



**TUPPER SECONDARY – Weekly Student Bulletin**  
**January 06 – 10, 2025 (Semester 1)**



**Weekly Cafeteria Lunch Menu:**

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Biscuit</b> \$2.75	<b>Muffin</b> \$2.50	Chocolate Chips Muffin	Cheese Scone	Banana Loaf	Rice Krispy	Zucchini Loaf
<b>Daily Sandwiches \$5.00</b> Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Beef						
<b>Chef Salad</b> \$7.00				Chicken Caesar	Greek Salad	Chdf's Salad
<b>Wrap</b> \$5.50				Chicken Caesar	Chicken Salad	Chicken Caesar
<b>Hoagie</b> \$5.00	BLT	Beef		Pastrami	Pizza	Meat Lover Deli
<b>Hummus Box \$4.50</b>						
<b>Soup</b> \$3.75	<b>Ginger Carrot (V)</b>	<b>Cream of Tomato (V)</b>	Beef Barley	<b>Potato Leek (V)</b>	Chicken Noodle	
<b>Hot Sandwich</b> \$5.00 <b>Soup &amp; sandwich</b> \$7.25	Grilled Cheese	Grilled Cheese	Grilled Cheese	Tuna Melt	Panini	
<b>Entrée</b> \$7.25	Meatball Pene Marinara Sauce Vegetable	<b>Chili Nacho</b> <b>Sour Cream</b>	Pulled Pork Fries Cole Slaw	Lemon Grass Chicken Jasmine Rice	Chef's Special	
<b>Dessert</b> Individually priced	Pumpkin Cake	Apple Pie	Blueberry Square	Cinnamon Buns	Chocolate Cake	
<b>Daily Cookies \$2.00</b> Chocolate Chip ~ Red Velvet ~ Ginger Snap ~ Oatmeal Raison						

V = vegetarian V\* = vegetarian option available but limited

**ROARS - Respect Ownership Attitude Responsibility Safety**

**Weekly Schedule:**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>FIT (40 min) 8:40-9:20</b>	Block 1 (80 min) 8:40-10:00	Block 1 (80 min) 8:40-10:00	Block 1 (80 min) 8:40-10:00	<b>FIT (40 min) 8:40-9:20</b>
Block 1 (60 min) 9:20-10:20	break (10 min)	break (10 min)	break (10 min)	Block 1 (60 min) 9:20-10:20
break (10 min)	Block 2 (80 min) 10:10- 11:30	Block 2 (80 min) 10:10- 11:30	Block 2 (80 min) 10:10- 11:30	break (10 min)
Block 2 (60 min) 10:30-11:30				Block 2 (60 min) 10:30-11:30
lunch (45 min) 11:30-12:15				
Block 3 (80 min) 12:15-1:35	Block 3 (60 min) 12:15-1:15	Block 3 (80 min) 12:15-1:35	Block 3 (60 min) 12:15-1:15	Block 3 (80 min) 12:15-1:35
break (10 min)	<b>FIT (40 min) 1:15-1:55</b>	break (10 min)	<b>FIT (40 min) 1:15-1:55</b>	break (10 min)
Block 4 (80 min) 1:45 -3:05	break (10 min)	Block 4 (80 min) 1:45 -3:05	break (10 min)	Block 4 (80 min) 1:45 -3:05
	Block 4 (60 min) 2:05-3:05		Block 4 (60 min) 2:05-3:05	

**NEW ITEMS:**

**School Reopens after Winter Break: Monday, January 06, 2025**

Happy New Year!

