



CENTENNIAL TODAY

Wednesday, Sept 11 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 & Barley Soup

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

Am Break

Sausage & Egg Breakfast Sandwich \$3.00

Spiced Apple Breakfast Oats \$2.50

Today's Menu

Grilled Cheese \$5.00

BBQ Pulled Pork Sandwich \$6

Chicken Bahn mi \$6

Pesto Chicken Panini \$5.50

Four Cheese Pizza \$5.50

Pepperoni Pizza \$5.50

Salads

Centennial Salad \$ 5.00 w/ Chicken \$7.00

Caesar Salad \$4.50 w/ Chicken \$5.50

ALL STUDENTS

School Garden Volunteers Needed:

Please see Mr. Jonas in the teaching kitchen (room D205) this week if you would like to volunteer to help with our school garden this year.



Social Justice Committee IDS:

Are you passionate about social justice issues and making a difference in your community? Join the Social Justice Committee! **All grades are welcome!** Students earn Independent Directed Studies credits through this committee and can work independently or with other group members to delve into issues important to them and strive for change. Examples of include events and activities for Asian Heritage Month, Anti-Racism, Pride Month, Environmental Justice, Red Dress Day Project, Youth Homelessness, Truth and Reconciliation and others. It's a great way to get involved and have an impact on our community! If you're interested contact Ms. Razzell (arazzell@sd43.bc.ca)

Vancouver Climate Strike

WANT TO BE PART OF A GLOBAL YOUTH MOVEMENT DEMANDING A BETTER FUTURE?

Last year saw over 5000 people gather to march, make music and join Indigenous land defenders from all over BC to speak up for more action on Climate Change.

September 20th at 1pm will be this year's GLOBAL CLIMATE STRIKE - and it looks like it will be even BIGGER and better!

It isn't too late to act - and you can help make it happen:

come out TUESDAY to room B220 after school to learn more

We are going to make some banners and plan how we are going to meet and go down together for this amazing day!

[Vancouver Climate Strike 2024 - For Our Kids](#)

Attention Leadership Students

We will have our 1st official class this Tuesday, Sept 10 in the theatre at 8:00am. Please be on time and we look forward to seeing everyone!!!!

Musical Theatre - All students welcome! Come and see what we're about and find out which exciting musical we are doing this year! We meet in the theatre every day after school from 3:25pm - 4:45pm.



Centennial Musical Theatre 2024- 2025 presents GREASE!! If you like to sing, dance, and act, you can still join cast, but **DON'T DELAY! AUDITIONS start Tuesday Sept.10.** Musical Theatre runs EVERY DAY after school in the theatre.

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.

Choir

Do you love to sing? Want to be part of a fun and support community! Join Centennial Choir! We have an exciting year of music and performances to look forward to. If you are interested but haven't signed up yet, come to our rehearsal at 7:45am on Tuesday, Sept 10 to find out more. All are welcome!

Band

JOIN BAND! IT'S NOT TOO LATE! Whether you're new to playing an instrument or have been at it for years, the Centennial band is the perfect place to sharpen your skills, make new friends, and enjoy the thrill of performing. Junior Band for grades 9 and 10 meets during Block 0 on Day 1, and Senior Concert Band is held during Block 4 on Day 1. High school is all about trying new things and making lasting memories—so why not add music to your journey? Don't miss out on the chance to be part of something special. Come join us and let's make music together! Talk to Mr. Byrd for more information.

Grade 12 Students

Attention Seniors

If you would like to order a Grad Hoodie, they are available for order online from **Wednesday Sept 11 (2pm) until Wednesday Sept 25.**

For a free personalization use code: **SEP11** (active only until **11:59PM Sept 12th**)

Grad Hoodie Order Link: <https://grdwr.co/Centennial2025>

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. **Support is available for all students! Appointments & Drop-in**

visits available in the counselling area or email dhealeywright@sd43.bc.ca

Career Centre General

Volunteer Opportunities in Coquitlam

[Volunteer Opportunities | Coquitlam, BC](#)

[Volunteer - Community Volunteer Connections](#)

[Volunteer - Place des Arts](#)

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

Mini Med School 2024

The registration form will be posted from **Monday, September 9, 2024 at 9:00am to Friday, September 27, 2024 at 11:59pm**. Students can submit the registration form any time during this period. For more information, see the Mini Med School [website](#) and [FAQ](#).

