

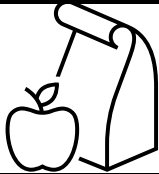


CENTENNIAL TODAY

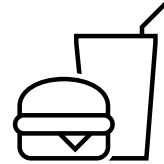
October 9, 2026 - Day 1

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: Small \$2.50, Medium \$3.75 Large: \$5.75

Tomato Basil

French Onion Soup

AM Break

Sausage & Egg Breakfast Sandwich \$3.25

Turkey & Provolone Croissant \$4.00

Beef Hot Dog \$3.25

Blueberry Yogurt Parfait \$3.25

Dessert

Chocolate Cake \$3.25

Lunch

Grilled Cheese \$5.50

Chorizo, Bean & Corn Quesadilla \$6.00

Turkey Burger \$6.50

Hot Honey Chicken Wrap \$6.00

Chicken Strips & Fries \$7.50

Salads

Caesar Salad \$5 (\$6 w/ Chicken)

ALL STUDENTS

Flex Login:

Log in: 076-email address

Password: cent2026

(You will be prompted to change this after you log in)

If you still cannot log in, please come down to the tech centre (in the library) to see us for support.

Everyone has a responsibility for looking after our facilities at Centennial.

If you see an issue with any of our washrooms, or any other concern, please report it.

No toilet paper or soap... report it!
A mess on the floor... report it!
Vaping...report it! Damage...report it



Sewing Club

The Cent Sewing and Crafts Club will be having their first club meeting on **Tuesday October 13th, at lunch, in the Textiles Room (E215)**. All skill levels are welcome! If you have any questions, please speak with Ms. Munroe

SOGI club

Wednesdays during lunch in room E 118. Come join us for a safe, inclusive space where you can be yourself, meet new friends, share ideas, and celebrate diversity. We would love to see you there!

GRAD 2027



Grad Photos - Artona Studios will have a mobile site on Centennial's property from December 5- 18, 2026. Spots are on a first come first served basis. To book you can: scan the barcode on the poster outside our main office, call Artona directly or visit the link that can be found in the Student Portal under Grad Central.

GRADE 12 YEARBOOK COMMENTS!

Grade 12s, please fill out the **yearbook comment form** sent to your school email. You have until **Friday October 16th** to submit 😊

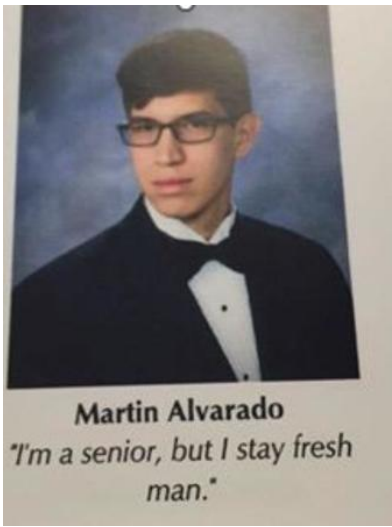


PHOTO RETAKE DAY IS COMING - OCTOBER 15

Students needing retakes must **bring their ID card** to be photographed. There is a QR code on the back of the card that needs to be scanned. If you haven't picked up your Photo ID Card yet, please see the office staff.

All retake photos will replace the original day photo for a new ID card, pictorial and image in the yearbook. However, students will still be able to view and order both images online.

SPORTS



**GRADE 9 BOYS
BASKETBALL**

Tryout Signup

 **Friday October 9**

 **3:30 PM - 5:00 PM After School**

If you can't make it, email Mr. McAllen at wmcallen@sd43.bc.ca



Scan the QR code to sign up



Ski and Snowboard Club Meeting

Are you ready to carve, stomp, shred, jib, and send? Or do you just want to hit some leisurely groomed laps on Manning? Come to the Ski and **Snowboard**

Club meeting on Thursday, October 15th at Lunch in the Theatre. It is very important to attend so you can learn about how the club will work, pricing, dates, and the application process. The application form will be shared at the meeting. **See Ms. Chyzowski in B222 if you have questions.**

Gr. 9 Girls' Volleyball

Your best game of the season so far yesterday against Charles Best. Though losing, all the scores were really close. Rallies were long, techniques much improved, and serving was much more consistent. Huge overall improvement yesterday, well done. Please get fees in ASAP.

