



# CENTENNIAL TODAY

**\*Thursday Oct 3 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: New England Clam Chowder**

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

### **AM Break**

Ham, Egg & Cheese Wrap \$3.00

Bacon & Egg Breakfast Sandwich \$3.00

### **Today's Menu**

Grilled Cheese \$5.00

BBQ Pulled Pork Sandwich \$6.00

Veggie Burger \$5.50

Pesto Chicken Panini \$5.50

Beefy Chili Cheese Fries \$6.00

Thai Green Curry Chicken Rice Bowl \$7.00

### **Dessert Specials**

Red Velvet Cake \$3.00

### **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**

### **LANGUAGE COURSE CHALLENGE**

Students who have exceptional ability in French 11/12, Japanese 11/12, Korean 11/12, Mandarin 11/12, Punjabi 11/12 or Spanish 11/12, Farsi 11/12 and have not previously received credit for these courses, have the opportunity to challenge a language course for credit. Go to <https://www.deltasd.bc.ca/schools/secondary/challenge-exams/> (or google "Language Challenge Exams"); fill in the application before printing out the application package. Completed applications including photos must be turned in to your counsellor for review and signature before 3:30 on Wednesday, October 23rd.

### **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](mailto:076-hkwon@sd43.bc.ca), [076-ylee4@sd43.bc.ca](mailto: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.



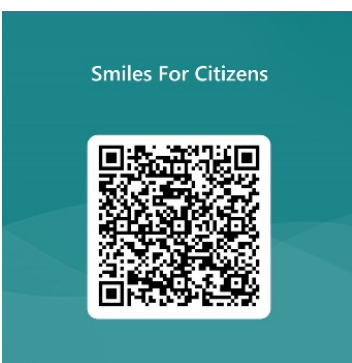
### **Cent Music Club**

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.



### **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.



### **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! → 

**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!



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 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. 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?**



**CAREER CENTRE**

**@cent43careercentre**

Employment/volunteering – Post Secondary Information- Scholarships &amp; 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)**OCTOBER INFO SESSIONS****UNIVERSITY OF ALBERTA AT CENTENNIAL at flex B222 10/7/2024****ACCESS BC AND SD43 -Indigenous student (9-12) info session 10/9/2024****BCIT BIG INFO 10/9/2024****RCMP INFO SESSION OCT 9TH POCO / EVENTBRITE 10/9/2024****University of Alberta 10/9/2024****SFU BEEDIE SCHOOL OF BUSINESS AT CENTENNIAL @ Lunch B222 10/16/2024****Trades Expo 2024 Agriplex 10/16/2024****Corpus Christi St. Marks College Preview Night 10/17/2024****UBC ENGINEERING OPEN HOUSE 10/17/2024****International Student Post Secondary Fair (virtual) 10/19/2024****POST-SECONDARY BC - Fair at CENTENNIAL (11'S & 12'S) 10/21/2024****Discovery Day SFU Faculty of the Environment - Register early! 10/25/2024****Career Centre****General****2024 TRADES EXPO****[Trades Expo \(trades-expo.ca\)](https://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)****SFU FACULTY OF ENVIRONMENT - DISCOVERY DAY****[FENV Discovery Day - Faculty of Environment - Simon Fraser University \(sfu.ca\)](https://sfu.ca)**

OCT 25TH (Pro-D) for grades 9-12. Lunch provided and select 2 mini-lectures. Register in advance spaces fill quickly.

**DOUGLAS COLLEGE VIEWBOOKS (HARD COPY)**

Copies are available in the counselling area. Digital version tbd.

**Grade 12****FOR GRADS - UBC - 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 16<sup>th</sup>**

[National Portfolio Day at ECU! | Emily Carr University of Art + Design \(ecud.ca\)](#)

### **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**

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

Home game on Thursday at 3:20pm. Reminder to wear your jersey! Please also get team/season fees in

### **Senior Girls Volleyball team**

TONIGHT! Blue Gym Central court!

Come and cheer on the Senior Girls Volleyball team take on Pinetree Secondary on our next HOME match of the season.

The Senior Girls Volleyball team takes to the court at 7:30pm.

Both Boys and Girls volleyball teams are in the Blue Gym for an amazing night of Volleyball matches.

Warmup begins at 5:30pm, with the Boys match starting at 6:00pm.

Immediately following the Boys match, will be the Senior Girls taking to the court.



Go Centaurs Go!

### Cross-Country Team

Reminder to all Cross-Country Team members that we have a Cross Country Meet tomorrow, October 2<sup>nd</sup> 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 3<sup>rd</sup> at Mundy Park at 3:40 pm.

### Field Hockey

Congratulations to the girls' field hockey team who pulled off a 3-0 win against Port Moody. Avanni and Maia both contributed to the shutout while Avery put the ball in the back of the net twice and Lorren scored once. Shoutouts to Brooke, Caden, Maia and Grace who worked hard all game to keep Port Moody out of our end. Our last two regular season games are next week. Good luck ladies!

## 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