This year, Mini Med School will be scheduled from **6:30-8:00 pm** on the following Wednesdays: **October 16, October 23, October 30 and November 6**. **Grade 11-12** students across BC and the Yukon will have three ways to participate:

Mini Med School In-Person: Interact with researchers and clinicians in-person at BC Children's Hospital.

Mini Med School Virtually Live: Engage with researchers and clinicians at BC Children's Hospital virtually in real-time.

Mini Med School On-Demand: Participate when it works for you! Watch previously recorded lectures online.

NEW! The Mini Med School application process is **now competitive and comparative**. We're looking for motivated and inquisitive students who show a demonstrated interest in being part of this unique program. Your selection will depend on your answers to the application questions. **Students will also need to list a sponsor teacher to support their application.**



NOW ACCEPTING APPLICATIONS for the BCIT Career Awareness Workshop. Workshop A: Fall Term – December 9 - 13, 2024.

We will be accepting 26 students with priority given to Grade 12 students first, then Grade 11 students based on date order they apply and district allotment. Grade 10 student applications will be accepted; however, they will only be accepted after Grade 12 and Grade 11.* For students not accepted for Workshop A, their applications will be held for Workshop B (April 2025). They will be contacted first and offered a seat before applications go out.**

IMPORTANT TIMELINES: Applications close: FRIDAY, NOVEMBER 1st, 2024 Students will be notified of acceptance: the week of NOVEMBER 4th, 2024 Registration / payment is due: WEDNESDAY, NOVEMBER 27th, 2024 Applications are on the career centre page: Career Centre - Centennial Secondary School (sd43.bc.ca) Listed under Career Exploration.

BCIT –

FUTURE STUDENT GUIDES ARE NOW IN THE CAREER CENTRE AND POSTED ON THE WEBSITE.

Grade 12

UBC Personal Profile information:

[Write your personal profile - UBC | Undergraduate Programs and Admissions](#)

UBC Undergraduate admissions

[Canadian high schools - UBC | Undergraduate Programs and Admissions](#)

UBC STUDENT GUIDE - FALL 2025 (INTERACTIVE)

<https://you.ubc.ca/student-guide-pdf>

Follow the blog [Admissions Blog | Undergraduate Programs and Admissions \(ubc.ca\)](#)

CONNECT WITH SFU

[Connect with Us - Undergraduate Admission - Simon Fraser University \(sfu.ca\)](#)

SFU STUDENT GUIDE 2025 [SFU Viewbook 2025.pdf](#)

BCIT STUDENT GUIDE

[2025/2026 BCIT Future Student Guide by BCIT - Issuu](#)

Big info REGISTER: [Big Info - BCIT](#)

DOUGLAS COLLEGE INFO SESSIONS

[Information sessions | Douglas College](#)

Fall 2025 POST-SECONDARY APPLICATIONS WILL OPEN OCTOBER 1st IF YOU ARE APPLYING TO:

LIMITED ENTRY PROGRAMS -

APPLY ASAP once applications open. (Douglas Nursing Foundations, Vet Tech, ECE and many popular BCIT programs.

OPEN ENROLMENT – (Most institutions)

APPLY ANYTIME BEFORE THE DEADLINE POSTED ON THE INSTITUTION WEBSITE.

Please be aware:

BC EARLY CONSIDERATION (UBC by Dec. 1)

ONTARIO UNIVERSITIES (OUAC.ca) will have earlier application deadlines.

U of T recommends applying via OUAC by NOV. 7th Check the institution website.

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](#)

LORAN SCHOLARS AWARDS- NOW OPEN

[How to Apply - Loran Scholars](#) CHARACTER, SERVICE, LEADERSHIP 85%+

One of the most prestigious awards in Canada. Applications for the 2025 Loran Award are now open and close on **Tuesday, October 15.**

FOR GRADUATING STUDENTS ENTERING POST SECONDARY IN FALL 2025.

[How Loran is Different - Loran Scholars](#) [sign up for our newsletter](#) STUDENTS APPLY DIRECTLY.