Go Centaurs

CAREER CENTRE



@cent43careercentre

Employment/volunteering – Post Secondary Information-Scholarships & Awards – Trades Training

Mrs. Healey Wright, your Post-Secondary and Career Advisor, is on site Monday, Wednesday, Thursday and Friday 8:00am – 3:30 pm. email dhealeywright@sd43.bc.ca

GENERAL

6PM NOV. 5
@WINSLOW GYM
1100 WINSLOW AVE

SD43 TRADES PROGRAMS

INFO SESSION

Register Now

Learn about programs for SD43 students in the skilled trades

careerprograms@sd43.bc.ca www.sd43.bc.ca/careerprograms

INFO SESSIONS AT CENTENNIAL



UNIVERSITY OF
CALGARY

THURSDAY OCT 15th AT FLEX IN THE FOYER



Gustavson
School of Business
University of Victoria
BCOM PROGRAM

FRIDAY OCT 16th at FLEX IN THE FOYER

HOLLYDAZE VOLUNTEERS NEEDED (AUSTIN HEIGHTS)

REGISTER HERE: 2026 HollyDaze in the Heights — Signup Sheet | [SignUp.com](https://www.signup.com)

NOV 20 & 21 - Greeters, runners, hosts, set-up and tear down roles available. Morning, afternoon or evening shifts are available.

UBC Black Futures

The Black Futures program is a unique opportunity for **Gr. 11 and 12 Black students** from across Greater Vancouver to be introduced to post-secondary options and discussions about higher education. With a slogan of **“if you can see it, you can be it”**, it allows students to envision their academic future. Students DO NOT need to be planning on attending UBC to be a part of this program.

The program consists of five in-person meetings at UBC between Jan and May. High school students will meet with UBC students, as well as a variety of faculty and other professionals. There is no cost for students to attend. Transportation to and from UBC will be provided and students will be chaperoned by SD43 teachers. **If you are interested,**

please see your Post Secondary and Career Advisor by **November 6th**, so that your name can be added to the list—there are only 10 spots available, so don't wait!

YOUTH AT THE BOOTH - current postings

Visit [Jobs](#) | [Elections BC](#)



NEW WEBSITE - SD 43 CAREER PROGRAMS PAGE

[Career Programs](#)

UPCOMING INFO SESSIONS

?

GRADE 12's

See Yourself at SFU

Saturday, November 14 | 1:00–4:00 p.m.

SFU Burnaby campus - Details:

<https://www.sfu.ca/students/admission/tours-events/events/seeyourself.html>

REMINDER- Loran Scholarship Applications are due Oct 15 Apply directly: [Homepage - Loran Scholars](#)

SCHOLARSHIP MEETING DOCUMENTS AND POWERPOINT (OCT 7TH)

Thanks to everyone who attended yesterday's meeting.

You will find the documents and the PowerPoint below:

How to Apply to Post Secondary 2026.pdf

Scholarship MTG 1 HANDOUT 2026-2027 ns pdf.pdf

PowerPoint presentation: SCHOLARSHIP MEETING 1 fall 2026.pptx

You will find the documents and the PowerPoint on the Finance page of the Career Website as well as the main landing page.

Finances & Awards - You are encouraged to explore the page.

Connect with Queens University in Vancouver

Connect with Queen's 2026: Vancouver Tickets, Wednesday, October 28 • 7 PM - 9 PM | Eventbrite Register in advance
VanDusen Botanical Garden, BMO Great Hall Vancouver, BC Wednesday, October 28 • 7 PM - 9 PM

SFU is hosting SIAT Discovery Day (School of Interactive Arts and Technology)

On Friday, October 23rd (Pro D Day) they will offer 2 different workshops simultaneously in addition to a campus tour and information session.

REGISTER: <https://www.eventbrite.ca/e/siat-discovery-day-tickets-2002178499790>

UFV OPEN HOUSE Saturday, October 17 10 am–2 pm UFV Abbotsford campus

UFV Open House | UFV.ca

- Tour classrooms, labs, study spaces, and student housing
- Chat with current students about university life
- Meet faculty and ask questions about UFV programs
- Check out discovery info sessions
- Get help with their application

U OF T INFO SESSION - VANCOUVER

Sunday, October 25, 2026 at 3:00 PM until 5:00 PM Pacific Daylight Time UTC -07:00 - Paradox Vancouver

REGISTER HERE: Discover U of T in Vancouver Join us for an exclusive event. Our team will be on hand to answer your questions about our programs, campuses, unique learning experiences, the application process, and anything else you need to know about the unparalleled opportunities that await you at the University of Toronto!

