



TUPPER SECONDARY – Weekly Student Bulletin  
September 08 – 12, 2025 (Semester 1)



Weekly Cafeteria Lunch Menu:

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Biscuit</b> \$2.75	<b>Muffin</b> \$2.50	Carrot Muffin	Cheese Scone	Banana Loaf	Rice Krispy	Chocolate Chip Muffin
<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	Chicken Caesar	Greek Salad	Chicken Salad
<b>Wrap</b> \$5.50		Chicken Caesar	Chicken Caesar	Chicken Caesar	Chicken Caesar	Chicken Caesar
<b>Hoagie</b> \$5.00		Beef	BLT	Pepperoni Pizza	Beef	BLT
<b>Hummus Box \$4.50</b>						
<b>Soup</b> \$3.75		Chicken Noodle	Minestrone	Clam Chowder	Cream of Tomato	Curried Lentil
<b>Hot Sandwich</b> \$5.00 <b>Soup &amp; sandwich</b> \$7.25		Grilled Cheese	Grilled Cheese	Grilled Cheese	Tuna Melt	Panini
<b>Entrée</b> \$7.25		Pene Pasta w/ Beef Meat Balls Caesar Salad	Chili Nacho Sour Cream	Pulled Pork S/W Cole Slaw Fries	Lemongrass Chicken Rice, Vegetable	Chili Dog Fries, Salad
<b>Dessert</b> Individually priced					Cinnamon Bun	
<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)
Block 4 (80 min) 1:45 -3:05	break (10 min) Block 4 (60 min) 2:05-3:05	Block 4 (80 min) 1:45 -3:05	break (10 min) Block 4 (60 min) 2:05-3:05	Block 4 (80 min) 1:45 -3:05

**NEW ITEMS:**

**Grade Assemblies in the Auditorium:**

The MANDATORY grade assemblies **will be held on the following days during FIT.**

**Monday, Sept 8, FIT AM (8:40) – Grade 9 Assembly**

**Tuesday, Sept 09, FIT PM (1:15) – Grade 11 Assembly**

**Thursday, Sept 11, FIT PM (1:15) – Grade 12 Assembly**

**Friday, Sept 12, FIT AM (8:40) – Grade 10 Assembly**

**Photocopy Training for CS Students: Wednesday, September 10**

Photocopying training for CS students will be on Wednesday (Sept 10) at the beginning of **EACH** Block. Teachers, please send your CSs to the office after taking their attendance. Thank you.

**Parent Information Night For Grade 8: Thursday, September 11 @ 7 PM**

ROARS

SIR CHARLES TUPPER SECONDARY SCHOOL

PARENT INFORMATION NIGHT

INFORMATION FOR GRADE 8 WILL BE  
PRESENTED TO PARENTS AND GUARDIANS  
ON

SEPTEMBER 11<sup>TH</sup>, 2025 AT  
7PM  
TUPPER AUDITORIUM

Parents and Students are invited to attend. No registration necessary.

**School Photo Day Is Coming Soon: Tuesday, September 16**

Absentee/ Retake Date: Tuesday, October 28



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**Sign Up For Fall Sports:**

Fill in the QR code (posted outside of the Office/ Gym) and listen to announcements or check Teams for Tryout dates. See Ms. Wong or Ms. Koyanagi if you have any questions.

**LunchSmart Program:**

Are you interested in joining the LunchSmart program? If you do, follow these steps:

1. Get the application form in the office, and have it filled out and signed by your parent/guardian
2. Submit the signed application form in the office, and if there is nothing else that we need, download the QR code at the back of the form and we will give you a permanent number to be attached electronically to the App.
3. Submit the Lunch payment every 1<sup>st</sup> week of the month using a special envelope you can get in the office.

Thank you, Office

**HELPFUL RESOURCES:****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](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](#).