



**TUPPER SECONDARY – Weekly Student Bulletin**  
**September 09 – 13, 2024 (Semester 1)**



**Weekly Cafeteria Lunch Menu:**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Leek & Potato	Tomato Soup	Clam Chowder	Creamy Pea Puree	Carrot Ginger
<b>SALAD</b>	Chicken Caesar	Cobb	Macaroni	Veggie	Chicken Caesar
<b>HOAGIE</b>	Beef	BLT	Chicken Salad	Pastrami	Beef
<b>ENTRÉE</b>	Cheeseburger & Wedges	Mac Cheese, Garlic Bread & Salad	Fish & Chips	Beef Chow Mein	Chicken Strip & Fries

**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)	Block 2 (80 min) 10:10-11:30	Block 2 (80 min) 10:10-11:30	Block 2 (80 min) 10:10-11:30	break (10 min)
Block 2 (60 min) 10:30-11:30				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 Assemblies in the Auditorium: September 09 - 13**

School opening grade assemblies are scheduled for FIT time but may run into following block:

- Sept 9 Monday FIT (AM) – Grade 8 Assembly**
- Sept 10 Tuesday FIT (PM) – Grade 10 Assembly**
- Sept 12 Thursday FIT (PM) – Grade 11 Assembly**
- Sept 13 Friday FIT (AM) – Grade 12 Assembly**

**Do You Like Public Speaking & Reading Announcements? Monday, September 09 @ lunch**

If so, this is your chance to try out for the Morning Announcement Crew! Come see Debbie in the main Office @ lunch on Monday Sept 9.

**X-Country: Monday, September 09 @ lunch**

X-Country running is starting meet in B112 (Ms. Krickan's room) on Monday Sept 9 at lunch. Our first practice will be Wednesday Sept 11 at 7:10am.

**Contemporary or Jazz Dance Tryouts: Monday, September 09 @ 3:15pm**

Do you like or have an interest in Contemporary or Jazz Dance? We are starting a Contemporary-Jazz Dance Team. Tryouts are this Monday, September 9 at 3:15pm. Come learn with us. Ms. Read

**Volleyball Tryouts: Monday - Tuesday, September 09 - 10**

For All Grades Students. Volleyball Tryouts! Volleyball Tryouts!

Grade 8 Girls: Thurs, Sept 12 @ 3pm

Grade 9 Girls: Tues, Sept 10 & Wed, Sept 11 @ 3pm

Grade 10 Girls: Mon, Sept 9 @ 5pm

Tues, Sept 10 @ 5pm

Thurs, Sept 12 @ 5pm

Grade 10 Boys: Mon, Sept 9 @ 3pm

All tryouts are in the large gym. If you have any questions, please see Ms. Wong or Ms. Koyanagi.



**Field Hockey: Tuesday, September 10 during FIT**

Calling all field hockey players! If you are interested in playing, come to the large gym on Tuesday during FIT for an organizational meeting. Ms. Wong & Ms. Koyanagi

**Hip Hop Dance: Tuesday, September 10 @ 3:15pm**

Hey Grade 8s and 9s. Are you interested in hip hop dance? We are having an open practice. Come to the auditorium on Tuesday, Sept 10 at 3:15 for a chance to join Tupper's Dance Team, TCrew. Ms. Read

**Rugby: Tuesday - Thursday, September 10 - 12**

To all Grade 8 - 9 students wanting to play rugby we will begin practices next Tuesday Sept 10, Wed Sept 11 and Thurs Sept 12. All players welcome, no experience necessary. We will meet at 3:15pm on the big field. Please bring a water bottle and soccer cleats if you have them. Everyone is welcome. Mr. Lee and Mr. Lum

**Photocopy Training for CS Students: Wednesday, September 11**

Photocopying training for CS students will be on Wednesday (Sept 11) at the beginning of EACH Block. Teachers, please send your CSs to the office after taking their attendance. Thank you.

**Calling All Athletes:**

If you are interested in playing girls field hockey, rugby, cross country, grade 8-12 girls volleyball, grade 10-12 boys volleyball, please find the Fall Sports QR code around the school to sign up for tryouts. Listen to announcements for dates next week! Ms. Koyanagi

**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



## **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. [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](#).