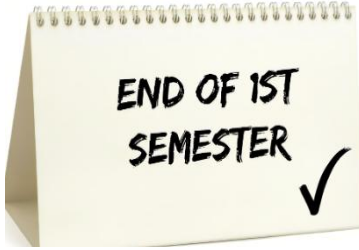




TUPPER SECONDARY – Weekly Student Bulletin
January 20 – 24, 2025 (Semester 1)



Weekly Cafeteria Lunch Menu:

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit \$2.75	Muffin \$2.50	Chocolate Zucchini Loaf	Morning Glory Muffin	Cheese Scone	Banana Loaf	Rice Krispy
Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Beef						
Chef Salad \$7.00		Chicken Caesar	Chef's Salad	Greek Salad	Chicken Caesar	Chef's Salad
Wrap \$5.50		Chicken Caesar	Chicken Salad	Chicken Caesar	Chicken Salad	Chicken Caesar
Hoagie \$5.00		Beef	BLT	Pastrami	Beef	Pepperoni Pizza
Hummus Box \$4.50						
Soup \$3.75		Cream of Tomato (V)	Corn Chowder(V)	Beef Goulash Soup	Chicken Mulligatawny Soup	Minestrone (V)
Hot Sandwich \$5.00 Soup & sandwich \$7.25		Grilled Cheese	Grilled Cheese	Grilled Cheese	Tuna Melt	Panini
Entrée \$7.25		Perogies Smokies Sausage Sour Cream	Chickpea Curry Basmati Rice Naan	<u>Cheese Burger</u> Fries	Shepherd's Pie Caesar Salads	Chef's Special
Dessert Individually priced		Apple Cake	Blueberry Pie	Chocolate Cake	Cinnamon Buns	Brownie
Daily Cookies \$2.00 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
FIT (40 min) 8:40-9:20	Block 1 (80 min) 8:40-10:00	Block 1 (80 min) 8:40-10:00	Block 1 (80 min) 8:40-10:00	FIT (40 min) 8:40-9:20
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)				break (10 min)
Block 2 (60 min) 10:30-11:30	Block 2 (80 min) 10:10- 11:30	Block 2 (80 min) 10:10- 11:30	Block 2 (80 min) 10:10- 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)	FIT (40 min) 1:15-1:55	break (10 min)	FIT (40 min) 1:15-1:55	break (10 min)
	break (10 min)		break (10 min)	
Block 4 (80 min) 1:45 -3:05	Block 4 (60 min) 2:05-3:05	Block 4 (80 min) 1:45 -3:05	Block 4 (60 min) 2:05-3:05	Block 4 (80 min) 1:45 -3:05

NEW ITEMS:

Science Fair: Tuesday, January 21, 11:30 am to 1:45pm
 Come to the library and check out the Science Fair projects.

TIP Afternoon: Wednesday, January 22
Students are dismissed at 1:45pm

TIP PM Schedule

	Start Time	End Time
Block 1	8:40am	10:00am
Break	10:00am	10:10am
Block 2	10:10am	11:30am
Lunch	11:30am	12:15pm
Block 3	12:15pm	12:55pm
Break	12:55pm	1:05pm
Block 4 – Students dismissed for the day	1:05pm	1:45pm
TIP Time – Students do not attend, dismissed at 1:45pm	1:45pm	3:05pm

Semester 1 Ends: Friday, January 24

Attention All Students: Every Wednesday

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

Message from Student Council:

Hello All Students. Do you want to have a voice in your education or provide constructive feedback to help bring about positive change in our school district? If so, the **Student Issues Box** is an online platform where students can raise concerns or ask questions, anonymously or openly. Click the link for more information and to access the platform: <https://www.vdscouncil.com/students-issues>.

Let's make a positive impact together! From Student Council

2025 WorkSafeBC Student Safety Video Contest: Due on Tuesday, April 1 at 5 PM

Hey ROARSies. If you are in grade 12 and looking for a Capstone Project this would be great. If you are in other grades and looking for a media project that has prizes this might be for you. There's a total of \$10,000 in prize money.

The theme for the *2025 WorkSafeBC Student Safety Video Contest* is **Show up, speak up for safety**. When you are new to work, some things may feel beyond your control. Show up and speak up when something feels unsafe. Tell us how young workers can do more than just show up at work.

It's a two minute video. You can use any media: live action, animation, hybrid, stop motion, slide show, or mashup. Media Club students can help you edit. We have professional video making equipment in Studip 409. But you can also do this on your own phone.

The deadline for entries is **Tuesday, April 1, 2025 at 5 pm**

See Mr. Coderre at any FIT in studio 409 for more details and sponsorship if you plan to enter.

<https://www.worksafebc.com/en/health-safety/education-training-certification/young-new-worker/student-safety-video-contest>

IMPORTANT Grad 2025 Information: Due on April 30

GRADS! It is time to start planning for your ceremony! Please be sure to take 2 minutes out of your day to fill out the Grad 2025 form! Here is the QR code and the link! Please share the information with your classmates! You will only have **until April 30th** to send this information!



Grad Rehearsal - FIT PM on June 17th, 2025 in the Cafeteria at Tupper
Graduation Ceremony - 2pm on June 20th, 2025 at the Chan Centre UBC
Dinner Dance - 6-11pm on June 24th, 2025 at the Fairmont Hotel Vancouver

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.

General Inquiries:

Please take a moment to visit and familiarize yourself with our school website, 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 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 \(vsb.bc.ca\)](http://Account Management (vsb.bc.ca))

Please send an email to tupper@vsb.bc.ca if your MyEd account is disabled.

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

ARTONA Photos Order:

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