



**TUPPER SECONDARY – Weekly Student Bulletin**  
**February 10 – 14, 2025 (Semester 2: 1-2-3-4)**



**Weekly Cafeteria Lunch Menu:**

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Biscuit</b> \$2.75	<b>Muffin</b> \$2.50	Chocolate Chips Muffin	Banana Loaf	Cheese Scone	Chocolate Zucchini Loaf	Pro-D Day
<b>Daily Sandwiches \$5.00</b> Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Beef						
<b>Chef Salad</b> \$7.00		Chicken Caesar	Chef's Salad	Greek Salad	Chicken Caesar	Pro-D Day
<b>Wrap</b> \$5.50		Chicken Caesar	Chicken Salad	Chicken Caesar	Chicken Salad	Pro-D Day
<b>Hoagie</b> \$5.00		Beef	BLT	Pastrami	Pepperoni Pizza	Pro-D Day
<b>Hummus Box \$4.50</b>						
<b>Soup</b> \$3.75		<b>Cream of Spinach</b> V	Clam Chowder	Chicken Noodle Soup	Beef Barley	Pro-D Day
<b>Hot Sandwich</b> \$5.00 <b>Soup &amp; sandwich</b> \$7.25		Grilled Cheese	Grilled Cheese	Grilled Cheese	Tuna Melt	Pro-D Day
<b>Entrée</b> \$7.25		Pene Pasta Meat Sauce Salad	Fish Taco  Fries	Roasted Porkloin Mashed Potato Vegetable	Thai Curry Chicken Jasmine Rice Vegetable	Pro-D Day
<b>Dessert</b> Individually priced		Pumpkin Cake	Apple Pie	Vanilla Cream cake	Cinnamon Buns	Pro-D Day
<b>Daily Cookies</b> \$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
<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)				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)	<b>FIT (40 min) 1:15-1:55</b>	break (10 min)	<b>FIT (40 min) 1:15-1:55</b>	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:**

**Grade 9 Course Planning during FIT: Tuesday, February 11, 1:15 – 1:55 PM in the Auditorium**

Grade 9 into 10 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. If you have any questions about course planning, you can come see Ms. Wall during FIT or email her to book an appointment.

# 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

## **Hey ROARSIES:**

Jam Club and Media Club are back in the week of February 10<sup>th</sup> with new times.

**Tuesdays - Media Club - Studio 409 - after school**

**Thursdays - Jam Club - Music room - after school**

Also, if you want to learn how to make beats, grooves and songs on **bandlab.com** you can register for free classes at your own pace by contacting [scoderre@vsb.bc.ca](mailto:scoderre@vsb.bc.ca)  
<https://www.bandlab.com/> Tupper Media: Hear the ROARS.

## **Grade 8 Course Planning during FIT: Thursday, February 13, 1:15 – 1:55 PM in the Auditorium**

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

## **CandyGram Delivery: Thursday, February 13 during 3<sup>rd</sup> Block**

On **February 13th during 3rd block**, StuCo will be going around spreading some 🍬 love 🍬 to classes to deliver candygrams.

## **Grade 12 Winter Formal: Thursday, February 13 @ 6:30pm**

Attention all Grade 12s! Your Grad Winter Formal is on **Thursday February 13th** in the cafeteria! Doors will open at 6:30, but no one will be let in past 7, and it will go until 9pm. There will be food, a dj, a photo booth, and more!

Please wear formal attire! Tickets are \$10 and will be sold in the foyer at lunch on Feb 3 & 4. When bought we will mark down your name and you are required to come to a FIT meeting the day of the dance to access your ticket. Please be ROARsy!! Love, Grad Committee



**District Pro D: Friday, February 14**  
Non-Instructional Day

**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 Studio 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:**

### **Attention All Students: Every Wednesday**

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

### **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 \(vsb.bc.ca\)](#)

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

### **ARTONA Photos Order:**

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