

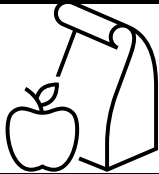


CENTENNIAL TODAY

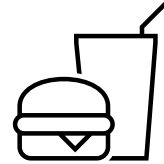
September 22, 2026 - Day 2

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
Red Lentil Dal

AM Break

Bacon & Egg Breakfast Sandwich \$3.25
Baked Mac & Cheese \$6.00

Lunch

Grilled Cheese \$5.50
Pesto Chicken Panini \$6.00
BBQ Pulled Pork Sandwich \$6.50
Korean Beef Cheese Steak \$7.50

Salads

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



YOUR SCHOOL. YOUR NEWS. YOUR VOICE.

THE CENT SHOW

SCHOOL NEWS SHOW

MEETING DURING EX. FLEX THURSDAY SEPT. 25

LOCATION: B106

PLEASE BOOK MR. RENSEN

BE PART OF THE STORY. BE PART OF THE SHOW!

WE ARE LOOKING FOR:

ANCHORS

Be the voice of our school!

SCRIPTWRITERS

Write the stories that matter.

EDITORS

Put the pieces together.

CAMERA CREW

Capture the action. Tell the story.

QUESTIONS? INTERESTED IN JOINING?

CONTACT: SHAYAAN DHAMANI 076-sdhamani@sd43.bc.ca

MEETING: THURSDAY, SEPT. 25 DURING EX. FLEX

LOCATION: B106

PLEASE BOOK MR. RENSEN

Join The CENT Show! We’re looking for anchors, scriptwriters, editors, and camera crew members for our school news show. Attend our meeting during **Ex. Flex on Thursday, Sept. 25 in B106**. Please book **Mr. Rensen**. Interested? Contact **Shayaan Dhamani** at 076-sdhamani@sd43.bc.ca



THIS WEEK IS ANOTHER GO BY BIKE CHALLENGE!

Last spring we came third – we hope to make it to first place but WE NEED YOU!

It is SO easy - just sign up to be on the CENTENNIAL team

using the code below

THEN enter your km every day you bike to school

Let's see if this time the students can beat the TEACHERS 😊

The race is on....



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

Volunteer with Evergreen Arts

Check out our list of Volunteer Positions and find the one that's right for you! [Get Involved - Evergreen](#)



SHAD 2027 APPLICATIONS ARE OPEN

<https://www.shad.ca/apply>

One summer of STEAM, entrepreneurship and new possibilities.

Discover the impact you can make at Shad.

Free to apply · Applications close January 6, 2027 at 11:59 p.m. ET

Apply (EARLY) by November 8, 2026 for the Early Application Advantage*

Plenty of options: Choose how you want to experience Shad: join our Live-in program on a post-secondary campus or connect with students across Canada through our Virtual program. Looking for a specialized live-in experience? Explore our A-Plus, En Français or Unplugged options to find the right fit for you.

INFO SESSION: Sept 21 Shad Canada Information Session Tickets, Monday, September 21 • 4 PM - 5 PM PDT | Eventbrite

Grades 11 & 12

PATHWAYS TO SCIENCE for grades 11/12 Online monthly

[Pathways to Science | BC Children's Hospital Research Institute \(BCCHR\)](#)

Online series to help you explore your interests and better understand the opportunities and foundational skills needed in STEM.

MARINE CAREERS EXPO

[Marine Careers Expo 2026 - Canada.ca](#)

This free event will take place at the Vancouver Shipyards on September 26th. Featuring line-up [Royal Canadian Navy](#) • [Canadian Coast Guard](#) • [The Canadian Marine Careers Foundation](#) and over 20 other marine exhibitors

U of A - Engineering fem+ Mentorship Program

The Faculty of Engineering's fem+ program is a 7-month long program for high school students who identify as women, non-binary or 2SLGBTQ+ and are interested in exploring all the possibilities within engineering. (virtual monthly contact)

[Applications for Mentees for the 2026/2027 fem+ program are now open!](#)

UPCOMING INFO SESSIONS

?

