

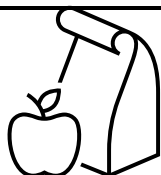


CENTENNIAL TODAY

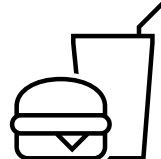
September 23, 2026 - Day 1

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
Leek & Potato

AM Break

Steak & Potato Breakfast Wrap \$3.25

Lunch

Four Cheese Pizza \$5.50

Hot Honey Pepperoni Pizza \$5.50

Pesto Chicken Panini \$6.00

Shepherd's Pie \$6.00

Dessert

Red Velvet Cake \$3.25

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. 24

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. 24 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



"Attention all booklovers! Centennial Book Club will have its first meeting Wednesday at lunch in the Library Makerspace. Please bring your lunch. New participants are welcome!"



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

NEW EVENT- DETAILS & APPLICATION FORTHCOMING

🔧 ✨ **BuildHer Future: A Career Discovery Event for Girls in Grades 10–12**

📅 **Thursday, October 29, 2026**

🕒 **9:30AM – 1:00 PM**

📍 **BCIT – Burnaby Campus**

MARINE CAREERS EXPO

[Marine Careers Expo 2026 - Canada.ca](https://www.marinecareersexpo2026.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

UPCOMING INFO SESSIONS

?

NAME	LOCATION	TIME	DATE
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

EMILY CARR UNIVERSITY
Emily Carr now has a list of courses they accept.
Undergraduate High School Course Lists

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.

[DOUGLAS COLLEGE - Upcoming info session](#)
[Tue Sep 29, 2026 @ 5:00pm Location: Zoom,](#)
[Online](#)
[Events](#)

[NEW at U of T](#)

New* [Engineering Supplemental Application - Future Engineering Undergraduates](#)
*The U of T Engineering Supplemental: The Personal Profile is a component of the Engineering Supplemental Application that takes about 30 minutes to complete online. It consists of **three randomly-selected, timed video questions**.*

***New division at U of T**

[4-Year Bachelor of Information - Faculty of Information](#)
Canada’s first four-year Bachelor of Information program
Launching in September 2027. Applications open in fall 2026.
From data and algorithms to artificial intelligence, the BI program prepares students not only to use emerging technologies but also to evaluate, design, and shape them responsibly in a rapidly evolving world.

SPORTS

[Gr. 9 Girls' Volleyball](#)

Practice TODAY 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

SCAN ME

