

CENTENNIAL COURSE PLANNING 2024-2025



CENTENNIAL SECONDARY WELCOMES YOU!

The next four years will be an exciting and important time for you.



Centennial School has a history of excellence in academics, athletics, electives, and extra-curricular choices.



We look forward to having you at Centennial and we know that you will enjoy your high school experience.

SEMESTER SYSTEM

There are two semesters each year

Semester 1 goes from Sept to Jan

Semester 2 goes from Feb to June

Most students will have four courses in each semester to equal eight courses a year

Some students may have more than eight courses per year if they are taking courses outside the timetable (before or after school or during lunch) such as music or fitness & conditioning

DAILY TIMETABLE

(Tuesday & Thursday)

Block 0 7:45 am - 8:55 am

Block 1 9:00 am - 10:02 am

Cent Time 10:06 am - 11:11 am

Block 2 11:15 am - 12:17 pm

Lunch 12:17 pm - 1:07 pm

Block 3 1:07 pm - 2:09 pm

Block 4 2:13 pm - 3:15 pm

DAILY TIMETABLE

(one Monday per month is
advisory and Monday,
Wednesday &
Friday afternoons for flex)

Block 0

7:45 am - 8:55 am

Block 1

9:00 am - 10:12 am

Block 2

10:16 am - 11:28 am

Lunch

11:28 am - 12:13 pm

Block 3

12:13 pm - 1:25 pm

Advisory (Mon)

Flex (Mon, Wed, Fri) 1:29pm - 1:59 pm

Block 4

2:03 pm - 3:15 pm

EXPLANATION OF ADVISORY, FLEX, CENT TIME

Advisory: This block will be used for student so organize their week, particularly with respect to their use of Flex and Cent Time. It will have some mental health activities and lessons embedded in it as well as other activities to help students with their executive functioning (organizing, planning, time management, emotional regulation)

Flex: This block is used to for students to get help with their courses or to work on homework and projects

CENT Time: This stands for Collaboration, Networking, and Tutorial Time. It can be used for guest presentations, assemblies, tutorial, and an extended block for classes when needed.

GRADUATION REQUIREMENTS

You will be in the 3 year, 80 credit graduation program. All Grade 10, 11 and 12 courses will be part of your transcript. Some Grade 9's will have 10- or 11-level courses in their schedule. Grade 10-12 Courses Credited

52 Credits Required Courses

28 Elective Courses

80 Credits Total

Literacy and Numeracy Assessments

You will choose 8
courses:
5 required
courses plus 3
elective courses

Required courses:

English 9

Science 9 or Science 10 Honours

Social Studies 9

Math 9 or Math 9/10 Honours

PE 9

REQUIRED COURSES FOR GRADUATION

English 10, 11 and 12	12 credits
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Social Studies 10	4 credits
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A Social Studies 11 or 12	4 credits
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Science 10	4 credits
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a Science 11	4 credits
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a Mathematics 10	4 credits
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a Mathematics 11	4 credits
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Physical Education 10	4 credits
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Fine Art/Applied Skill 10, 11,12	4 credits
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Career Life Education	4 credits
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Career Life Connections	4 credit
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Literacy and Numeracy Assessment	
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LANGUAGES

Students do NOT need a language to graduate

Students DO need a language – an Intro/Beginner language 11 (SFU) or Language 11 (UBC) for direct entrance to university

French 9, Spanish 9, and Japanese 9 do not need any prerequisites

If a student is unable or not wanting to get a language in grade 9 there will be opportunities in grade 11/12 to take an Intro/Beginner language 11

