

CHARGERS MONTHLY

Sharing Centennial's Pride



"Intelligence plus character-- that is the true goal of education" -Martin Luther King, Jr.

Classroom Spotlight: Ms. Rambousek's Science Class



Grade 8 Science students have re-created animal and plant cell models with ... SLIME! The cytoplasm (slime) is contained within a cell membrane (clear container) which holds the appropriate organelles determined by the students.

After a few weeks of patience, the air bubbles in the slime have disappeared, leaving behind a cell model that can be observed from all angles!



According to the class, this interactive project was - as the students say - "cell-fie" worthy.

Tech Tips for Parents: Experts suggest that children sleep with their phones outside of their bedroom, in order to avoid distractions and overstimulating screen time.

Source: [The New York Times](#)

SHARING OUR PRIDE: COLOUR ME HAPPY

Colour Me Happy is Centennial's Arts Club, dedicated to artistically enhancing various projects around the building! Have you seen a show at Centennial? They've probably been involved in set design! Students meet to collaborate on creative projects and show how powerful visual arts can be!



CRHS in November

Burgundy in our Blood, Gold in our Bones



Halloween

Halloween is always a party at CRHS! Staff and students dressed up, and even participated in the annual Costume Competition. What a riot!

Staff Cook-Off to Support Hope Baskets

If you can't handle the heat, stay out of the CRHS cafeteria! Staff members competed in a cook-off to raise funds for the Holiday Hope Baskets. Ms. Grow & Mr. Moein took home top prize for tastiest dish!



Grade 9 Goes to Ottawa

Centennial went to the nation's capital, taking a total of 192 students and 16 staff members aboard! Students went to Parliament and met their local MP, as well as visited The Canadian History Museum and The Canadian War Museum.

SENIOR SLAM POETRY COMPETITION

The Senior Slam Poetry Competition is always the pride of the English Department, with 34 performances, featuring over 40 poets!

Grade 10
1st: Daliah Georges & Tameemah Nabil
2nd: Nefertari Bakel
3rd: Zainab Mirza

Grade 11
1st: Ava Christian
2nd: Siobhan McGreevy
3rd: Lauren Espinosa



DID YOU KNOW?

Every year Centennial sends donations to families in need around the Holidays? Our Hope Baskets go to support members of our immediate community. Students can bring in canned goods, toys and non-perishables in the coming weeks.