



TUPPER SECONDARY – Weekly Student Bulletin  
May 22 – 26, 2023 (Semester 2)



Weekly Cafeteria Lunch Menu:

Menu is subject to change with the vagaries of food deliveries and student creativity.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>QUICK BREAD</b> 8:15 and 11:30	Victoria Day	Apple Cinnamon	Pear Nutmeg	Lemmon Poppyseed	White Chocolate Raspberry
<b>Daily Sandwiches \$4.50</b> Egg Salad ~ Tuna Salad ~ Veggie ~Ham ~ Turkey					
<b>Wrap \$4.50</b>		Chicken Caesar	Pesto Chicken	Chicken Caesar	Pesto Chicken
<b>Hoagie \$4.50</b>		Beef	Ham	Pastrami	Turkey
<b>Chef Salad \$6.00      Hummus Box \$4.50</b>					
<b>Soup \$3.50</b>				Thai Curry Beef	Lentil Soup
<b>Students' Special</b> \$5.25    *Limited				Veggie Quesadillas	Ham and Swiss Panini
<b>Entrée \$6.50</b>		Chicken or Veggie Burger, Home Fries Caesar Salad	Fusilli with Meatballs in Tomato Sauce Garden Salad	Teriyaki Chicken Jasmine Rice and Vegetable Medley	Gochujang Roast Pork with Basmati Rice and Tossed salad
<b>Drop Cookie \$1.75</b> <b>Cookie Special</b>		Vanilla Chocolate Chip	Double Chocolate Vanilla	Vanilla Chocolate Chip	Double Chocolate Vanilla
<b>Dessert</b> <small>individually priced</small>		Chocolate Pudding	Apple Streusel	Chocolate Cake	Crème Brule
V = vegetarian V* = vegetarian option available but limited					

**ROARS - R**espect **O**wnership **A**ttitude **R**esponsibility **S**afety

FIT Schedule:

Tuesday FIT 1	Tuesday FIT 2	Thursday FIT 3	Thursday FIT 4
BLOCK 1 8:41AM - 9:37AM	BLOCK 2 FIT 9:44M -10:34 AM	BLOCK 3 12:15PM - 1:11PM	BLOCK 4 FIT 1:18PM - 2:08PM
BLOCK 1 FIT 9:37AM - 10:27AM	BLOCK 2 10:34AM - 11:30AM	BLOCK 3 FIT 1:11PM - 2:01PM	BLOCK 4 2:08PM - 3:04PM

NEW ITEMS:

Victoria Day: **Monday, May 22**  
No School

FIT 2: **Tuesday, May 23**  
Block 2 FIT

FIT 4: **Thursday, May 25**  
Block 4 FIT

One Act Plays: **Drama nights May 23<sup>rd</sup> and June 1<sup>st</sup>, Comedy nights May 25<sup>th</sup> and 30<sup>th</sup>**  
Theatre Company proudly presents original One Act Plays, written and produced by actors and writers.  
**Comedy nights May 25<sup>th</sup> and 30<sup>th</sup>. Drama nights May 23<sup>rd</sup> and June 1<sup>st</sup>**

Doors @ 6:30pm  
Show @ 7pm  
Tickets \$5 in advance. \$10 @ the doors!  
Thank you for supporting Tupper Theatre Company. Ms Heidi

**Lost & Found Items: LAST CHANCE**

Last chance to claim your lost and found jackets, sweaters, glasses, umbrellas, water bottles and much more. Please drop by the office to have a look. Any unclaimed lost and found items will be **donated after June 30.**

**Student Council Applications: Deadline - Wednesday, May 24**

Applications are available starting today (May 12) and must be submitted **by Wednesday, May 24th by 3:04pm.** All applications will be online this year at the following link: <https://forms.gle/Y5ZWdipB2WgRz1qk6>, but paper copies can be found in David's classroom (Room 205) if you have any issues. Make sure to check your email and follow @tuppercouncil on Instagram for updates!

