CENTENNIAL TODAY

November 3, 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
Beef Minestrone

AM Break

Sausage & Egg Breakfast Sandwich $3.25
BBQ Beef Smash Burger $6.50
Cinnamon Bun $3.25

Lunch

Grilled Cheese $5.50
Pesto Chicken Panini $6.00
BBQ Pulled Pork Sandwich $6.50
Cajun Chicken Wings $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





ATTENTION GRADE 12's

If you have purchased a grad hoodie, they are available for pickup in room **E214** during **Cent Time (Tuesday) and Flex (Wednesday**

DONUTS



Donuts will be delivered in 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.**

SPORTS

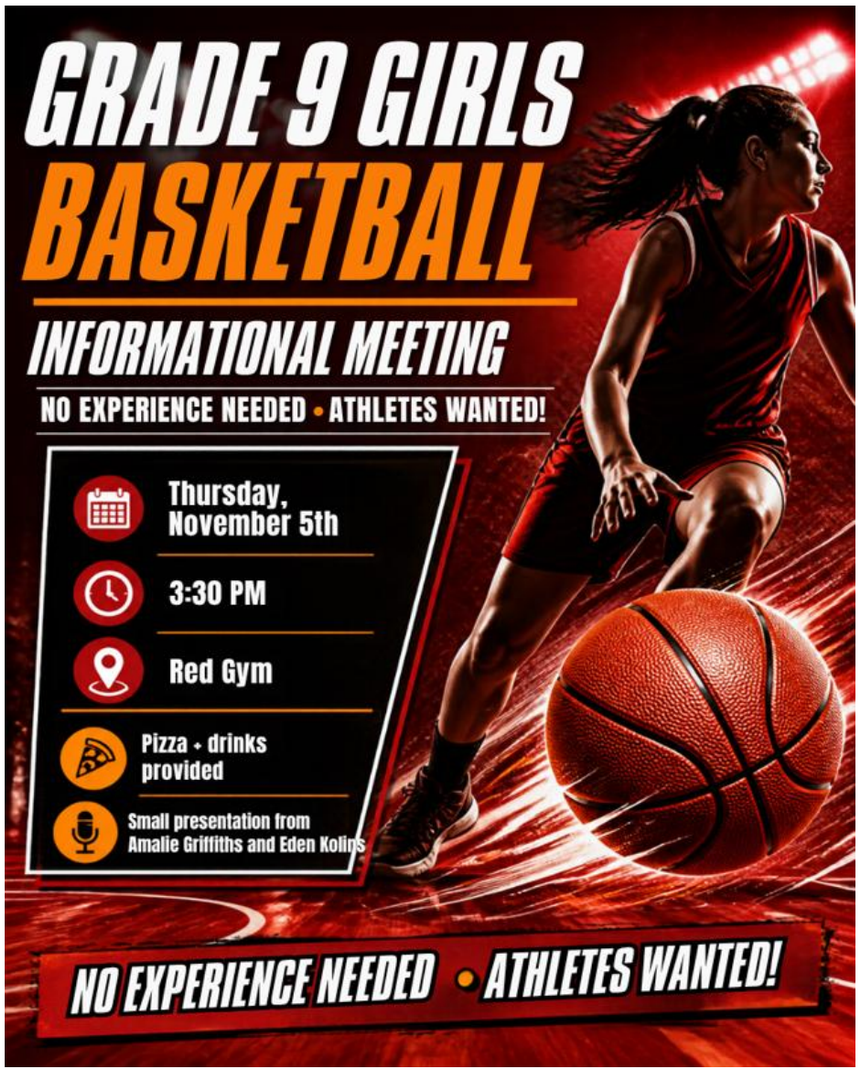


Girls Lacrosse

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

VOLLEYBALL

Gr. 9 Girls' Volleyball-Congratulations on a strong finish to the season. Most of your sets in your playoff game against Port Moody were close, especially the one set you took from P.M. Many good rallies occurred with some great plays. Good work, girls!



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





Jr Fire fighter info session at Lunch Friday November 6th.
Grade 11/12.



GRADE 12's

EPBC Events page

Education Planner Events page

EDUCATION PLANNER BC LIVE LEARNING SESSION
EducationPlannerBC Live Learning: Programs & applications.
Wednesday, November 4, 2026 ONLINE 7:30 - 8:30
SFU SIAT online info session

SIAT Undergraduate Program Information Session / Events - Simon Fraser University Register at the link.
Thursday November 6th 7pm - 8pm via zoom - Register at the link.

LANGARA INFO WEEK
Date and Time Mon, Nov 2 2026, 4pm - Fri, Nov 6 2026, 7pm Info Week: November 2–6, 2026 | Lang





UBC ENTRANCE SCHOLARSHIPS - DUE DECEMBER 1ST
Scholarships and awards for international students | UBC | Undergraduate Programs and Admissions
The following awards are available to Canadian students in their first year:

- **Awards for Indigenous students**
- **Beyond Tomorrow Scholars Program**
- **Loran Awards**
- **Presidential Scholars Awards**
- **Schulich Leader Scholarships**
- **UBC Centennial Scholars Entrance Awards**

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

On site





at CENTENNIAL Friday Nov. 13th at lunch in the Library.

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.

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

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