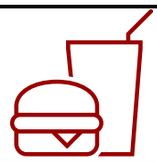
CENTENNIAL TODAY

November 19, 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
Southwest Yam

AM Break

Bacon & Egg Breakfast Sandwich $3.25
Pesto Chicken Panini $6.00

Lunch

Grilled Cheese $5.50
Roasted Veggie Quesadilla w/ Guacamole $5.50
BBQ Turkey Burger $6.50
Buffalo Chicken Wrap $6.00
Black Bean Chicken & Broccoli w/ Chow Mein $7.00

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

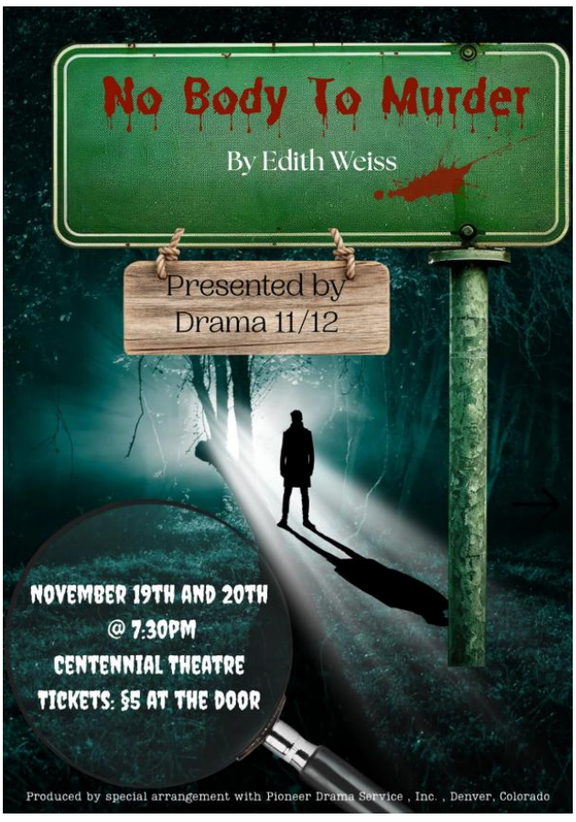






Cent movie Club!
Join our Centennial Movie Club! A club filled with thrillers, action, romance, and comedy
Feel free to join the meeting even though you are still not an official member of the club! Our meeting will happen during Friday lunchtime in the choir room, which is room D105!

This Friday, we are having a collab with the Minecraft club to watch the Minecraft Movie with the Minecraft club members! Get ready to have fun and meet new people!



Senior Drama is putting on “No Body to Murder”. A murder mystery with mayhem and 21 chaotic characters trying to solve the case before they can leave The Bed and Breakfast and the Come-on Inn of Nova Scotia. Dates are November 19th and 20th, doors open at 7:00 and the show starts at 7:30 (run time 45-50 minutes) Tickets are $5 at the door.





Centennial's Winter Formal

Date: Thursday, Dec 10, 2026
Time: 6:30-9:30 p.m.
Location: Centennial Secondary
Cost: $25 (Includes food and drinks)

Where/When to Purchase Tickets: School Cash On-line or in the Office. **Grad 12s have early access to tickets from Monday, Nov 16-Nov 23**. 250 tickets sold is the number needed to make this a grade 12 only event.

SPORTS

Girls Lacrosse Tryouts



Final Tryout for Girls Lacrosse – mandatory attendance for all interested players

- **Monday, November 23rd 3:30-4:45pm**

Meet on the turf, ready to play! You will need a mouthguard, eye goggles and lacrosse stick. Email Ms. Murray for more information at kemurray@sd43.bc.ca. Roster will be announced next week. First game of the season is the week of November 30th!



Two teams. Two games. One home field.

Our Centennial Centaurs are heading into the quarter finals, with both JV and Varsity back on Cent Field this week!

🔴🔵 **JV | Thursday, November 19**
vs. Lord Tweedsmuir Panthers
3:00 PM

🔴🔵 **VARSITY | Friday, November 20**
vs. GW Graham Grizzlies
7:00 PM

📍 Cent Field

Come out, fill the sidelines, and show your support as our boys continue their playoff run.

**Let's go, Centaurs! ❤️💙 **

Centaurs Soccer Shout-Out!

Congratulations to our **Junior and Senior Boys Soccer teams** on a fantastic season!

Our **Junior Boys** finished **4th in the league** and earned **2nd place in the Fraser North Playoffs**. Way to go, Juniors! We're proud of you and all the work you put in this season.

Our **Senior Boys** finished **2nd in the CSSAA league** and **2nd in the Fraser North Playoffs**, and they're headed to **Provincials!** Come out to the **Burnaby Lake Sports Complex, November 26–28** and cheer them on at the **AAA Senior Boys Soccer Provincials**.

Senior Boys Provincials Schedule

Game	Date and time	Opponent or round	Field
1	Thursday, Nov. 26 at 9:00 a.m.	Walnut Grove (Eastern Valley #2)	Turf #3
2	Thursday, Nov. 26 at 12:45 p.m.	Grandview Heights (South Fraser #4)	Turf #2
3	Friday, Nov. 27 at 11:00 a.m.	Sir Charles Tupper (Vancouver/Sea to Sky #1)	Turf #3
4	Friday, Nov. 27 at 2:30 p.m.	Provincial semifinal, opponent TBA	TBA
5	Saturday, Nov. 28, time TBA	Matchup and kickoff depend on earlier results	TBA

The **provincial final** is scheduled for **Saturday, November 28 at 11:30 a.m. on Turf #3**.



