



TUPPER SECONDARY – Weekly Student Bulletin
September 22 – 26, 2025 (Semester 1)

Weekly Cafeteria Lunch Menu:

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit \$2.75	Muffin \$2.50	Carrot Pineapple Muffin	Cheese Scone	Blue Berry Loaf	Zucchini Loaf	Rice Krispy
Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Beef						
Chef Salad \$7.50		Chef's Salad	Chicken Caesar	Greek Salad	Chicken Caesar	Chicken Caesar
Wrap \$5.50		Chicken Caesar	Chicken Caesar	Chicken Caesar	Chicken Caesar	Chicken Caesar
Hoagie \$5.00		Beef	BLT	Pepperoni Pizza	BLT	Beef
Hummus Box \$4.50						
Soup \$3.75 (8 oz) \$4.50 (12 oz)		Chicken Noodle	Curried Lentil	Clam Chowder	Minestrone	Beef Barley
Hot Sandwich \$5.00 Soup & sandwich \$7.50		Grilled Cheese	Grilled Cheese	Grilled Cheese	Tuna Melt	Panini
Entrée \$7.50		Cheese Perogies Smokie Sweet Pepper	Cauliflower & Chickpea Curry Rice, Naan	Banger Sausage Mashed Potato Onions, Gravy	Chicken Pot Pie Caesar Salad	BBQ Pork Rice Vegetable
Dessert \$3.50 Individually priced		Chocolate Pumpkin Cake	Tiramisu	Brownie	Cinnamon Bun	Apple Pie
Daily Cookies \$2.00 Chocolate Chip ~ Red Velvet ~ Ginger Snap ~ Oatmeal Raisin						

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)				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
	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)		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:

Student Council is looking for a Grade 8 Representative! Forms are DUE Tuesday, September 23
Hey Tigers, if you are interested, pick up an application form from the office. 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

TIP (Tupper Instructional Planning) Morning: Wednesday, September 24 (AM)
Students DO NOT attend until 10AM.

TIP AM Schedule

	Start Time	End Time
TIP Time – Students do not attend until 10AM	8:40am	10:00am
Block 1 – School Day Begins for Students	10:00am	10:40am
Break	10:40am	10:50am
Block 2	10:50am	11:30am
Lunch	11:30am	12:15pm
Block 3	12:15pm	1:35pm
Break	1:35pm	1:45pm
Block 4	1:45pm	3:05pm

Clubs Day: Thursday & Friday, September 25 & 26, 11:30 AM – 12 PM
Come to the foyer and check out the clubs Tupper has to offer! Join 1, join 2 or join as many as you can!

FIT For Learning: Thursday, September 25
Students **must** attend FIT (1:15 – 1:55 PM) in their P3 class.

Grade 8 Representative Election: Friday, September 26 during FIT
Attention all Grade 8's!
There will be **mandatory Grade 8 Assembly Friday September 26th during FIT** for the grade 8 representative election. Attendance is required so please show up on time!
Thank you, Love Student Council! 🐾

Grad of 2026, Book Your Grad Photo Appointment: Friday to Tuesday, September 26 to 30
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

Terry Fox Run: Wednesday, October 1

Our Terry Fox Run takes place in all PE classes for semester one Oct. 1st. We will do again for our semester two PE classes, but if you can donate now to the cause, that would be great. Please see the link to donate. Cash donations may also be given to the PE teachers. Thank you so much for supporting this cause.

<https://schools.terryfox.ca/99257>

Please see the link to donate [Sir Charles Tupper Secondary - Vancouver, BC | Terry Fox School Run](#)



Retake/ Absentee Photo Day: Tuesday, October 28 (Cafeteria)

Artona



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.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.

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.