

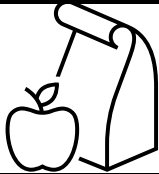


CENTENNIAL TODAY

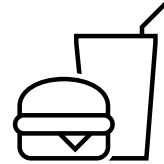
October 14, 2026 - Day 1

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
Vegan Lentil

AM Break

Turkey Sausage Wrap \$3.25
Cinnamon Bun \$3.25

Lunch

Grilled Cheese \$5.50
Chicken Pesto Panini \$6.00
Reuben Sandwich \$6.50
BLT Sandwich \$5.50
BBQ Pulled Pork Sandwich \$6.50
Fish Tacos w/ Beans & Rice, Salsa Verde &
Guacamole \$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



A Crêpe Truck is coming to Centennial!!!

When? Thursday October 22nd during Cent Time and Lunch

What? Delicious Sweet Crêpes (cash only)

Where? In front of the Foyer

Hosted by the Languages and ELL Departments



Centennial Fashion Show

Are you interested in being a part of the Centennial Fashion Show this year? Anyone that would like to be involved or learn more information, please come to the first meeting on **Wednesday October 21st** at lunch in the Textiles Room (E215). Please see Ms. Munroe if you have any questions.

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, come to our first meeting on Oct. 15th and check us out.

See Ms. Curran for more details



Sewing Club

The Cent Sewing and Crafts Club is meeting on **Monday October 19th**, at lunch, in the Textiles Room (E215). All skill levels are welcome! If you have any questions, please speak with Ms. Munroe.

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.

GRADE 12 YEARBOOK COMMENTS!

Grade 12s, please fill out the **yearbook comment form** sent to your school email. You have until **Friday October 16th** to submit 😊



PHOTO RETAKE DAY IS COMING - OCTOBER 15

Students needing retakes must **bring their ID card** to be photographed. There is a QR code on the back of the card that needs to be scanned. If you haven't picked up your Photo ID Card yet, please see the office staff.

All retake photos will replace the original day photo for a new ID card, pictorial and image in the yearbook. However, students will still be able to view and order both images online.

SPORTS



Ski and Snowboard Club Meeting

Are you ready to carve, stomp, shred, jib, and send? Or do you just want to hit some leisurely groomed laps on Manning? Come to the Ski and **Snowboard Club meeting on Thursday, October 15th at Lunch in the Theatre.** It is very important to attend so you can learn about how the club will work, pricing, dates, and the application process. The application form will be shared at the meeting. **See Ms. Chyzowski in B222 if you have questions.**

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

6PM
NOV. 5
@WINSLOW GYM
1100 WINSLOW AVE



SD43 TRADES PROGRAMS

INFO SESSION

Register Now



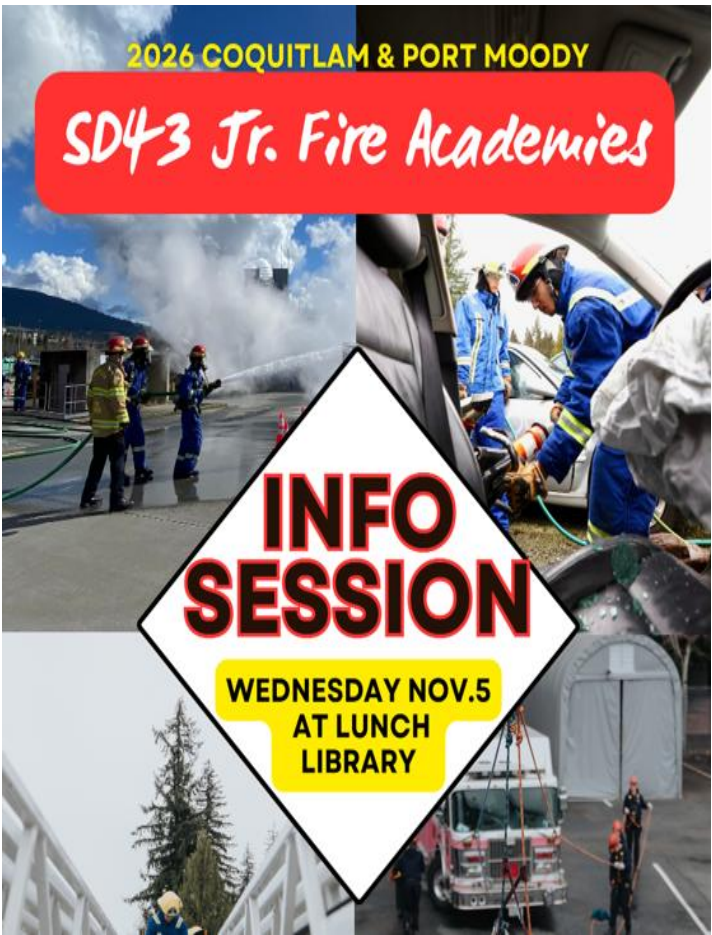
Learn about programs for SD43 students in the skilled trades

careerprograms.sd43.bc.ca www.sd43.bc.ca/careerprograms

Fire Academy meeting for interested gr. 11 and 12 students

2026 COQUITLAM & PORT MOODY

SD43 Jr. Fire Academies



INFO SESSION

WEDNESDAY NOV.5
AT LUNCH
LIBRARY

JOB SEARCH LINKS

[Available jobs - Search - Job Bank](#)