EXPLANATION OF MATH COURSES

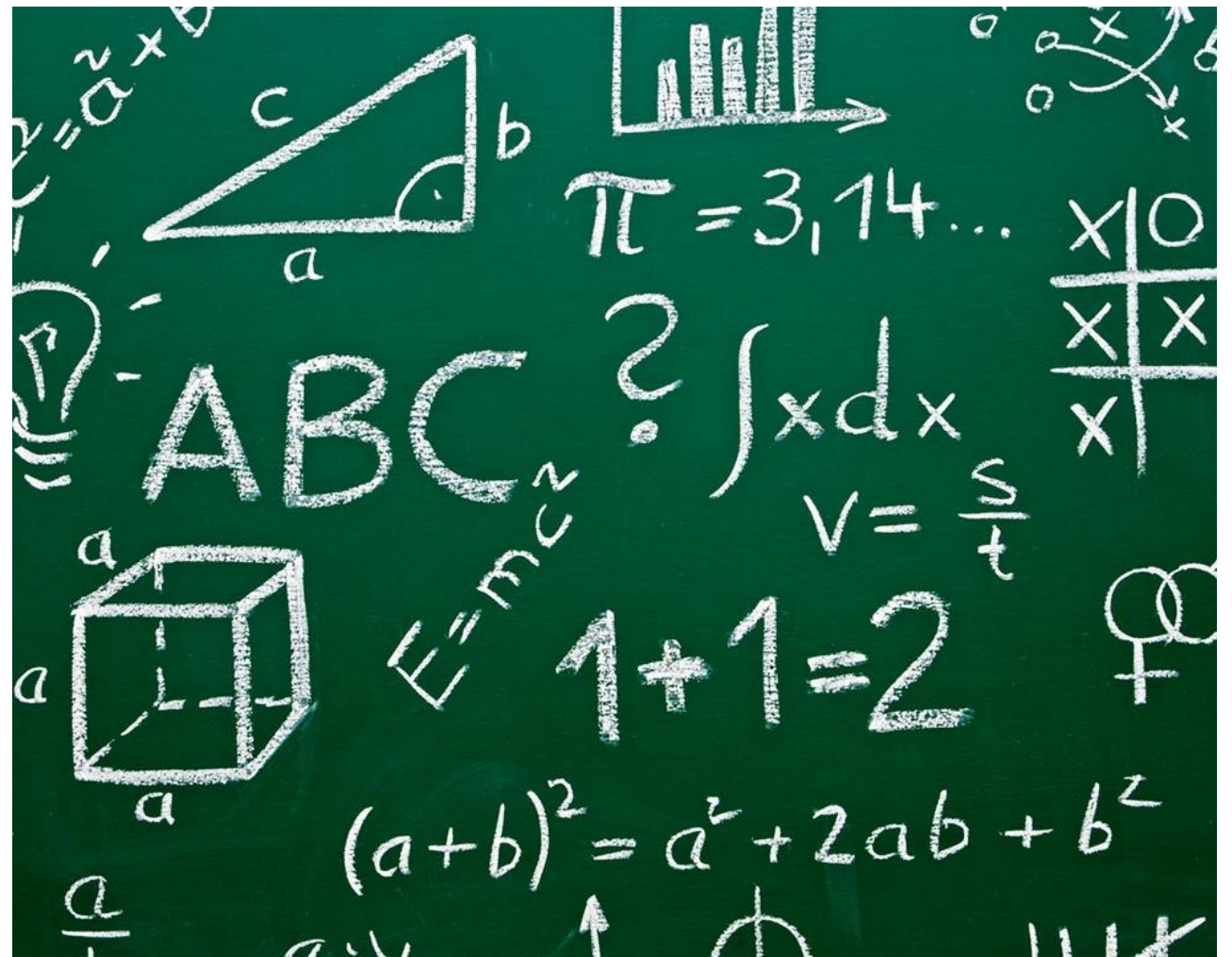
Math 9 is the math course that most Grade 9's will take at Centennial. Some students may need LEC (Learning Centre) and/or tutorial support

Math 9/10 Honours is designed for students who are excellent math students who are interested in taking higher level math courses

- If you are an excellent math student who is advanced in math, you may be interested in doing our math 10 honours program. Acceptance to this program is based on grade 8 math teacher referral.
- If you are selected you will move straight into math 10 honours without completing regular math 9.
- *Students will apply online through the QR Code*



If you continue to excel in this accelerated math program, you will be able to take AP calculus or even register for a Douglas College or SFU math course in grade 12



EXPLANATION OF MATH COURSES

If you are a student who finds math very difficult, you might receive Learning Centre (LEC) support or Numeracy 9 instead of Math 9.

A student who does not satisfactorily complete the Math 9 course requirements due to attendance, effort or work completion issues, will repeat the course at summer school or in Grade 10.



SCIENCE 9/10 HONOURS

- If you receive good marks in sciences, you might want to consider applying for the Pre-AP Science program. Acceptance to this program is based on grade 8 teacher referral.
- If you are accepted into the program, you will take Science 9 in Semester 1 and Science 10 Honours in Semester 2. If you choose to do this you will replace one of your electives with Science10 Honours
- *Students will apply online through the QR Code*

STUDENT SUPPORT SERVICES

Learning Enrichment Centre

LEC is a scheduled block on a student's timetable. A student can receive 4 credits for this course. This course will take the place of one of your electives.

In this block, students receive extra support with their academic classes, as well as a calm and safe place to learn.

Students requiring extra time or separate setting on exams and quizzes can write their assessments in the LEC.

