



TUPPER SECONDARY – Weekly Student Bulletin

September 25 – 29, 2023 (Semester 1)



Weekly Cafeteria Lunch Menu:

VSB Food Services is starting a new rotational menu (5-week Cycle Menu) for all VSB schools.

Week 3 for the week of Sept 25 – 29, 2023

Semester 1	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Meatball on Penne & Caesar Salad	Veggie Chili on Corn Chips, Sour Cream & Shredded Cheese	Lemongrass Chicken, Jasmine Rice, Asian Slaw	Turkey Schnitzel, Roasted California Blend, Mash Potato	Chef Special
Week 2	Fish & Chip, Coleslaw, Tartar Sauce	Cheese Tortellini with Spinach Alfredo, Spring Mix Salad	Beef Burrito, Sour Cream, Salad/Carrot Sticks	Butter Chicken, Basmati Rice, Peas, 1/2 Naan	Chef Special
Week 3	Penne Bolognese, Caesar Salad	Fish Taco, Chipotle Slaw, Fries, Sour Cream & Salsa	Teriyaki Chicken, Jasmine Rice, Steam Broccoli	Beef Stroganoff on Basmati Rice, Peas, and Corn	Chef Special
Week 4	Cheeseburger, Potato Wedges, Garden Salad	Chickpea Curry, Basmati Rice, 1/2 Naan	Braised Hunter Chicken, Mash Potato, California Blend	Sweet & Sour Pork, Fried Rice	Chef Special
Week 5	Mac & Cheese, Garden Salad, Garlic Toast	Thai Coconut Steamed Fish, Jasmine Rice, Broccoli	Beef Smokies, Cheese Perogies, Sautee Onion & Bell Pepper, Sour Cream	Pork Rib Burger, Coleslaw & Fries	Chef Special

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:

Learn to Drum and Sing the Salish Anthem: Tuesday, September 26

Join Mr. Cavaletto and Mrs. Baron **during FIT in the Music Room on Tuesday September 26**. We will learn to sing the Salish Anthem so we can drum and sing it in Thursday's assembly. All are welcome!

Mr. Coderre's CLC11: Tuesday, September 26

On Tuesday, **September 26th PM FIT** there will be a meeting in **ROOM 409** for **MR. CODERRE's CLC11 students ONLY** to check in to see if you understand the Teams layout and assignment.

If you did not attend this week, then you need to be there on Tuesday. Attendance will be taken.

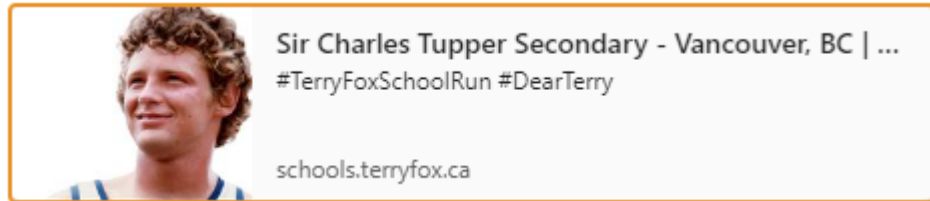
Thank you. Mr. Coderre

TIP (AM): Wednesday, September 27

No Period 1 class. Students go straight to their 2nd period class at 10:10AM.

Terry Fox Run: Wednesday, September 27

Terry Fox Run takes place for all PE students in Semester 1 students this Wednesday, Sept. 27th. Students in Semester 2 will also do in the spring time. Please consider donating to the cause which is so near and dear to many of us. Thank you! <https://schools.terryfox.ca/31902>



[Sir Charles Tupper Secondary - Vancouver, BC | Terry Fox School Run](#)

Orange Shirt Day: Friday, September 29

September 2023 OUR VSB

VSB - INDIGENOUS EDUCATION



Design by Robin Roberts, Haida/Tsimshian/Squamish

Limited number of orange shirts available for order through your school Administrator.

ORANGE SHIRT DAY National Day for Truth and Reconciliation

Originally introduced in Parliament in September of 2020, Bill C-5 was signed into law in the summer of 2021. The law gives Canada a new statutory holiday. September 30 is now officially National Day for Truth and Reconciliation across the country. The kind of ceremonies taking place on September 30 will vary depending on the province. There is no standard, although orange shirts will likely remain a powerful symbol.

September 30 will be a day of reflection with an opportunity to honour and remember all impacted by the residential school system. It's a time to learn from our province's history and, hopefully, take steps to improve our current society. The date was chosen because it is the time of year in which children were taken from their homes to residential schools, and it also provides educators an opportunity to foster dialogue and deepen their understanding of Indigenous Peoples' histories for the coming school year.

Orange Shirt Day is also an opportunity for Indigenous and non-Indigenous people, local governments, schools and communities to come together in the spirit of reconciliation.



Show support on September 29th

#orangeshirtday
#everychildmatters
#vsbcallstoaction



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.