**Exploitation Education Institute Presentation - Cybersafe: Thursday, January 09, 2025 in Auditorium**

Block 1 > Grade 8s and 9s

Block 2 > Grade 10s and 11s

Block 3 and a bit of FIT > Grade 12s

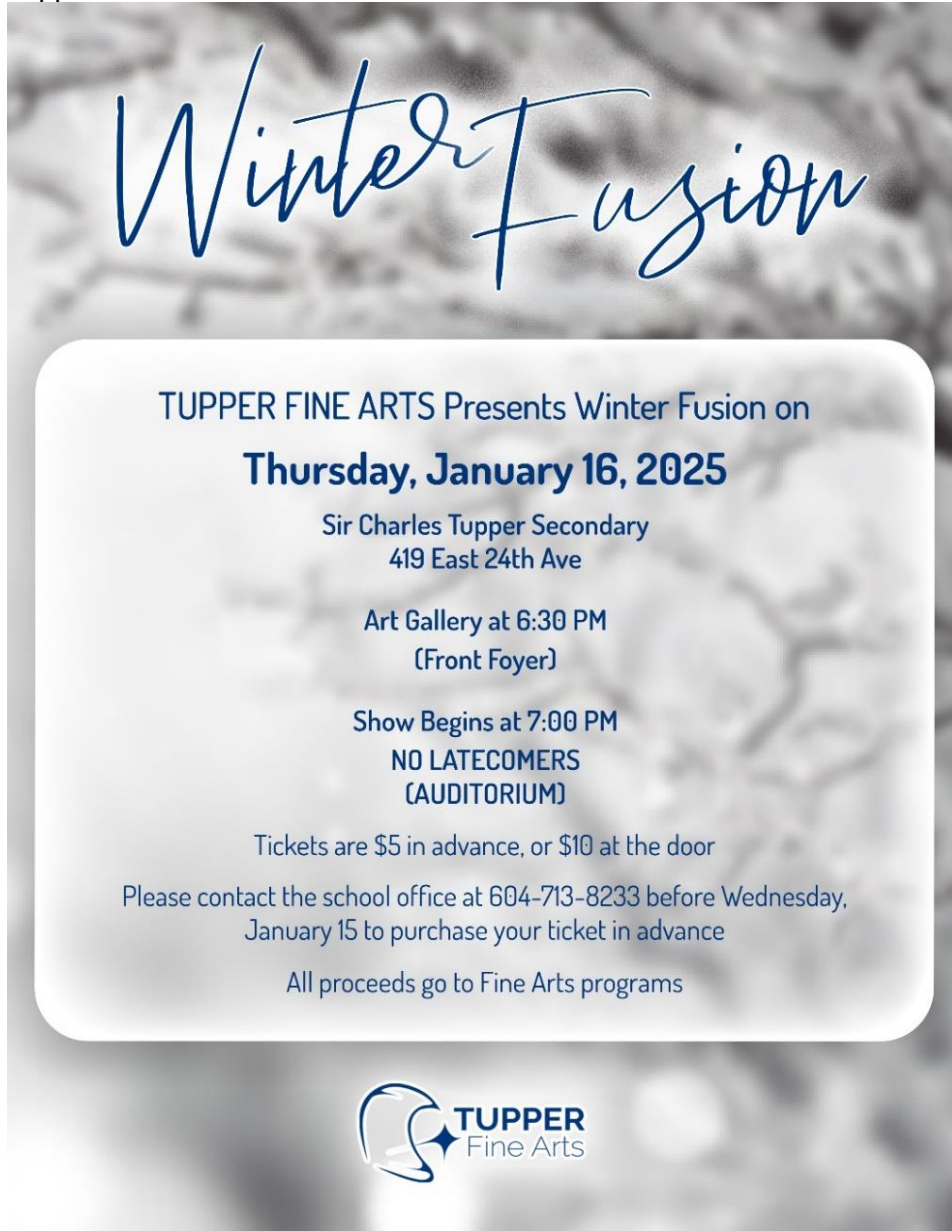
Each session is 60 mins long and teachers are expected to stay with their class in the auditorium.

**Attention All Students: Every Wednesday**

Reminder that there is Neighborhood Crew **every Wednesday after school** in the Staff room. See you there!

**Winter Fusion 2025: Thursday, Jan 16, 2025 @ 7pm**

All are welcome! Please join us the evening of Thursday, January 16, 2025. Tupper Fine Arts is hosting Winter Fusion 2025. Art! Dance! Drama! Music! Please see the attached poster for full details. Thank you for your support.



**ARTONA Photos Order:**

To view and order pictures: [Artona](https://artona.com/orders/school-day), visit <https://artona.com/orders/school-day> to place your order.

**HELPFUL RESOURCES:**

**School Fees:**

School fees can be paid online by visiting <https://vsb.schoolcashionline.com/>. If this is your first time using our online fee payment system, please register using your student's name. You can pay for school fees, course fees and workbook fees! Should you have any questions, please email [tupper@vsb.bc.ca](mailto:tupper@vsb.bc.ca).

**General Inquiries:**

Please take a moment to visit and familiarize yourself with our school website, [Tupper.vsb.bc.ca](http://Tupper.vsb.bc.ca) as we update our website daily. Should you have any general inquiries, please feel free to email us at [tupper@vsb.bc.ca](mailto:tupper@vsb.bc.ca) and we will respond to your email as soon as possible.

**Having Problems with MyEd Family Portal:**

Please note that access to the MyEd Family Portal is shared with the student and parents/guardians. If you have forgotten the password, you can reset your password through the below password recovery link. [Account Management \(vsb.bc.ca\)](https://vsb.bc.ca/AccountManagement)

Please send an email to [tupper@vsb.bc.ca](mailto:tupper@vsb.bc.ca) if your MyEd account is disable.

**Having Problems with Office 365:**

Students are able to reset their own Office 365 passwords by clicking [here](#). Please note that you will require your birthday as well as your Personal Education Number (PEN) which you can obtain from your MyEd account or you can find it on a past report card. Should you require assistance logging into your Office365 account after resetting your password, [please click here for a step-by-step guide](#).

**Lunch Menu Smart App: NEW!!!**



**New!** Use the VSB lunch smart app to **preorder an entrée and drink.**



Order window times: 6:00 am to 10:30 am (up to 30)

Use VSB lunch card or VSB cash card in the app to pay

Pick up at the table in the cafeteria – have app open to show payment