Loran Scholarship Deadline: October 15th, 2026 noon ET Value: \$150,000 over 4 years.

Eligibility:

- Be entering university for the first time in September 2027.
- Values character, service and leadership beyond academic performance
- Present a minimum cumulative average of 88%.
- Hold Canadian citizenship or permanent resident status.
- Requires a 'referee' who is a teacher, coach, employer, or community leader.
- 6 STEP application process.
- For more information click [HERE](#)

Queen's University - Major Awards

Future Students Major Admission Awards | Registrar & Financial Aid Services

Note: Students who want a nomination for the Queen's Chancellor Award (90%+) must speak to their counsellor and submit a brag sheet to Mrs. HW by Nov. 2nd @ 3:30pm
Centennial may nominate up to 3 students.

UBC INTERNATIONAL SCHOLARS PROGRAM

International Scholars | UBC | Undergraduate Programs and Admissions

Please note: If you apply to the International Scholars Program, you will not be considered for merit-based awards.

These awards are open worldwide to International students with extreme financial need. You demonstrate superior academic achievement (achieve all As or equivalent standard). You'll need one nominator and one teacher referee. The nominator and teacher referee

must be different people. Centennial may nominate up to 3 students (2 UBCV 1 UBCO)
Submit your brag sheet to Mrs. HW by October 7th, 3:30 pm.



VCC INFO WEEK OCT 26-30 Save the date
Info Week at VCC - Vancouver Community College Attend in events in-person or via Teams.

Education Planner Resources:

[Nursing | EducationPlannerBC](#)
[Skilled Trades | EducationPlannerBC](#)

Events: [Event calendar | EducationPlannerBC | EducationPlannerBC](#)
Live Learning Sessions: Oct 21, Nov. 4, Nov 17 [Live Learning Sessions | EducationPlannerBC](#)

UBC ENGINEERING TRANSFER PROGRAMS

Various programs in BC that transfer to UBC - [Engineering Transfer Program | UBC Engineering](#)

UFV Open House - Saturday October 17th [UFV Open House | UFV.ca](#)
SFU DISCOVERY DAY - PRO D Oct 23 [Discovery Day - Faculty of Environment - Simon Fraser University](#)

FREQUENTLY USED LINKS - POST-SECONDARY

[Home | EducationPlannerBC](#) for information about BC schools
[myBlueprint.ca | Home](#) to look at schools across Canada.
[Order Transcripts \(Basic BCeID and Student Transcript Service\)](#)

DOUGLAS COLLEGE

Academic Foundations for Potential Nursing Applicants Program (AFNURS) remains a limited-enrolment program. Applications open on October 1, 2026, at 9:00am and close at 11:59pm on Friday, October 16. As the AFNURS application window is only open for a limited time, please apply early.

Centennial Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
BLOCK 1 7:45 - 8:53	BLOCK 1 7:45 - 8:53	BLOCK 1 7:45 - 8:53	BLOCK 1 7:45 - 8:53	BLOCK 1 7:45 - 8:53
BLOCK 2 9:00-10:12	BLOCK 2 9:00 – 10:03	BLOCK 2 9:00-10:12	BLOCK 2 9:00 – 10:03	BLOCK 2 9:00 - 10:12
BLOCK 3 10:16-11:28	ExFLEX 10:07 – 11:12	BLOCK 3 10:16-11:28	CENT TIME 10:07 – 11:12	BLOCK 3 10:16-11:28
Lunch 11:28 – 12:13	BLOCK 3 11:16 – 12:19	Lunch 11:28 – 12:13	BLOCK 3 11:16 – 12:19	Lunch 11:28 – 12:13
BLOCK 4 12:13 – 1:25	Lunch 12:19 – 1:05	BLOCK 4 12:13 – 1:25	Lunch 12:19 – 1:05	BLOCK 4 12:13 – 1:25
FLEX 1:29 – 1:59	BLOCK 4 1:05 – 2:08	ADVISORY/FLEX 1:29 - 1:59	BLOCK 4 1:05 – 2:08	FLEX 1:29 - 1:59
BLOCK 5 2:03 - 3:15	BLOCK 5 2:12 - 3:15	BLOCK 5 2:03 - 3:15	BLOCK 5 2:12 - 3:15	BLOCK 5 2:03 - 3:15

Book your
FLEX and
CENT

SCAN ME



HAPPY THANKSGIVING