



CENTENNIAL TODAY

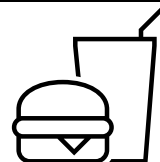
September 18, 2026 - Day 2

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

AM Break

Turkey Sausage & Egg Wrap \$3.25
Triple Decker Clubhouse \$6.50

Lunch

Grilled Cheese \$5.50
Cuban Pork Sandwich \$6.50
Mojo Chicken Wrap/ Black Bean \$6.50
Chipotle Beef & Bean Burrito \$7.00
Chicken Strips & Fries \$8.00

Salads

Caesar Salad \$5 (\$6 w/ Chicken)
Centennial Salad \$5.50 (\$7.50 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



**INTERNATIONAL
STUDENTS!**

MEET IN THE
FOYER
ON **MONDAY**
FOR **FLEX** WITH
MS. BOURNE!



Photo Retake October 15

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



SHAD 2027 APPLICATIONS ARE OPEN

<https://www.shad.ca/apply>

One summer of STEAM, entrepreneurship and new possibilities.

Discover the impact you can make at Shad.

Free to apply · Applications close January 6, 2027 at 11:59 p.m. ET

Apply (EARLY) by November 8, 2026 for the Early Application Advantage*

Plenty of options: Choose how you want to experience Shad: join our Live-in program on a post-secondary campus or connect with students across Canada through our Virtual program. Looking for a specialized live-in experience? Explore our A-Plus, En Français or Unplugged options to find the right fit for you.

INFO SESSION: Sept 21 Shad Canada Information Session Tickets, Monday, September 21 • 4 PM - 5 PM PDT | Eventbrite

Grades 11 & 12

PATHWAYS TO SCIENCE for grades 11/12 Online monthly

[Pathways to Science | BC Children's Hospital Research Institute \(BCCHR\)](#)

Online series to help you explore your interests and better understand the opportunities and foundational skills needed in STEM.

MARINE CAREERS EXPO

[Marine Careers Expo 2026 - Canada.ca](#)

This free event will take place at the Vancouver Shipyards on September 26th. Featuring line-up [Royal Canadian Navy](#) • [Canadian Coast Guard](#) • [The Canadian Marine Careers Foundation](#) and over 20 other marine exhibitors

SFU Women in Computing Try/CATCH EVENT Burnaby Campus

[Try/CATCH 2026 Interest Form Survey](#)

Event will be Sat. Oct 24th - Free every year, where girls and non-binary students in high school are introduced to different aspects of computing science, such as programming, artificial intelligence, UI design, and more! Parents welcome.

University of ALBERTA INFO TABLE

Wednesday at Lunch in the foyer!

U of A - Engineering fem+ Mentorship Program

The Faculty of Engineering's fem+ program is a 7-month long program for high school students who identify as women, non-binary or 2SLGBTQ+ and are interested in exploring all the possibilities within engineering. (virtual monthly contact)

[Applications for Mentees for the 2026/2027 fem+ program are now open!](#)

UPCOMING INFO SESSIONS

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NAME	LOCATION	TIME	DATE
University of Alberta	Centennial Foyer	Lunch	Wed. Sept 16
Schoolfinder Fair	Vancouver Marriot Pinnacle (Canada, USA Europe)	1-5pm	Sunday Sept 27
KPU Open House	Surrey Campus	11-2pm	Friday October 3
CUE Canadian Universities Event	Metrotown Hilton 50+ presenters from Canada	6-8pm	Monday October 5
Scholarship Meeting #1 (Grade 12's)	Centennial Library – After school	3:15	Wed. Oct 7th
BCIT Big Info	Burnaby Campus	4-7pm	Wed. Oct 14
University of Calgary	Centennial Foyer – Cent time	10 – 11am	Thurs. October 15th
Gustavson School of Business UVIC	Centennial Foyer – flex	1:30-2pm	Friday October 16
SFU Applied Science	Centennial Library - lunch		
Douglas College	Info Fair New West campus	4-7pm	Tues. Oct 27th

Most admission applications will open on Oct 1st,2026
Students can apply up until the posted application deadline.
Exceptions: **Some** Colleges and Institutes have *competitive entry* or *first qualified first admitted*. (BCIT, Douglas Nursing Foundation) students should apply as soon as possible.

OTHER:
Study and Go Abroad Schoolfinder Fair: September 27th 1-5pm Pinnacle Marriot [SchoolFinder Fairs](#) | [Event Registration](#)

KPU Open House Oct 3 11-2pm Surrey Campus

Scholarship /Major Award DEADLINES:
U of T National Scholarships – Book Award – One nominee Internal deadline **Oct. 1st**. Students who meet the criteria need to submit a brag sheet to Mrs. HW. Questions email dhealeywright@sd43.bc.ca

BASANT MOTORS SCHOLARSHIP
DUE SEPT 27TH [Scholarship](#) | [Basant Motors](#)

GRADE 12's

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.

AES SCHOLARSHIPS
Awarded on the basis of character not GPA. Do not have to be entering an engineering program. Submit an essay of between 500 and 1000 words:
When you look back on your life in 30 years, what would it take for you to consider your life successful?
What relationships or accomplishments will be important on this journey?
Amount of award: \$500.00 Deadline for entry: October 8, 2026 Submit essay to scholarships@aesengineers.com

BCIT EXPLORING BIOTECHNOLOGY WORKSHOP (formerly Biotechnology Career Awareness)

**Workshop A: Fall Term: DECEMBER 7 – 11, 2026 | BCIT Burnaby Campus
NOW ACCEPTING APPLICATIONS**

This is a great workshop for students strong in the sciences and wish to pursue a career in a science field. I will be accepting **24 students** with priority given to Grade 12 students

Applications close: Monday, **November 9**

Please email Mrs. HW dhealeywright@sd43.bc.ca for an application.

Mini Med School (BC Children's Hospital Research Institute)

Grade 12's only. Applications open Sept 28th until Oct 4th only. \$1,000 scholarship available for participants. [link to website](#)

DOUGLAS COLLEGE - Upcoming info session

Tue Sep 29, 2026 @ 5:00pm Location: Zoom,

Online

Events

The University of Toronto U of T Webcasts for Prospective Students

Join us online to learn more about the University of Toronto! Hosted by members of our Student Recruitment team, these webcasts will prepare you with everything you need to know for your application and admission process to U of T.

Online

[Start Here](#)

Wednesday, September 30 at 6:00 PM ET

[Online Application Workshop](#)

Tuesday, October 27 at 8:00 PM ET

SPORTS

CENTENNIAL SWIM TEAM



SWIM TEAM IS NOW UNDERWAY - but it is not too late to join!!
EMAIL mcurran@sd43.bc.ca or come by B220 to talk to Ms. Curran. You can also get info from Ms Murray in PE.

Practices are across the street, Tuesday and Thursday mornings: 6:50 am on deck to warm up and in the water from 7 am to 8 am. If you have a block 1 class and have a conflict, talk to Ms Murray or Ms Curran, they can help!

Go Centaurs

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
	ExFLEX 10:07 – 11:12		CENT TIME 10:07 – 11:12	
BLOCK 3 10:16-11:28	BLOCK 3 11:16 – 12:19	BLOCK 3 10:16-11:28	BLOCK 3 11:16 – 12:19	BLOCK 3 10:16-11:28
Lunch 11:28 – 12:13		Lunch 11:28 – 12:13		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
	BLOCK 4 1:05 – 2:08		BLOCK 4 1:05 – 2:08	
FLEX 1:29 – 1:59		ADVISORY/FLEX 1:29 - 1:59		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
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SCAN ME