Executive functioning skills, such as time management and organization, are also taught.

Students are assigned an LEC teacher who acts as their case manager. The LEC teacher acts as a strong advocate for the students that they work with.

LEC teachers work in liaison with a student's subject teachers to make sure that they have every opportunity to be successful.

Priority registration goes to those students who have an Individual Education plan.

Peer Tutoring

Some classes may have an assigned Peer Tutor (senior student) to help support students within the class

COUNSELLING SERVICES

Students are assigned a counsellor based on the first initial of their last name. Ms Thomas (A-Ha), Ms Norlin (He-O), Mrs. Temlett (P-Z)

Counsellors are available to help you with course selection, career and post-secondary guidance, personal counselling (mental health support), and referrals to outside agencies

You are welcome to email your counsellor for an appointment or stop by when you are free

You can access your counsellor anytime during the school day if it is urgent.




GRADE 9 ELECTIVE COURSES

- Art Education 9
- Beginner Guitar 10
- Business 9
- Business Computer Applications 12 (this is an introductory keyboarding course suitable for gr 9-12)
- Contemporary Music 10
- Drafting, Design and Animation 9
- Drama 9
- Fitness and Conditioning 10
- Fitness and Conditioning: Football (AM)
- Fitness and Conditioning: Soccer (AM)
- Fitness and Conditioning: Basketball (AM)
- Food Studies 10
- French 9
- Instrumental Music: Guitar 10
- Hockey Academy – Hockey Skills 10
- Information & Communications Technology 9
- Japanese 9
- Leadership 9
- LEC
- Metal/Wood 9
- Music 9 Jazz Band/ Vocal Jazz (lunch)
- Music 9 Concert Band/ Concert Choir (OUTSIDE TIMETABLE)
- Music 9: Jazz Band (audition/OUTSIDE TIMETABLE)
- Music Composition & Technology 10
- Photography 10
- Photo 10 (with Yearbook focus)
- Power Technology 9
- Spanish 9
- Fitness & Conditioning 10
- Dungeons & Dragons Adventures & Teamwork 11
- Chess 10
- Technology 9 Metal/Wood
- Technology 9 Electronics/Power & Energy
- Textiles Arts & Crafts 9
- Textiles 9 Sewing
- Optimizing Athletic Performance Academy 11
- **any course numbered 10,11,12 will give you 4 credits towards graduation if successful in the course


NEW COURSE FOR 2024-2025

Dungeons & Dragons Adventures &
Teamwork 11


This course focuses on friendship, leadership, and mental well-being as students engage in games like Dungeons and Dragons, Pathfinder, Polaris, Starfinder and more



Participants will also design adventures, characters, monsters, and encounters



Students will learn the basics of 3D printing, painting, map production and other design elements



This course has no prerequisites and is open to all grades

BAND AND CHOIR COURSES

- The majority of courses are one semester in length. Band 9 and Choir 9, however, are full year courses.
- Students meet on alternate days from September until June.
- Interested students will also have the opportunity to participate in Jazz Band 9 and vocal Jazz 9 this year. These courses are OUTSIDE the timetable.



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Fitness and Conditioning: Soccer



- For anyone in grades 9-12 who are serious about improving their soccer skills and learning how to properly train their bodies to be high level athletes.
- This was the first year the Soccer class was able to run and we are doing it Tuesday, Thursday, and every other Friday from 7:40 am – 8:50 am all school year.
- Course consists of: skill development, technical/tactical analysis, game play, and soccer specific weight training.
- Taught by Mr. Comeau – Athletic Director/PE Teacher at Centennial who helps coach the Sr. Boys and Sr. Girls Soccer teams here.

CENTENNIAL HOCKEY ACADEMY

Offered in partnership by RPM Hockey Company,
Centennial Secondary & School District 43



NEW PARENT - ZOOM MEETING

January 25 2024 at 7:00 pm

Meeting ID: 850 0929 4145

Passcode: 719689

CHARACTER • INTEGRITY • TRADITION

ABOUT THE ACADEMY

This program is available for students in grades 9 to 12.

RPM & Centennial Secondary (Coquitlam) have developed a program & curriculum that provides students with the opportunity to balance their educational requirements while developing their hockey skills.

RPM provides personalized instruction that educates and develops students in both the physical and mental aspects required to excel in hockey. The school and RPM, in consultation with students and parents, help design a personalized teaching plan catered to meet each player's individual needs. Students are tested both on and off the ice monitoring their individual improvements.