[Plan your career with the Career quizzes - Job Bank](#)

[Jobs in Coquitlam | Hiring Now | Bcjobs.ca](#)

[Job Search Canada | Indeed](#)

INFO SESSIONS AT CENTENNIAL



**UNIVERSITY OF
CALGARY**

THURSDAY OCT 15th AT FLEX IN THE FOYER



Gustavson

School of Business
University of Victoria

BCOM PROGRAM

FRIDAY OCT 16th at FLEX IN THE FOYER

HOLLYDAZE VOLUNTEERS NEEDED (AUSTIN HEIGHTS)

REGISTER HERE: 2026 HollyDaze in the Heights — Signup Sheet | [SignUp.com](#)

NOV 20 & 21 - Greeters, runners, hosts, set-up and tear down roles available. Morning, afternoon or evening shifts are available.

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. With a slogan of **“if you can see it, you can be it”**, it allows students to envision their academic future. Students DO NOT need to be planning on attending UBC to be a part of this program.

The program consists of five in-person meetings at UBC between Jan and May. High school students will meet with UBC students, as well as a variety of faculty and other professionals. There is no cost for students to attend. Transportation to and from UBC will be provided and students will be chaperoned by SD43 teachers. **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

AUARTS NFO SESSION -ONLINE SESSIONS AVAILABLE

AUArts Open House on October 24, from 10:00 a.m. to 3:00 p.m. MST — available in person or online! **Registration for Online Open House(Info Sessions only)**

KEY DATES - UBC

- **December 1, 2026:** Deadline for Canadian students to apply for the following scholarships/awards: Presidential Scholars Awards, UBC Centennial Scholars Entrance Awards, and UBC's Beyond Tomorrow Scholars award.
- **January 15, 2027:** UBC Applications due

BCIT BG INFO

TODAY, WED. OCT 14TH 4 PM - 7PM BURNABY CAMPUS

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

Connect with Queen's 2026: Vancouver Tickets, Wednesday, October 28 • 7 PM - 9 PM | Eventbrite Register in advance

VanDusen Botanical Garden, BMO Great Hall Vancouver, BC Wednesday, October 28 • 7 PM - 9 PM

SFU is hosting SIAT Discovery Day (School of Interactive Arts and Technology)

On Friday, October 23rd (Pro D Day) they will offer 2 different workshops simultaneously in addition to a campus tour and information session.

REGISTER: <https://www.eventbrite.ca/e/siat-discovery-day-tickets-2002178499790>

UFV OPEN HOUSE Saturday, October 17 10 am–2 pm UFV Abbotsford campus

UFV Open House | UFV.ca

- Tour classrooms, labs, study spaces, and student housing
- Chat with current students about university life
- Meet faculty and ask questions about UFV programs
- Check out discovery info sessions
- Get help with their application

U OF T INFO SESSION - VANCOUVER

Sunday, October 25, 2026 at 3:00 PM until 5:00 PM Pacific Daylight Time UTC -07:00 - Paradox Vancouver

REGISTER HERE: Discover U of T in Vancouver Join us for an exclusive event. Our team will be on hand to answer your questions about our programs, campuses, unique learning experiences, the application process, and anything else you need to know about the unparalleled opportunities that await you at the University of Toronto!

Loran Scholarship Deadline: October 15th, 2026 noon ET Value: \$150,000 over 4 years.

Eligibility:

- Be entering university for the first time in September 2027.
- Values character, service and leadership beyond academic performance
- Present a minimum cumulative average of 88%.
- Hold Canadian citizenship or permanent resident status.
- Requires a 'referee' who is a teacher, coach, employer, or community leader.
- 6 STEP application process.
- For more information click [HERE](#)

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.



VCC INFO WEEK OCT 26-30 Save the date

Info Week at VCC - Vancouver Community College Attend in events in-person or via Teams.

Events: [Event calendar](#) | [EducationPlannerBC](#) | [EducationPlannerBC](#)

Live Learning Sessions: Oct 21, Nov. 4, Nov 17 [Live Learning Sessions](#) | [EducationPlannerBC](#)

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 11:16 – 12:19	BLOCK 3 10:16-11:28	BLOCK 3 11:16 – 12:19	BLOCK 3 10:16-11:28
Lunch 11:28 – 12:13		Lunch 11:28 – 12:13		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
	BLOCK 4 1:05 – 2:08		BLOCK 4 1:05 – 2:08	
FLEX 1:29 – 1:59		ADVISORY/FLEX 1:29 - 1:59		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