<u>NAME</u>	<u>LOCATION</u>	<u>TIME</u>	<u>DATE</u>
Schoolfinder Fair	Vancouver Marriot Pinnacle (Canada, USA Europe)	1-5pm	Sunday Sept 27
KPU Open House	Surrey Campus	11-2pm	Friday October 3
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 Applied Science	Centennial Library - lunch		
Douglas College	Info Fair New West campus	4-7pm	Tues. Oct 27th

Most admission applications will open on Oct 1st,2026

Students can apply up until the posted application deadline.

Exceptions: **Some** Colleges and Institutes have *competitive entry* or *first qualified first admitted*. (BCIT, Douglas Nursing Foundation) students should apply as soon as possible.

OTHER:

Study and Go Abroad Schoolfinder Fair: September 27th 1-5pm Pinnacle Marriot [SchoolFinder Fairs | Event Registration](#)

KPU Open House Oct 3 11-2pm Surrey Campus

Scholarship /Major Award DEADLINES:

U of T National Scholarships – Book Award – One nominee Internal deadline **Oct. 1st**. Students who meet the criteria need to submit a brag sheet to Mrs. HW. Questions email dhealeywright@sd43.bc.ca

BASANT MOTORS SCHOLARSHIP

DUE SEPT 27TH [Scholarship | Basant Motors](#)

GRADE 12's

SCHOLARSHIPS CANADA WEBINAR

Thursday Sept 24th 3pm-4pm PDT. Register here: Microsoft

LAND FOOD AND YOU- UBC FACULTY OF LAND AND FOOD SYSTEMS

[Land, Food & You - Faculty of Land and Food Systems](#)

Attend info sessions and learn about our four [Undergraduate BSc Degrees](#)

KPU Psychiatric Nursing

New* Students who meet criteria **can apply to the BPN** directly from high school to KPU's Psychiatric Nursing program.

SCHOLARSHIPS CANADA WEBINAR THURS.SEPT. 24

Finding and Applying for Scholarships

WEBINAR: [Microsoft Virtual Events Powered by Teams](#) 3PM - 4PM PDT

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.

AES SCHOLARSHIPS

Awarded on the basis of character not GPA. Do not have to be entering an engineering program. Submit an essay of between 500 and 1000 words:

*When you look back on your life in 30 years, what would it take for you to consider your life successful?
What relationships or accomplishments will be important on this journey?*

Amount of award: \$500.00 Deadline for entry: October 8, 2026 Submit essay to

scholarships@aesengineers.com

BCIT EXPLORING BIOTECHNOLOGY WORKSHOP (formerly Biotechnology Career Awareness)

**Workshop A: Fall Term: DECEMBER 7 – 11, 2026 | BCIT Burnaby Campus
NOW ACCEPTING APPLICATIONS**

This is a great workshop for students strong in the sciences and wish to pursue a career in a science field. I will be accepting **24 students** with priority given to Grade 12 students

Applications close: Monday, **November 9**

Please email Mrs. HW dhealeywright@sd43.bc.ca for an application.

Mini Med School (BC Children's Hospital Research Institute)

Grade 12's only. Applications open Sept 28th until Oct 4th only. \$1,000 scholarship available for participants. [link to website](#)

DOUGLAS COLLEGE - Upcoming info session

Tue Sep 29, 2026 @ 5:00pm Location: Zoom,

Online

Events

SPORTS

Gr. 9 Girls' Volleyball

Practice today and Wednesday in the blue gym, 3:25-5:30. Also, get your medical form completed as soon as possible and handed in. Reminder of lunchtime meeting on Thursday in room E 120 and all day tournament this Sat. at Harry Jerome Tennis Bubble on the Barnet Highway. Details to come very soon.

CENTENNIAL SWIM TEAM



SWIM TEAM IS NOW UNDERWAY - but it is not too late to join!!
EMAIL mcurran@sd43.bc.ca or come by B220 to talk to Ms. Curran. You can also get info from Ms Murray in PE.

Practices are across the street, Tuesday and Thursday mornings: 6:50 am on deck to warm up and in the water from 7 am to 8 am. If you have a block 1 class and have a conflict, talk to Ms Murray or Ms Curran, they can help!

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
BLOCK 3 10:16-11:28	ExFLEX 10:07 – 11:12	BLOCK 3 10:16-11:28	CENT TIME 10:07 – 11:12	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

