



TUPPER SECONDARY – Weekly Student Bulletin
February 03 – 07, 2025 (Semester 2: 1-2-3-4)



Weekly Cafeteria Lunch Menu:

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit \$2.75	Muffin \$2.50	Morning Glory Muffin	Chocolate Orange Pound Cake	Cheese Scone	Blueberry Square	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	Pepperoni Pizza	Beef
Hummus Box \$4.50						
Soup \$3.75		Clam Chowder	Cream of Tomato (V)	Chicken Noodle Soup	Minestrone (V)	Curried Lentil Soup (V)
Hot Sandwich \$5.00 Soup & sandwich \$7.25		Grilled Cheese	Grilled Cheese	Grilled Cheese	Tuna Melt	Panini
Entrée \$7.25		Mac & Cheese Garlic Toast	Tofu <u>Cow</u> Mein	Beef <u>Burrito</u> Potato Wedges	Chicken Curry Rice Naan	Chef's Special
Dessert Individually priced		Apple Cake	Banana Cream Pie	Vanilla Cream cake	Cinnamon Buns	Chocolate Cream Tart
Daily Cookies \$2.00 Chocolate Chip ~ Red Velvet ~ Ginger Snap ~ Oatmeal Raisin						

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)
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:

Grade 10 Course Planning during FIT: Tuesday, February 04, 1:15 – 1:55 PM in the Auditorium

In preparation for Tuesday, February 4th Grade 10 into 11 Course Planning Assembly, please view the Powerpoint posted on the Grade 10 Teams channel.

Grade 10 to 11 will be given instructions on course input during their assembly.

Photocopy Training for Semester 2 CS Students: Wednesday, February 05

Photocopying training for CS students will be on Wednesday (Feb 5) at the beginning of EACH Block. Teachers, please send your CSs to the office after taking their attendance. Thank you.

Grade 11 Course Planning during FIT: Thursday, February 06, 1:15 – 1:55 PM in the Auditorium

After the course planning session on Feb 6, Grade 11 into 12 students will have access to an online form to make course choices.

Concordia University Visit: Friday, February 07 in the Foyer during AM FIT

A representative from Concordia University in Montreal will be visiting on February 7 at fit time in the foyer. <https://www.concordia.ca/>

Upcoming Course Planning Assemblies Booked in the Auditorium:

February 11: FIT TIME (1:15 -2PM), Grade 9 into 10 Course Planning Assembly

February 13: FIT TIME (1:15 – 2PM), Grade 8 into 9 Course Planning Assembly

All info and documents, including next year’s COURSE PLANNING GUIDE has been posted on our Tupper website under > Guidance and Support> Course Planning. Ms. Higenbottam and Ms Rebane

Course Planning Dates (current grade 8-11)

Grade	Date	Time	Location
8	February 13	FIT 1:15 PM – 1:55 PM	Auditorium
9	February 11	FIT 1:15 PM – 1:55 PM	Auditorium
10	February 4	FIT 1:15 PM – 1:55 PM	Auditorium
11	February 6	FIT 1:15 PM – 1:55 PM	Auditorium

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.

2025 WorkSafeBC Student Safety Video Contest

The theme for the 2025 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 p.m**

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 classmate! You will only have until April 30th to send me 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.