U of T National Scholarships and U of T Book Award

[About the National Scholarships - Future Students. University of Toronto | University of Toronto \(utoronto.ca\)](#)

Exceptional Students interested in U of T and who want to be considered for one to the most prestigious awards in Canada is now open. ONE NOMINEE will be selected. See criteria at link

1. **Open to nominees only:** The 2025 National Scholarship application will be available to Book Award nominees only. Schools will continue to be limited to one nominee. However, students will no longer be able to self-identify as meeting the scholarship criteria. This means, that at most, **there will be one National Scholarship applicant per school.**

2. **Earlier interview dates:** 2025 National Scholarship finalists will be interviewed in January. We will accept a completed **brag sheet** to determine our nominee. **Deadline: Thursday September 19th.**

SPORTS

Gr. 9 Girls' Volleyball Tryouts-will occur Tuesday and Wed. from 3:30-5:30 in the blue gym. Those who make the team will start their first practice on Thursday, and possibly Friday. Be prompt with arrival. Please bring your student number and school email address with you.

Senior Girls Volleyball - Practice

Reminder that first practice of the season is tonight in the RED gym at 5pm to 6:30pm. We will also have practice Wednesday and Thursday this week as well in the RED gym at the same times. Please contact Grant or Chloe if you can't make it.

Senior Girls Volleyball Selections

Congratulations to all the girls selected to be a part of the Senior Girls Volleyball Team for the 2024 season.

Thank you to all who came to tryouts, it was amazing!

Team selection was very tough with so many girls trying out for 12 to 14 spots.

Selection was based on skill, experience, competitiveness, leadership, attitude, and position.

We are all looking forward to a fun and successful volleyball season.

The team selection has been posted by the Red and Blue Gyms as well.

The following are the selected athletes.

There maybe some modifications as we work with both girls' teams in the coming days.

Senior Girls

- **First practice will be Tuesday September 10, 5pm to 630pm in the Red Gym.**

1. Camy Gee
2. Bryony MacKinder
3. Soleii Selmour
4. Vanessa Killins
5. Emi Der
6. Hoor Aliwardani
7. Payton Lepinski
8. Lauren Trites
9. Mia Joe
10. Olivia Lorenz
11. Natalia Soto
12. Maja Brkich
13. TBD..
14. TBD..

Volleyball Volunteers-needed for this Tuesday's and Wednesday's Gr. 9 girls' tryouts (need 10 volunteers both days), assistant coaches for Gr. 9 girls and then game staff for upcoming games (game staff are paid positions). See Mr. Wilkinson ASAP if interested.

Rugby- Boys/Girls

Anyone interested in joining the Boys or Girls Rugby team in the Spring, there will be a quick meeting in Room E202A (room inside the LEC room) on Wednesday September 11th during lunch. If you are unable to make it, please contact Mr. Oriel.

SENIOR BOYS VOLLEYBALL

Next Try-Out is today! 3:30PM-5:00PM in the Red Gym! #GoCentaur

Junior/Senior Boys Soccer Teams

"Anyone interested in playing for the Junior or Senior Boys Soccer teams this fall, please come to an important meeting Friday at Lunch (11:30 am) in the Red Gym. If you are unable to attend, please see Mr. Comeau!

Tryouts will start next Monday, Sept 9th at 3:30 pm on the Turf."

SWIM TEAM:

The CENTENNIAL SWIM TEAM will be starting up right away!

First practice will be Sept 17th - no racing experience necessary but you do need to be a strong swimmer and willing to work hard.

We will have a quick meeting on FRIDAY at lunch in room B220. See Ms Curran if you can't make the meeting or have any questions.

Centennial Cross Country

Any students that are interested in Cross Country and want to do a very informal light jog through Mundy Park to make themselves familiar with the usual course run, please meet at Mundy Park at 3:40pm on Thursday, Sept 12 right by the baseball diamond and lacrosse box in Mundy Park. Mr. Willett will show you the route at that time.

JUNIOR BOYS VOLLEYBALL

Last Try-Out Is Today! 3:30PM-5:00PM in the Red Gym! Go Centaurs!

Gr. 9 Girls' Volleyball Tryouts-will occur Tuesday and Wed. from 3:30-5:30 in the blue gym. Those who make the team will start their first practice on Thursday, and possibly Friday. Be prompt with arrival. Please bring your student number and school email address with you.

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