

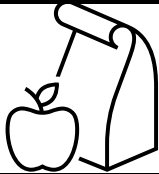


CENTENNIAL TODAY

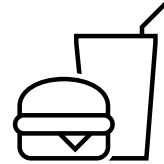
October 5, 2026 - Day 1

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

Cheesy Broccoli

AM Break

Ham & Cheese Croissant \$4.00

Lunch

Grilled Cheese \$5.50

Sweet Chili BBQ Chicken Wrap \$6.00

Pepperoni Pizza Sub \$5.50

Foot Long Chili Cheese Hot Dog \$6.50

Sockeye Salmon Burger \$6.50

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



GRAD 2027



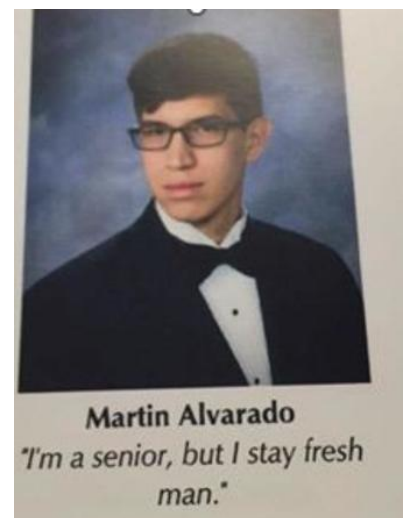
Grad Photos - Artona Studios will have a mobile site on Centennial's property from December 5- 18, 2026. Spots are on a first come first served basis. To book you can: scan the barcode on the poster outside our main office, call Artona directly or visit the link that can be found in the Student Portal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

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!

CANADIAN UNIVERSITIES EVENT - TODAY 6PM-8PM

Visit with up to 50 Universities from across Canada in one place!!!!

Upcoming Events CUE is hosting two public events this fall and you're invited! Register for an account, then RSVP to an event to chat with university representatives on either:

- Hilton Metrotown - Burnaby / Monday, October 5th / 6:00PM - 8:00PM
- Westfield Country Club - Surrey / Wednesday, October 7th / 6:00PM - 8:00PM
- These public events will feature representatives from participating universities. You can chat and ask questions, gather information, and stay connected! Prepare for the public events by exploring university profiles!

[Register for Public Events](#)

YOUTH AT THE BOOTH - current postings

Visit [Jobs | Elections BC](#)

MORESPORTS INFO TABLE Oct 7TH

In the foyer at lunch next Wednesday.

CCW CANADIAN CONSTRUCTION WOMEN

BUILD HER FUTURE

A CAREER DISCOVERY EVENT FOR GIRLS IN GRADES 10-12

• Explore rewarding careers
• Learn about free training
• Find out how much you can earn
• Hear real stories from women in construction

Meet inspiring women in:
Architecture • Engineering • Trades
Project Management • Business Ownership

Thursday, OCT. 29, 2026
9:30 AM TO 1:00PM

Lunch Included
Gift Bags, Prizes
and Surprise

Limited spots
Pick up an application from the Career Centre

Return applications to the Career Centre by October 8th, 2026

FIRST COME FIRST SERVED

UPCOMING INFO SESSIONS

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 BEEDIE SCHOOL OF BUSINESS	Centennial Library - lunch	11:28	WED. OCT 21st
SFU Applied Science	Centennial Library - lunch	12:19	THURS. OCT 22nd
Douglas College	Info Fair New West campus	4-7pm	Tues. Oct 27th

GRADE 12's

FIRST SCHOLARSHIP MEETING THIS WEDNESDAY
IN THE LIBRARY AFTER SCHOOL.

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](#)



October 5-9

CAREER CENTRE WEEKLY NEWS

MONDAY	CUE Canadian Universities Event	CUE EVENT Canadian Universities Event (across Canada)	Burnaby Hilton Metrotown	6:00 pm - 8:00 pm (Parents welcome)
TUESDAY				
WEDNESDAY		SCHOLARSHIP MEETING #1	After School in the LIBRARY	3:20 pm 2027 Grads (30 mins)
THURSDAY		International Universities Fair	West Point Grey Academy	wpga.ca/vais . 5-6:30 pm
FRIDAY				

More:
LINKS events, scholarships and details here on the online career centre :



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.

SPORTS

Gr. 9 Girls' Volleyball
Gr. 9 Girls' Volleyball-Practice today in the blue gym from 3:20-5:30. Get all your forms, fees and food money taken care of today as well.

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
CENT

SCAN ME

