



TUPPER SECONDARY – Weekly Student Bulletin
September 15 – 19, 2025 (Semester 1)



Weekly Cafeteria Lunch Menu:

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit \$2.75	Muffin \$2.50	Blue Berry Muffin	Cheese Scone	Rice Krispy	Zucchini Loaf	Pro-D Day
Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Beef						
Chef Salad \$7.50		Chicken Caesar	Chef's Salad	Greek Salad	Chicken Salad	Pro-D Day
Wrap \$5.50		Chicken Caesar	Chicken Caesar	Chicken Caesar	Chicken Caesar	Pro-D Day
Hoagie \$5.00		Beef	BLT	Pepperoni Pizza	BLT	Pro-D Day
Hummus Box \$4.50						
Soup \$3.75 (8 oz) \$4.50 (12 oz)		Chicken Chowder	Tomato Basil	Thai Chicken Noodle	Beef Barley	Pro-D Day
Hot Sandwich \$5.00 Soup & sandwich \$7.50		Grilled Cheese	Grilled Cheese	Tuna Melt	Panini	Pro-D Day
Entrée \$7.50		Cheese Tortellini Rose Sauce Salad Garlic Toast	Fish & Chips Cole Slaw Tartar Sauce	Beef Stew French Baguette	Tandoori Chicken Rice House Pickle	Pro-D Day
Dessert \$3.50 Individually priced		Blue Berry Pie	Apple Cake	Chocolate Cake	Cinnamon Bun	Pro-D Day
Daily Cookies \$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
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)
	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 8 FIT Assembly: Monday, September 15 @ morning FIT

Please remember to complete your field trip forms for grade 8 camp day next week and make sure they are handed into the main office. You can also bring them to Monday's FIT assembly all grade eights. Please come to the auditorium on Monday, Sept 15 for your grade 8 fit assembly. See you then. Ms. H

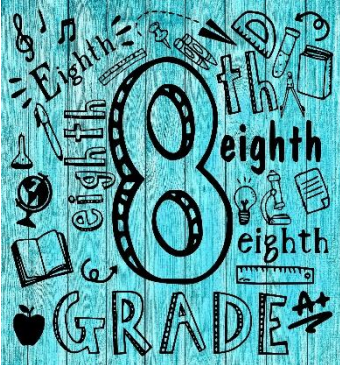
School Photo Day: Tuesday, September 16 (Cafeteria)

Absentee/ Retake Date: Tuesday, October 28

Time	Grade
8:00 - 8:40am	Staff
8:40-9:00am	Grade 12s Last Name A-K
9:00-9:20am	Grade 12s Last Name L-Z
9:20-9:40am	Grade 11s Last Name A-K
9:40-10:00am	Grade 11s Last Name L-Z
10:00-10:10am	BREAK between classes
10:10-10:30am	Grade 10s Last Name A-K
10:30-10:50am	Grade 10s Last Name L-Z
10:50-11:10am	Grade 9s Last Name A-K
11:10-11:30am	Grade 9s Last Name L-Z
11:30-12:15pm	LUNCH
12:15-12:35pm	Grade 8s Last Name A-K
12:35-12:55pm	Grade 8s Last Name L-Z
12:55-1:15pm	last call



Grade 8 Camp (Small Gym/ Hillcrest Community Centre): Thursday, September 18



Professional Day (Pro D): Friday, September 19

Classes NOT in session. Non-Instructional Day

Student Council is looking for a Grade 8 Representative!

Hey Tigers, if you are interested, pick up an application form from the office next to the Clubs Day forms. Forms are due Tuesday, September 23, 2025. Please return them to David's room 205 or leave them in his mailbox. Get involved and make your voice heard as the Grade 8 Rep! Student Council

Clubs Day is on September 25 and 26!

Hey Tigers, all new and returning clubs must register by filling out a form that's in the office tray. **Forms are due Wednesday, September 17 by 3:00 PM.** Please return them to David's room 205! Make sure your club is registered to be part of Clubs Day! Student Council

Grad of 2026, Book Your Grad Photo Appointment:

It's time to get ready for your Graduation Sessions!
We're looking forward to seeing you **from 2025-09-26 to 2025-09-30 for your Graduation Sessions!** If there is any missing information or changes, please let us know as soon as possible.

Our studio, Artona, will be open to your school on the following dates: 2025-09-26 to 2025-09-30

Artona Location: 353 West 7th Ave, Vancouver BC. It is wheelchair accessible.

How to book an appointment:

Students can sign up online on our website at: artona.com/bookings or by scanning the QR code attached here! If you would be able to share this event with your students that would be great!



Important Information:

- Students can book online. Please share this link with your graduating students and parents to book an appointment: www.artona.com/bookings
- Check your booking report. To see who has booked an appointment and who still needs to sign up, please login to our [Grad Services App](#). You will see the Booking Report located on the left hand side. If you need your password reset, please let me know!
- Don't let anyone miss out. Students that require financial assistance can book a session and receive a package at no charge. Your Account Manager has dropped off cards with codes to be shared with the students that need assistance. Please have the students use these codes when booking their appointment online.
- Group sessions are also available! [Friendship group sessions](#) are available every Friday, Saturday and Sunday at our main studio. Students can book online through the same link above. Note that all friendship group photos are sent with the grad images for you to include in the yearbook.

Thank you for your assistance and continued support. Please let us know if you have any questions.

Congratulations to your grads!
Alysha and The Artona Team

HELPFUL RESOURCES:

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 1st week of the month using a special envelope you can get in the office.

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 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](#).

Sign Up For Fall Sports:

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