**Drum Across the World: Wednesday, June 21, 2023**



**DRUMS ACROSS THE WORLD**

OUR VSB

**INVITATION TO K-12 STUDENTS, STAFF,  
ELDERS, DRUM AND DANCE GROUPS  
FROM AROUND THE GLOBE**

To be viewed on June 21, 2023 at the VSB Education Centre



A Collective Sharing

**A COLLECTIVE SHARING OF DRUMS, RATTLES,  
AND SONGS FROM ALL OVER THE WORLD!**

This event will be pre-recorded so please send an Indigenous song, story, dance, or a teaching that is appropriate for others to witness and use for future Indigenous Education Initiatives.



**HOST: Vancouver School Board  
Indigenous Education  
Department**

**RSVP with video submission  
by JUNE 1st**



One VIDEO Submission  
by [WeTransfer](#)  
or [pCloud](#)

**\*\*\*Filming Student  
Consent Form  
[CLICK HERE](#)**

**[REGISTER  
HERE](#)**  
[A gift will be provided  
for the Elder's talk.  
\[Click this link to enter\]\(#\)](#)



**QUESTIONS?**  
Contact — Davita Marsden  
[dmarsden@vsb.bc.ca](mailto:dmarsden@vsb.bc.ca)



VPD Cadets Sign Up:

RISE TO THE CHALLENGE  
BECOME A VPD CADET



APPLICATIONS FOR THE 2023-2024 CLASS 10  
NOW BEING ACCEPTED UNTIL MAY 26!

TO BE ELIGIBLE, APPLICANTS MUST MEET THE FOLLOWING REQUIREMENTS:

- CURRENTLY IN GRADE 9, 10 OR 11 AT A VANCOUVER SCHOOL OR RESIDE IN VANCOUVER
- A STUDENT WITH GOOD ATTENDANCE AND GOALS OF GRADUATING
- A DESIRE TO LEARN NEW SKILLS AND FURTHER DEVELOP THEMSELVES IN THE AREAS OF LEADERSHIP, TEAMWORK, AND COMMUNICATION
- SOMEONE WHO WANTS TO MAKE THEIR COMMUNITY A BETTER PLACE
- SOMEONE WHO WANTS TO BE CHALLENGED AND IS WILLING TO STEP OUTSIDE THEIR COMFORT ZONE

MORE INFORMATION:

▶ EMAIL: CADETS@VPD.CA

▶ WEBSITE: VPD.CA > JOIN US > VPD CADET PROGRAM

 @VPDCadets

 VPDCadetCorps

 vpdcadets



WITH SUPPORT FROM

VANCOUVER POLICE FOUNDATION

RISE TO THE CHALLENGE  
JOIN THE VPD CADET FAMILY

  


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WORK EXPERIENCE:

