2024! Our goal is to connect with students through creative projects and build a warm community. We welcome anyone passionate about art or simply looking for a fun, stress-free way to express their artistic spirit.

Our club's main focus is on large group projects, such as murals, that will positively impact our school and the broader community. Along the way, we'll also enjoy smaller creative activities like making bead bracelets, clay trays, and keychains.

Meetings are held weekly after school from 3:25 to 4:05 in Mrs. Castro's art room (E121). You can sign up using the QR code below and choose your preferred meeting day. If you have any questions, feel free to contact us via email at 076-hkwon@sd43.bc.ca, 076-ylee4@sd43.bc.ca or Instagram (@cent.artclub). We look forward to creating art and making new friends with you!



Charity Water Club

Please scan the QR code to sign up for the charity water club.

Charity Water Sign Up Form



Cent Music Club

The music club will be meeting this Wednesday in Mr. Rensen's room (B106) after school. The club is for people who love music to hang out, share their favourite music, and meet people with similar music taste! It is open to all music lovers, whether you are into pop, metal, hip-hop, or contemporary abstract disco metal.



@CENTMUSICCLUB

Smiles for Citizens

Please scan the qr code to sign up for the Smiles and Citizens club. They meet every Mondays afterschool in Ms. Illing's room (B122). Visit their Instagram at @cent_smilesforcitizens to learn more.

Smiles For Citizens



Medical Disease Club

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 7th at the beginning of lunch in Room E216. See you there!



The **Centennial Book Club** will be meeting every 3rd 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 3rd.

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. Olchowy 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) 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?



CAREER CENTRE

CAREER CENTRE

Visit the online Centennial Career Centre Page

[Career Centre - Centennial Secondary School \(sd43.bc.ca\)](http://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

2024 TRADES EXPO

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

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)

Grade 12

FOR GRADS - U of T - Quick update in the COUNSELLING AREA AT LUNCH 11:30

Join Mrs. HW for a speedy update to share current admissions percentages/information if you are interested in U of T.

Free Application Days University of Alberta

In the spirit of reconciliation and in honour of Residential School survivors, the U of A is once again offering a free application to all Indigenous learners who apply between now and October 9

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 16th

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

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!

Cross-Country Team

Reminder to all Cross-Country Team members that we have a Cross Country Meet tomorrow, October 2nd at Mundy Park at 3:15 pm. You all have an early dismissal that was sent out to your teachers. Please be advised they have the option of saying no to your early dismissal. We also have a practice on Thursday, October 3rd at Mundy Park at 3:40 pm.

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