



**TUPPER SECONDARY – Weekly Student Bulletin**  
**September 16 – 20, 2024 (Semester 1)**



**Weekly Cafeteria Lunch Menu:**

DATE	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Bake (week 3)</b>	Zucchini Loaf	Cheese Scone	Morning Glory Muffin	Cinnamon Bun	PRO-D
<b>Biscuit \$2.75</b>					
<b>Muffin \$2.50</b>					
<b>Daily Sandwiches \$5.00</b> Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Beef					
<b>Salad \$7.00</b>	Chicken Caesar	Rice Noodle Salad	Taco Salad	Greek Salad	PRO-D
<b>Wrap \$5.50</b>	Chicken Caesar	Chicken Salad	Chicken Caesar	Chicken Salad	PRO-D
<b>Hoagie \$5.00</b>	Beef	Pastrami	BLT	Chicken	PRO-D
<b>Hummus Box \$4.50</b>					
<b>Soup \$3.75</b>	Creamy Potato Bacon	Minestrone	Broccoli Cheddar	Chicken & Corn	PRO-D
<b>Hot Sandwich \$5.00</b> Soup & sandwich \$7.25	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	PRO-D
<b>Entrée (week 1) \$7.25</b>	Penne with meatballs in marinara sauce. Caesar salad	Chili nachos with sour cream	Lemongrass chicken, rice, stir fried veggies	Pulled pork, coleslaw, fries	PRO-D
<b>Dessert (week 3)</b> Individually priced	Apple Cake	Blueberry Pie	Mango Pudding	Banana Loaf	PRO-D
<b>Daily Cookies \$2.00</b> Chocolate Chip ~ Red Velvet ~ Ginger Snap ~ Oatmeal Raisin					
V = vegetarian V* = vegetarian option available but limited					

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

**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)	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)	<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 (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:**

### **Attention ALL students:**

Club sign-up forms are now available in the office. This applies to both new and existing clubs, everyone must register. Completed forms are **due by September 25th at 3:05 p.m.** and should be returned to David's classroom, Room 205. Don't miss out on the chance to get your club registered for the new school year!

### **Attention Grade 8s!:**

If you're interested in joining the Student Council, now is your chance! Sign-up forms are available in the office, and the deadline to submit them is **September 18th by 3:05 p.m.** Please return all forms to David's classroom, Room 205. Get involved and make a difference in your school!

### **Work Experience (WEX) Assembly Grade 11 & 12: Tuesday, September 17**

Mandatory WEX Assembly with Ms. Ma during PM FIT

### **Tupper Media Studio 409: Wednesday & Thursday, September 18 & 19**

Hey Roarsies:

Studio 409 is up and running. Studio 409 is a complete professional home studio with loads of audio and video editing programs. You can see the tour of these on our TikTok channel @tuppertigermedia Will we have our first Media Club meeting in room 409 on **Thursday September 19th**. Grade 8s can come a week later as you are at Camp Tupper that day.

The first Tupper Jam Band meeting is **Wednesday September 18<sup>th</sup>** in the music room. Bring your own guitars. We have a drum kit, piano, bass and PA system. All levels of players and styles of music welcome.  
Tupper Media: Hear the ROARS. Mr. Coderre

### **Grade 8 – Camp High School: Thursday, September 19**

Camp Highschool at Hillcrest Community Centre and Sir Charles Tupper will take place on **September 19, 2024**. This event is for Grade 8 students and Link Crew. The purpose of the trip is to teach students about ROARS, our school code, and foster a sense of belonging to our Tupper community, in support of our school plan. Students will be involved in school time activities at Hillcrest Community Centre and afternoon activities at the school.

**Start:** 8am in the auditorium at Sir Charles Tupper

**End:** 7:30pm in the breezeway near the gym at Sir Charles Tupper

### **Photo Day: Tuesday, October 1**

Students will be called down to the cafeteria. All students will need to be photographed to receive a school ID card (GoCard), for the Yearbook and if they wish to purchase photos from Artona

Photo Retake Day is scheduled on Monday, October 21<sup>st</sup>.

### **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

## **HELPFUL RESOURCES:**

### **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](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 \(vsb.bc.ca\)](https://vsb.bc.ca/AccountManagement)

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](#).

**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