Hi Folks,
Our Centennial Unified Soccer team just wrapped up another fantastic season. We had one of the largest teams in the District (again!), regularly getting 12 players to compete each week. Our season began in early October with practices on Tuesdays during Flex. We hosted our season-opening game at Centennial on October 14th and then traveled to Pinetree and Riverside for games during league play. On Friday, November 13th, our team participated in the District Championship hosted by Terry Fox. A great day was had by all. The staff at Fox put on a first-class event. Our student-athletes were excellent representatives of our school.
Thanks to Mr. Grant for coordinating our Athletic Leadership students, who were fantastic peer mentors.
Thank you to Ms. Lim, Ms. Fernandes, and Ms. Barlow for coordinating permission slips, ensuring everyone had rides, and being super supportive overall. Thanks to our EAs, Rekha, Robyn, and Carol, who came to Terry Fox for the District Championship. Thanks to Ms. Pagliaro and Mr. Grant for coming to Fox to cheer on our team.
While we didn't win the tournament, our team finished 4th out of 9 schools. It was priceless to see the smiles on our players' faces as they competed. Now we must wait until February, when Unified Basketball starts. Centennial will be hosting the Unified Basketball District Championship in the Spring!

GO CENTAURS

CAREER CENTRE

@cent43careercentre

QR Code Career Centre

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



LIFE, PASS IT ON SCHOLARSHIPS (GRADES 10-12)

4 x $1500 awards for BC students to create an awareness campaign in their community regarding organ donation. Due May 1. Green Shirt Day will be April 7th. Tools/info kit available. "Live Life. Pass It On." Scholarship

U of A Getaway for GRADE 11 students!
U of A Getaway | Undergraduate Admissions + Programs
When: May 28 - 30, 2027
Where: University of Alberta Augustana Campus in Camrose, Alberta
Deadline to Apply: January 31, 2027, *Successful applicants will be contacted in Spring 2027.*
EVENT DETAILS -20 SPOTS AVAILABLE FOR GRADE 11 STUDENTS.BC students will be reimbursed for up to $500 for travel. Your adventure will include transportation reimbursement, accommodation, meals and more.

BCSTA Student Citizenship Awards BCSTA Student Citizenship Awards – British Columbia School Trustees Association
BCSTA Student Citizenship Awards – British Columbia School Trustees Association

BCSTA Student Citizenship Awards A strong educational system is the foundation of a strong democracy. That's why the BCSTA is proud to support students with awards rooted in community service and g...

3 awards if $750 each. 3 categories. Apply by Feb. 14th, 2027

Arts Umbrella | EA Teen Animation Scholarship Program Apply by Dec. 1
Students ages 15-19 Free Program - Thursdays, January-May 2027 from 4:30PM-7:30PM Granville Island)
Develop a strong portfolio for post-secondary school applications with the support of industry professionals.

Ways to Apply While EDUCATION PLANNER IS OFFLINE:
CAPIANO UNIVERSITY
CapU Admissions Application Form
DOUGLAS COLLEGE
Interim applications: apply to Douglas College | Douglas College
Fill | CapU Admissions Application Form
While the EPBC system is temporarily unavailable due to maintenance, Capilano University is offering this alternative application form on a temporary basis to help prospective students submit their...
UVIC uvic.ca/apply.
KPU kpu.ca/apply
VIU - interim application form
Viu-application-for-admission.pdf

- International applicants: Please contact **study@viu.ca** for application assistance.

MORESPORTS VOLUNTEERS AND COACHES
TEENS: Youth Leadership (Gr 8 - 12) a Volunteer Mentor Program
Sign up here:
https://bttr.im/eupp9 Volunteer@Moresports.org
MyImpactPage - Moresports BC Society for more info
Accepting Coaching Applications:
https://am.lol/p/5qUFgZv Hiring@Moresports.org
Camp or Program Registration Struggles:
email Registration@DWUL.io

GRADE 12's

SPOTS AVAILABLE FOR SEMESTER 2 (2026/GRADE 12) - SD43 TRAIN IN TRADES
Are you an SD43 grade 12 student interested in a semester 2 Level 1 TRAIN in Trades opportunity? There are a few open seats in our Professional Cooking program at Centennial and Carpentry program at Terry Fox. Applications and more info are available: TRAIN in Trades Contact: Akang@sd43.bc.ca

UPCOMING UBC APPLICATION WORKSHOPS
There are only 2 more UBC Application Workshops remaining to get insight into the Personal Profile directly from UBC's Recruitment & Admission Team: Wed, November 18, 5-6.30 pm | Thu, November 19, 6-7.30 pm

UVIC FINANCE 101 This interactive session is aiming at bolstering students' financial readiness for university life. Register for Thursday, November 19, 5.30-7 pm, or Friday, November 20, 10-11 am.

TERRY FOX HUMANTARIAN AWARDS

28k. Are you an outstanding humanitarian and volunteer? Apply by Dec 1. Terry Fox Humanitarian Award |

UBC ENTRANCE SCHOLARSHIPS - DUE DECEMBER 1ST

Scholarships and awards for international students | UBC | Undergraduate Programs and Admissions

SFU USES Undergraduate Scholars Entrance Scholarships (USES) - Financial Aid and Awards - Simon Fraser University due December 15th. On site

FREQUENTLY USED LINKS - POST-SECONDARY

Home | EducationPlannerBC for information about BC schools

Order Transcripts (Basic BCeID and Student Transcript Service)

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 10:16-11:28		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