VSB - Indigenous Education

September 2023 OUR VSB

RESOURCES

VSB - INDIGENOUS EDUCATION

ORANGE SHIRT DAY LESSON PLAN

Orange Shirt Day - Every Child Matters Curriculum, Videos, & Activities (Grades K-12)
<https://orangeshirtday.org/>

RESIDENTIAL SCHOOL EDUCATIONAL RESOURCES

Project of Heart by BCTF
<https://projectofheart.ca/>

BCTF 215 Le Estcwicwéy: Honouring the Children buried at Kamloops Indian Residential School
<https://www.bctf.ca/classroom-resources/details/215-le-estcwicwéy-honouring-the-children>

Take Action for Reconciliation "Sharing the Message of Truth & Reconciliation A guide for Parents, Kids, and Educators"
<https://www.scholastic.ca/reconciliation-resources/>

Truth and Reconciliation Canada Commission of Canada: Calls to Action
<https://bit.ly/3BTYwDo>

'Residential Schools were Genocide' - TRC Chair Murray Sinclair
<https://www.youtube.com/watch?v=rJW8FpXnpSw>

Residential School History and Dialogue Centre
<https://irshdc.ubc.ca/about/what-we-do/>

Legacy of Hope Foundation Education, exhibition, podcasts, videos, & ideas for how to get involved
<https://legacyofhope.ca>

First Nations Education Steering Committee Indian Residential School & Reconciliation Resources (Grades 5, 10, 11, 12)
<https://www.fnesc.ca/irsr/>

Shi-shi-etko, Book by Nicola L. Campbell & Shi-shi-etko video (Grades K-3)
<https://youtu.be/tKErhCGjSDE>

Fatty Legs, Book by Christy Jordan (Grades 5-7)
<https://empoweringthespirit.ca/fatty-legs-webinar-series/>

The Gladys We Never Knew with Teachers Guide (Grades 4-9)
<https://bit.ly/3RvVgZ5>

UBC Indian Residential School History and Dialogue Centre, Teaching and Learning Resources
<https://bit.ly/3xqLMim>

EVENTS

UBC Orange Shirt Day Events
<http://irshdc.ubc.ca/orangeshirtday>

SUGGESTED SCHOOL ACTIVITIES

Walk for Reconciliation
Plan a walk around your school to acknowledge and honour Residential School survivors and those who did not make it home. Wear Orange shirts and Orange shirt buttons from last year.

Sign up your school or classes for Truth and Reconciliation Week 2023
<https://nctr.ca/education/coming-soon-truth-and-reconciliation-week-2023/trw2023-gen/>

Create an honour board
Words or art from students to survivors.



SEND YOUR ART

Send students' Orange Shirt Day messages to the Education Centre to be featured in the VSB Student Art Gallery.

VSB - Indigenous Education

Hillcrest Centre - Free Parent/Caregiver Workshops:

My name is Sally and I'm the Community Youth Worker at Hillcrest Centre. As students and families are settling into their school routines, I'd like to share a couple workshops we are offering this fall to any parent/caregiver who may be interested. It would be wonderful if you could kindly share this information to your school PACs, or any families you feel may benefit. Registration is first come, first served – workshop details and registration links are below:

Sat, September 23 | 1:00-3:00pm | Games Room | FREE

Parent Workshop: How to Talk to Your Teenage Child | Presented by Youth Connect Vancouver

(www.ycvancouver.ca)

Registration Link:

https://anc.ca.apm.activecommunities.com/vancouver/activity/search/detail/469207?onlineSiteId=0&from_original_cui=true

Sat, October 28 | 1:00-3:00pm | Games Room | FREE

Parent Workshop: Supporting Your Teen's Mental Health | Presented by Youth Connect Vancouver

(www.ycvancouver.ca)

Registration Link:

https://anc.ca.apm.activecommunities.com/vancouver/activity/search/detail/469208?onlineSiteId=0&from_original_cui=true

If you, or the families you work with have any questions, please do not hesitate to contact me.



Sally Chan (she/her) | Community Youth Worker

City of Vancouver - Vancouver Board of Parks and Recreation

Hillcrest Centre

4575 Clancy Loranger Way, Vancouver, BC V5Y 2M4

☎ 604.257.8645 | Please note my work schedule is Tuesday to Saturday

Photo Day: Tuesday, October 3

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.

PA announcements will be made for the beginning of each grade.

Time	Call Out
8:00am - 8:40am	STAFF
8:40am - 9:05am	Gr 12 Last Name A - K
9:05am - 9:35am	Gr 12 Last Name L - Z
9:35am - 10:00am	Gr 11 Last Name A - K
Break	
10:10am - 10:40am	Gr 11 Last Name L - Z
10:40am - 11:05am	Gr 10 Last Name A - K
11:05am - 11:30am	Gr 10 Last Name L - Z
Lunch	
12:15pm - 12:45pm	Gr 9 Last Name A - K
12:45pm - 1:15pm	Gr 9 Last Name L - Z
1:15pm - 1:40pm	Gr 8 Last Name A - K
1:40pm - 1:55pm	Gr 8 Last Name L - Z
2:05pm - 2:30pm	any missed students.
RETAKES WILL BE IN THE MORNING OF NOVEMBER 7TH	

PLEASE NOTE THESE TIMES ARE ESTIMATES.

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. Staff contact information is also available on Tupper school website.

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. https://www.vsb.bc.ca/Student_Support/General_Resources/MyEdBCStudentFamilyPortal/Pages/Account-Management.aspx

How to access your child's report card on the MyEducation Family Portal:

1. Go to the MyEd Family Portal Website
2. Type in the student number as the login ID
3. The password is the one that you and your child have already been using
4. You will find the MOST UPDATE report card under "Published Reports" on the right-hand side
5. Please note report cards are deleted when new reports are generated. You may wish to save a copy for your records.

What if I forgot my MyEd 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

1. Click on the "I forgot my password" link
2. A response should come to the email that is associated with the account
3. If you do not recall the email associated with the account, please send an email tupper@vsb.bc.ca to request assistance

What if my MyEducation account is disabled?

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](#).

Do Not Know Your PEN # (Personal Education Number):

You can request your PEN number through this link <https://kchoice.vsb.bc.ca/penrequest.aspx>