

CENTENNIAL TODAY

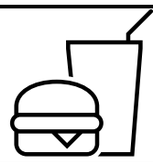


October 29, 2026 - Day 1

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: Bacon Corn Chowder

AM Break

Maple Pork & Egg Breakfast Wrap $3.25

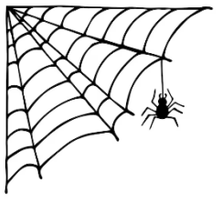
Lunch

Grilled Cheese $5.50
Greek Chicken Wrap $6.00
Triple Decker Clubhouse $6.50
BBQ Pulled Pork Sandwich $6.50
Spaghetti w/ Meat Sauce & Garlic Toast $6.00

Salad

Spinach & Kale 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





DONUTS



Krispy Kreme donuts on **Thursday (Oct.29), Friday (Oct.30)**, and **Monday (Nov.3)**. It will be during lunch in the cafeteria area. This will be for fundraising for the robotics club for entry fees and materials.



Prices are:
$1.50 / donut
$4.00 / 3 donuts
$8.00 / 6 donuts
$15.00 / 12 donuts (dozen)

Donuts will be delivered approximately one week later, the week of Nov.10th.

Language Challenge Exams

Are you a student who is fluent in Farsi, French, Japanese, Korean, Mandarin, Punjabi, or Spanish? If so, there is an exam that could give you credit for the Grade 11 or Grade 12 level, if you have not already received credit for these courses.
If you have interest in these exams, please see your Counsellor. The deadline to apply for these exams is **November 6th.**

LIBRARY HALLOWEEN CONTEST

Looking for some spooky fun and a chance to win prizes? 👻

Stop by the Library from October 26th to through to the 30th and take part in our Halloween Trivia Contest!

🎃 Answer the Library's Question of the Day to enter.
🍖 Every entry gets a candy.
🏆 Plus, we'll have 5 draws for cafeteria vouchers!

Come test your library knowledge, grab a treat and see if you have some spook-tacular luck! 👻📚

The Library's third Halloween Trivia Contest winner for Wednesday, October 28th is: **Peyton Yeo**! 😄





Scavenger Hunt Thursday Oct 29th during Cent time! Hosted by multi-cultural leadership!

If you love solving problems with Science, Technology, Engineering, Arts and Math, then the STEAM team is the club for you! **Join us at lunch on Fridays in the Library** Makerspace. We are curious, creative, and collaborative and use design thinking to work on a goal or project together. All students are welcome!

Physics Club is back!

If you are interested in testing your problem-solving skills, and applying them to real world applications, then Physics Club is for you. We are looking for members with a variety of skills, so all range of experience is welcome to come along and check it out. **We meet every Thursday at lunch in room B220**, See Ms. Curran for more details

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

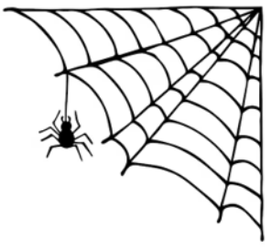
Grad Photos - Artona Studios will have a mobile site on Centennial's property from **December 5- 18, 2026**. Spots are on a first come first served basis. To book you can: scan the barcode on the poster outside our main office, call Artona directly or visit the link that can be found in the Student Portal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

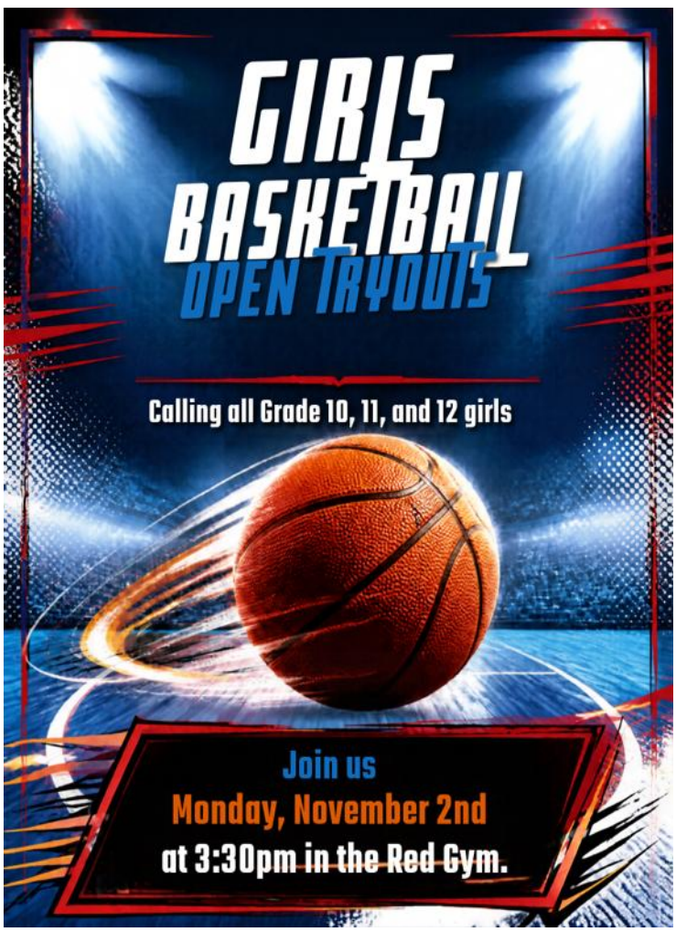
SPORTS



Girls Lacrosse

The Centennial Girls Lacrosse Team will have an informational meeting and sign-up on **Tuesday, November 3rd at LUNCH** in **classroom F103**. We are looking for new and experienced players! Come find out about the season and consider giving Canada's official sport a try.
For more information, email Ms. Murray at kemurray@sd43.bc.ca







CROSS COUNTRY TEAM

Congratulations to the Senior Girl's Cross - Country Team. They finished third in the Fraser Valley Meet last night and in doing so have qualified for the Provincial Championships. Well done to Taysia Lennstrom, Kallee Lennstrom, Tyler Haden, Keira Ballantyne, Lizbeth Ohlde, Yasmin Munoz and Rosa Sahraroody.