<b>Work Experience:</b> Please see Ms. Ma in Room 303D during the afternoons or email me at <a href="mailto:ssma@vsb.bc.ca">ssma@vsb.bc.ca</a> for details and/or help.	
<b>The 58th Annual Mel Zajac International Swim Meet at UBC:</b>	Volunteers needed. Read more info and apply at <a href="https://www.swimzajac.com/volunteer/sponsorship">https://www.swimzajac.com/volunteer/sponsorship</a> . Many fun positions available such as Awards Assistant, Runner, Checkpoint, Time Keeper, etc. Sign-up early to get the spots and times you want. A letter will be provided to document your hours of participation and tasks performed. <b>Deadline:</b> May 26th.
<b>Moresports:</b>	Volunteers needed from April to June to assist with 1) Multi Sport, Volleyball, & Basketball at VSB Elementary Schools after school 2) Soccer, Ultimate, & Flag Football at Robson Park or Memorial Artificial Turf Field on weekends. Email: <a href="mailto:malcolm.lee@moresports.org">malcolm.lee@moresports.org</a>
<b>Homework Club at Brock Elementary:</b>	Volunteers needed Tuesdays and Thursdays from 3:04 - 4:30 pm. Contact Stephanie at <a href="mailto:stephanie_feng@lmnhs.bc.ca">stephanie_feng@lmnhs.bc.ca</a> (Little Mountain Neighborhood House), and pick-up an application form on Ms. Ma's door Room 303D.
<b>Dragon Boat BC:</b>	Volunteers needed June 23 - 25, 2023 Read more info at <a href="https://dragonboatbc.ca/volunteer/">https://dragonboatbc.ca/volunteer/</a> before you apply. Various locations available. You will get a letter for volunteer hours, t-shirt, food/beverage for volunteer shifts, chances to win prizes, and an invitation to the Thank you BBQ.
<b>Pedalheads:</b>	Paid swim instructors or volunteers needed. Apply at <a href="https://pedalheads-bike-camps.breezy.hr/p/33ac73b3e85a-swim-instructor">https://pedalheads-bike-camps.breezy.hr/p/33ac73b3e85a-swim-instructor</a>
<b>SFU Summer Camps:</b>	Volunteers needed. Go to this link to apply and check camp activities <a href="https://www.sfu.ca/camps/opportunities/volunteer-opportunities.html">https://www.sfu.ca/camps/opportunities/volunteer-opportunities.html</a> <b>Requirements:</b> 1) Apply online <b>Deadline:</b> April 17, 2023 at 11:59 pm 2) Interview in late April 3) Attend training June 28 or 29.
<b>Cypress Mountain:</b>	Hiring for paid positions for the remainder of the season. Check perks at <a href="https://cypressmountain.com/employment">https://cypressmountain.com/employment</a> and apply at <a href="https://form.jotform.com/92321351177250">https://form.jotform.com/92321351177250</a>

## **OLD ITEMS:**

### **Neighbourhood Small Grants:**

The Neighbourhood Small Grants (NSG) program helps residents of any age, experience, or background take part in building community. More information can be found in the link below about the grants.

<https://neighbourhoodsmallgrants.ca/>

### **Semester 1 Final Marks (Report Cards):**

Semester 1 Final report cards have been posted in MyEd on Thursday, February 9. Please use the MyEd Family Portal Login <https://myeducation.gov.bc.ca/aspen/logon.do> to access report cards. Please download the most updated PDF file on your own devices as the newest report card will override the previous one.

### **CST After School Programs:**

#### ***Homework Club:***

In partnerships with Little Mountain Neighborhood House Tupper Homework Club is back. The program will run with staff, Stephanie and Isabella on **Tuesdays and Thursdays, 3:00-5:00pm in the cafeteria every week** throughout the school year. Come to the first day of program or the Community Schools Office for a registration form.

#### ***Neighborhood Crew:***

In partnership with Mount Pleasant Neighbourhood House Neighbourhood Crew is back. Program will run on **Wednesdays, 3:00-4:30pm in the Staff Room every week** throughout the school year. Come say hello to Danielle, Laura and Shayan. Pick up your registration form in the Community Schools Office or during program.

## **HELPFUL RESOURCES:**

### **Tupper Clubs List:**

Tupper Clubs are running. Please see the complete clubs list on the school website.

<https://www.vsb.bc.ca/schools/sir-charles-tupper/Extracurricular/Clubs/Pages/default.aspx>

### **School Fees:**

School fees can be paid online by visiting <https://vsb.schoolcashonline.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](https://www.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. [https://www.vsb.bc.ca/Student\\_Support/General\\_Resources/MyEdBCStudentFamilyPortal/Pages/Account-Management.aspx](https://www.vsb.bc.ca/Student_Support/General_Resources/MyEdBCStudentFamilyPortal/Pages/Account-Management.aspx)

Please send an email to [tupper@vsb.bc.ca](mailto: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](#).