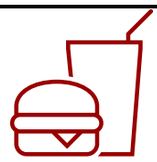
CENTENNIAL TODAY

November 17, 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
Chicken Noodle

AM Break

Sausage & Egg Breakfast Sandwich $3.25
Korean BBQ Smash Burger $6.50

Lunch

Grilled Cheese $5.50
Beef Rueben Sandwich $6.50
Chicken Pesto Panini $6.00
BBQ Pulled Pork Sandwich $6.50
Teriyaki Chicken Wings $6.50
Baked Tortellini w/ Sausage & Creamy Tomato Sauce $6.00

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.

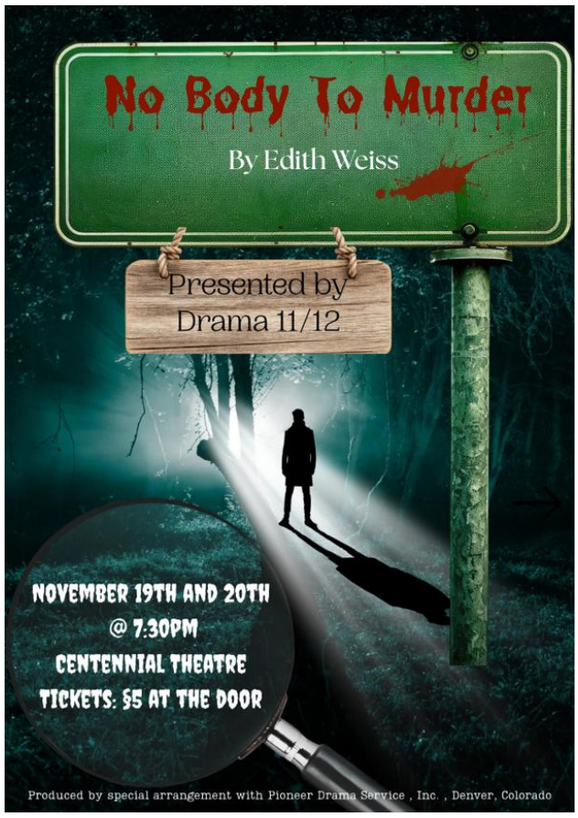
If you see an issue with any of our washrooms, or any other concern, please report it.

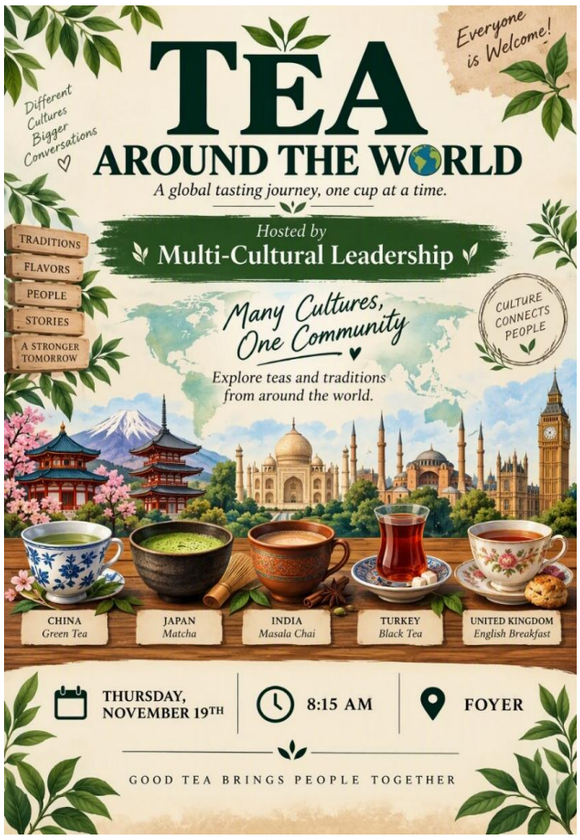
No toilet paper or soap… report it!
A mess on the floor… report it!
Vaping…report it! Damage…report it





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.





Free Multi-cultural Tea Event hosted by MC Leadership

Thursday Nov 19th at 8:15am in the Foyer

Come sample some teas from around the world and traditional snacks





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

- Wednesday, Nov. 18th 3:30-4:30pm



Open to all girls in grades 9-12. New and experienced players welcome! Meet on the turf. Bring your lacrosse stick, goggles and mouthguard if you have one. We will loan out equipment to those who need a stick!

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



LIVE

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.*

TRAIN in Trades applications are open for 2027/28. Most students complete TRAIN in Trades during Grade 12. Students are encouraged to begin exploring programs and planning with their school during Grade 10 or Grade 11. Applications are completed in Grade 11. TRAIN in Trades

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...

Grade 11 Scholarship for Black Students - Due Jan 8th
Fully funded awards for Canadian students.
BlackNorth Initiative - BlackNorth Initiative

BCIT Healthcare Horizons: Career Exploration is a first-of-its-kind, fully online, healthcare career exploration course for BC high school students. This competency-based course introduces students in grades 10 to 12 to diverse healthcare career pathways while building foundational knowledge of Canada's healthcare system and essential workplace skills.
2.0 Credits $374.54 Register directly for a seat based on availability. Nov 30 - Dec 17
Healthcare Horizons: Career Exploration (HLTH 1000) – BCIT

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

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

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.

Western Ivey AEO Info Session Via Zoom Nov 17
Ivey AEO Application Information Session - High School Students - Tuesday November 17 - 7PM EST | Honours Business Administration - Business Degree | Ivey HBA

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

NATIONAL PORTFOLIO DAY AT ECUAD National Portfolio Day Association
NOV. 21ST 11am 3pm. Get feedback and information about your portfolio!
Virtual and in person events.

Beedie Luminaries Scholarships are now open! Beedie Luminaries | Scholarships for B.C. Students
Awards from 20K to 44K.

Beedie Luminaries (SHINE AND BUILD Scholarships)
BUILD Scholarship | Up To $20,000 for Trades Professionals The deadline to apply is Dec. 14th less than one month away. (Awards for college, university or trades training - Financial adversity required. See full criteria.

Schulich Leader Internal Nomination Form 2027 – Fill out form



BCIT ENGINEERING PANEL NOV 18 5-6:30
BCIT Engineering Panel 2026 – BCIT

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