Volleyball intramurals are starting soon and sign-ups are happening right now! Find a group of 6-8 people to play at lunch. Scan the QR code to create your team!

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

COQUITLAM CHRISTMAS NIGHT MARKET VOLUNTEERS

What: Coquitlam Christmas Night Market is looking for volunteers for various positions: for example: cashier/floater Where: Evergreen Cultural Centre (1205 Pinetree Way, Coquitlam) When: November 29, December 11, December 12, 2026

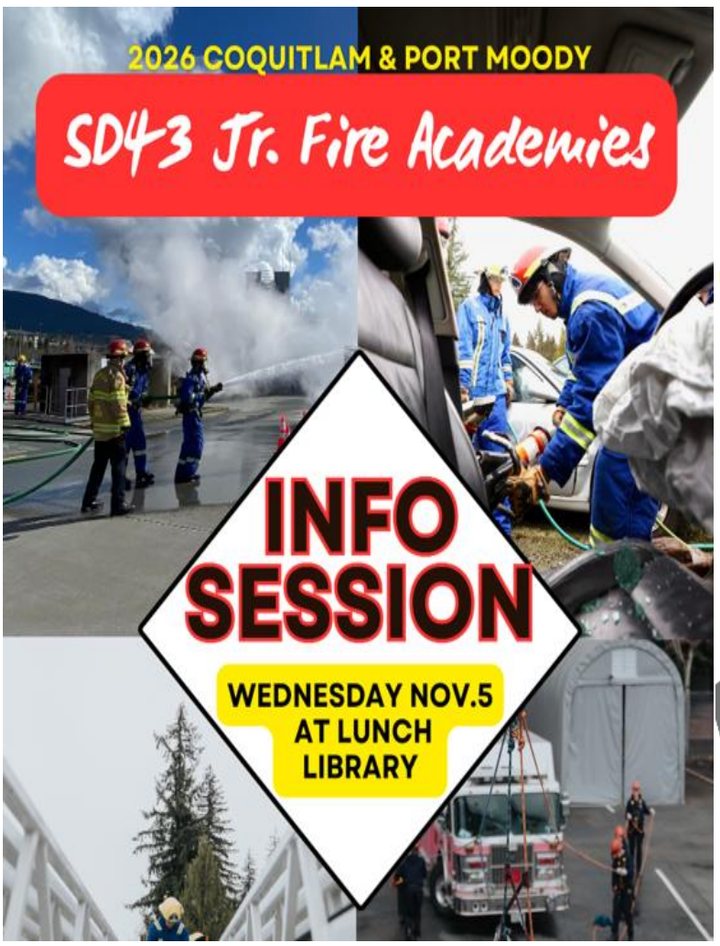
Apply:
https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2Fe%2…
Coquitlam Christmas Night Market Volunteer Signup form
Event Address: 1205 Pinetree Way Contact bettybakes604@gmail.com

UBC Women in Engineering High School Mentorship Program

Mentorship Program — Women In Engineering UBC Apply by Nov. 6th



Fire Academy meeting for interested gr. 11 and 12 students





Scholarships

Newly opened - Schulich Leader, Kin Canada Bursaries, SPEAT BC Finances & Awards

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.
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!

GRADE 12's

BEEM BURSARIES

The Purple Cap Awards | Beem Credit Union
Some adjudicated, some random draw. Review eligibility. Due Nov. 30th, 2026.



SFU UGGLA Family Scholarship available now. UGGLA Family Scholarship Application HERE
Deadline: January 18th, 2027, Value: Up to $170,000 over eight full-time academic terms
Eligibility: Students who become Uggla Family Scholars will demonstrate strong academic and leadership potential. The scholarship program supports 10 exceptional students per year to study at SFU who may not otherwise be able to afford an education.

The program reserves scholarships for those who identify as Indigenous, are Black or a person of colour, are living with a disability or are a member of the LGBTQIA2S+ community. The Uggla Family Scholarship is open to all Canadian/Domestic students and is designed to significantly reduce financial and other barriers to participation in post-secondary education.

The Society of Punjabi Engineers and Technologists of British Columbia (SPEATBC)
Value: $1,000 Deadline: December 30, 2026 Scholarships are available in several categories, including:

- Academic Excellence
- Financial Need
- Community Leadership and Volunteerism
- Immigrant/Newcomer Student Achievement

Application Package and Details: https://speatbc.org/scholarship Download Fillable application here

Education Planner BC - Events page
Event calendar | EducationPlannerBC | EducationPlannerBC

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

Connect with Queens University in Vancouver

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.

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)



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