HIGHLIGHTS:

Academy Format - Semester Based - September to January

A typical week for all of our Academy players includes:

- 3 hours on ice - Skill Based Instruction
 - Power Skating
 - Puck Skills
 - Tactical & Game Play
- 2 hours - Sport Specific Conditioning/Events or Classroom

Sport Specific Conditioning utilizes a variety of training devices and techniques and may also include out trips.

Theory instruction provides players with skill breakdowns, progressions, individual and team tactics, practice planning, proper nutrition, strategies for high-level performance and motivation and goal setting.



ACADEMY COST

The total price for the academy is \$1,420. Please note a \$284 deposit is required at the time of registering the actual cost of the Hockey Academy is \$1420 (-\$284 Deposit) As a convenience to parents RPM will accept a payment plan of \$284 per month Sept 1-Dec 1).

Once you have registered online at www.rpmhockey.com, you must also notify the school that you would like to participate in the program.

ACCEPTING APPLICATIONS

- Academy -Ministry Approved
- 2nd year Bantam & Midget Players (grade 9-12) Obtain Academic Credits
- On Ice Development
- Off-Ice Conditioning
- Tactical/Game Play
- Performance Testing
- Educational Special Events
- Work Experience
- Offered inside the normal school timetable
- Students can play minor hockey & school sports
- Professional/Certified instruction

REGISTRATION OPENS JAN 26, 2024@ 8:30AM
REGISTER AT WWW.RPMHOCKEY.COM

CONTACT US

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Centennial Secondary

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Academy Administration

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**BUILDING GREAT KIDS IN THE CLASSROOM,
ON ICE AND IN THEIR COMMUNITY!**



MORE THAN JUST
CLASSWORK...

TIME WITH FRIENDS . . .



EXPLORING OTHER COUNTRIES



CLUBS

Q & A Club

Paws Rescue

STEAM Team

Centennial Book Club

Centennial Fencing Club

Centennial Robotics Club

Metfest

Girl Talk

VOX

Girl Talk

Mock Investment Club

Multicultural Club

Centennial Dungeons and dragons club

Mind Matters

Coding/Programming Club

cent store pop up shop

Mr. Cook's Classic Book Club

Volleyball Club

Centennial Writers Society

Math Club

Centennial Hip hop Crew- by Olivia Turcott/Kiggundu and Joelle

Centennial hip hop crew.

Bio Club

Eco club

Forgotten Orphans

F.A.N. Club (Film, Animation, Novels)

Smiles For Citizens

Jazz Club

Retro Remixed (Upcycling Club)

filmmaking club

Cent lifts

The Good News Club

ATHLETICS



Fall athletics

- Field hockey
- Volleyball
- Soccer
- Cross country
- Football
- cheer



Winter athletics

- Basketball
- Wrestling
- Field lacrosse
- Aquatics



Spring athletics

- Badminton
- Rugby
- Track & field





**PARENT INFORMATION MEETING
FOR INCOMING (CURRENT GRADE 8) STUDENTS**

**JANUARY 17 - 5:30PM
CENT LIBRARY**

CENTENNIAL FOOTBALL

Parents of students interested in being part of the Centennial Football program for the 2024 / 2025 season are strongly urged to attend this meeting. If you have any questions about this program or are unable to attend this meeting, feel free to email dinogeremia@shaw.ca or cocameron@sd43.bc.ca.

GO CENTAURS!

PERFORMING
ARTS



February 8, 9, 14, 15, 16, 17 at 7pm

February 10: Matinee at 1 pm

KEYS TO SUCCESS IN HIGH SCHOOL



Utilize

Utilize your time wisely
(Advisory, Flex, Cent Time)



Communicate

Communicate with your teacher if you are going to be absent due to illness or vacation. Try not to plan vacations during school time



Keep up

Keep up with homework.
The pace of a semester system is very fast



Let

Let your teacher and/or counsellor know if you are struggling




Get

Get involved in the school community (clubs, sports, activities)

HOW TO FILL OUT FORM

- A) Fill out demographic information
 - Check to see if student is supposed to complete all required courses i.e. ELL.
 - Choose the appropriate math class. There are 3 options. (1) Math 9 (2) Numeracy 9 (3) Numeracy 9 followed by Math 9 (full year of math)
 - Students choose 3 electives in order of preference (1-3) These are the electives you really want. Then choose 2 alternate electives. These are courses we will give you IF you cannot get one or more of your preferred 3 electives. This can be due to course conflict, course cancellation, or course being full. Choose wisely, you may get these alternates
 - Choose any extra courses. These will be OUTSIDE the timetable (a.m. or during lunch) They will be a 9th or 10th course i.e. Music, soccer, football
 - Indicate if you are enrolling in EPIC, Hockey Academy, Math or Science Honours (all require applications)
 - Parents/guardians MUST sign the form. Hand your paper copy to our vice principal once you have entered your courses online.



