



TUPPER SECONDARY – Weekly Student Bulletin
September 23 – 27, 2024 (Semester 1)



Weekly Cafeteria Lunch Menu:

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit \$2.75	Muffin \$2.50	Cinnamon Raisin Scone	Blueberry Lemon Loaf	Craisin Muffin	Zucchini Loaf	Blueberry Square
Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Beef						
Chef Salad \$7.00	Chicken Caesar	Taco Salad	Raita Salad	Greek Salad	Chef Salad	
Wrap \$5.50	Chicken Caesar	Chicken Salad	Chicken Caesar	Chicken Salad	Chicken Caesar	
Hoagie \$5.00	Beef	Pastrami	BLT	Chicken Salad	Beef	
Hummus Box \$4.50						
Soup \$3.75	Carrot Ginger	Clam Chowder	French Onion	Butternut Squash	Creamy Pea Puree	
Hot Sandwich \$5.00 Soup & sandwich \$7.25	Grilled Cheese	Grilled Cheese	Grilled Cheese	Tuna Melt	Panini	
Entrée \$7.25	Cheese Tortellini, Rosa Sauce, Garlic Toast	Fish & Chips, Garden Salad, Tartar Sauce	Tandoori Chicken, Rice, House Pickles, Naan	Beef Stew, Crispy Baguette	Pizza & Caesar Salad	
Dessert Individually priced	Ginger 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 **O**wnership **A**ttitude **R**esponsibility **S**afety

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	lunch (45 min) 11:30-12:15			Block 2 (60 min) 10:30-11:30
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:

Attention Grade 8s! **Tuesday September 24th at FIT**

ALL Grade 8s are required to attend a grade-wide assembly this **Tuesday September 24th at FIT** in the auditorium to vote for their Grade 8 reps. Please make your way down after 3rd period.

TIP AM: **Wednesday, Sept 25 (Classes start @ 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

Attention ALL students: **Due by Wednesday, September 25th**


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!

Grad Photo Session @ Artona: **Wednesday – Saturday, Sept 25 - 28**

Please visit www.artona.com to book.

Artona studio located at 353 West 7th Avenue, Vancouver

Orange Shirt Day: **Friday, Sept 27**



Why Orange Shirts?

Orange Shirt Day is a legacy of the St. Joseph Mission (SJM) residential school commemoration event held in Williams Lake, BC, Canada, in May 2013. It grew out of Phyllis Webstad's story of having her shiny new orange shirt taken away on her first day of school at the Mission. It has become an opportunity to keep the discussion, on all aspects of residential schools, occurring annually.



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 21st.

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.

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 \(vsb.bc.ca\)](http://AccountManagement(vsb.bc.ca))

Please send an email to 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](#).

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