



Weekly Cafeteria Lunch Menu:

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit \$2.75	Muffin \$2.50	Chocolate Chips Muffin	Cheese Scones	Zucchini Loaf	Rice Krispy	Blueberry Loaf
Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Beef						
Chef Salad \$7.00				Chicken Caesar	Greek Salad	Chef's Salad
Wrap \$5.50				Chicken Caesar	Chicken Caesar	Chicken Caesar
Hoagie \$5.00	Beef	BLT		Pastrami	Pepperoni Pizza	Beef
Hummus Box \$4.50						
Soup \$3.75	Cream of Mushroom (V)	Minestrone (V)		Seafood Chowder	Curried Lentil (V)	Cream of Spinach (V)
Hot Sandwich \$5.00 Soup & sandwich \$7.25	Grilled Cheese	Grilled Cheese		Grilled Cheese	Tuna Melt	Panini
Entrée \$7.25	Cheese Tortellini Rose Sauce Garlic Toast	Fish & Chips Cole Slaw Tartar Sauce		Beef Stew French Baguette	Tandoori Chicken Rice Pickle Onion	Chef's Special
Dessert Individually priced	Pumpkin Cake	Apple Pie		Chocolate Cake	Cinnamon Buns	Brownie
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
	FIT (40 min) 1:15-1:55		FIT (40 min) 1:15-1:55	
break (10 min)	break (10 min)	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:

Spring Break Open Gym: March 18 – 21 & 24 – 28, from 10am

The Main Gym will be open to boys basketball players **March 18 – 21 and 24 – 28, from 10am to Noon each day.**
 All ages are welcome to come play and work on their skills.

First Day Back from Spring Break: Monday, March 31

Welcome Back everyone!!!

Artona Grad Makeup Event! Deadline is Monday, March 31

Graduates of 2025: There's still time to get your grad photos at Artona! You will be included on the class composite if you are photographed by **March 31**. Please book now by scanning the QR code or visiting artona.com/bookings



When: Today until March 31, 2025

Location: Artona Vancouver Studio - 353 West 7th Avenue, Vancouver

If you need any assistance in booking your appointment please contact our customer service team here: artona.com/contact-us
See you soon!

Student Learning Conference Registration: Tuesday, April 01 @ 7am

Appointments scheduling will **start at 7am on Tuesday, April 01**, and the registration will be closed on **Wednesday, April 09 at 3pm**.

Please register your NEW account @ <https://tupper.schoolappointments.com>, the on-line parent teacher interview booking system for Sir Charles Tupper Secondary School. To register for an account, click on the "REGISTER" tab. You will find the system very easy to use and it will take only a few minutes to setup your account, your children and your appointments.

Euclid Math Contest (Grade 12): Wednesday, April 02

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:

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

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

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](https://artona.com/orders/school-day), visit <https://artona.com/orders/school-day> to place your order.