Centennial School

570 Poirier St., Coquitlam, BC

Course Planning Sheet

2023-2024

→ Grade 9

- Read the descriptions of all required courses and elective courses that interest you in the course planner on the [website](#).
- Use all the resources available to help you choose electives: teachers, parents, counsellors, and other students.
- Check what courses are required for the grade 10 program, graduation, and entry to post-secondary institutions.
- Check off your required Math course below.
- Choose 5 elective courses (choices 4 & 5 are alternates).
- Please use this form as a working document. Please select courses online via the MyEd portal by **no later than Feb. 10, 2023**.
- Please access [Centennial Course Planning website](#) for more information.

Maria Thomas (A-Ha): mthomas@sd43.bc.ca Nina Norlin (He-O): nnorlin@sd43.bc.ca Terry Temlett (P-Z): ttemlett@sd43.bc.ca

Legal First Name: _____ Legal Last: _____

Preferred Name: _____ Middle School : _____

Parent/Guardian Name: _____ Parent Signature: _____

Pick your required courses:

☒ English 9
 ☒ Social Studies 9
 ☒ Science 9
 ☐ Math 9
 ☒ Physical Education 9
 ☐ Numeracy 9

☒ COL Digital Literacy 10—All grade 9 students will be enrolled in this Digital Literacy class which is a course for developing technology skills. These skills will be integrated into and taught with their core subjects.

Please choose your TOP 5 elective courses (max 5 TOTAL):
 Write the numbers 1 to 5 in order of preference beside the course name below. We will try to get you your top 3 (no guarantees).

Arts Education 9	Japanese 9
Business Education 9	Metal/Wood 9
Drafting, Design and Animation 9	Power Technology 9
Drama 9	Social Dynamics in Tabletop Role Playing Games 11
Electronics and Power 9	Spanish 9
French 9	Contemporary Music 10
Fitness and Conditioning 10	Instrumental Music: Guitar 10
Foods Studies 10	Music Composition and Technology 10
Info and Communications Technology 9	Textiles 9 (Sewing)
New Media 10: Journalism	Textile Arts and Crafts 9
Business Computer Applications 12 (Keyboarding)	Photography 10
Learning Enrichment Centre Block (LEC)	Photography 10: Yearbook

☐ Check here if the student has a current IEP, priority for LEC classes will go to students with an IEP

Extra courses (during early morning block). Tick any then apply to you. You may take 2 Music courses.

☐ Music 9: Concert Band
 ☐ Music 9: Concert Choir
 ☐ Fitness and Conditioning 11 (Football)

☐ Music 9: Jazz Band 9 (Must also take Concert Band)
 ☐ Music 9: Vocal Jazz (Must also take Choir)
 ☐ Fitness and Conditioning 11 (Soccer)

Please indicate if you are applying to one of the following special programs:

☐ EPIC Status—Elite Performers in Coquitlam Program (please fill out SD43 package available online)
☐ Hockey Academy—Hockey Skills 10 (this usually takes the place of PE9 in Semester 1)
☐ Math 10 Honours (application form available via QR code in grade 9 course package or on website)
☐ Science 9/10 Honours (application form available via QR code in grade 9 course package or on website)

PLEASE SELECT COURSES ONLINE VIA MYED PORTAL FEB. 6-10, 2023

Important steps for successful course selection:

Make sure your child can log on to the MyEd website

Review the course planning form together with your child

Select the courses they would like to take using the form as a working document

Core courses will be loaded for them

They will only need to choose their elective choices and alternate choices

Please make sure your child has their course planning form with them on the date we will be assisting with selection via the MyEducation portal.



CENTENNIAL SECONDARY SCHOOL COURSE PLANNING 2024 – 2025

Where to find course planning
information for 2024-2025!

CENTENNIAL COURSE PLANNING WEBSITE



IMPORTANT DATES

- January 17th 6:30-7:30 Grade 8 Parent Info Night
Centennial Theatre
- January 26th Walkabout Centennial with
your school
- February 1, 2 & 5 Centennial Team to visit and
course entry help with
- January 25th Hockey Academy Parent
Info Zoom Meeting 7:00
p.m.
- Feb. 1-5th MyEd Portal Open
- Feb. 7th Deadline for Science & Math
Honours program applications
- March 4th Deadline for course selection

Benji and the entire
staff at Centennial
look forward to....

Seeing you at Centennial next
year!!!

