



TUPPER SECONDARY – Weekly Student Bulletin
September 30 – October 04, 2024 (Semester 1)

Weekly Cafeteria Lunch Menu:

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit \$2.75	Muffin \$2.50	STAT	Orange Pound Cake	Cheese Scone	Banana Loaf	Raspberry Scone
Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Beef						
Chef Salad \$7.00			Chicken Caesar	Cobb Salad	Greek Salad	Taco Salad
Wrap \$5.50			Chicken Caesar	Chicken Salad	Chicken Caesar	Chicken Salad
Hoagie \$5.00			Pastrami	BLT	Chicken Salad	Beef
Hummus Box \$4.50						
Soup \$3.75			Roasted Cauliflower	Cream of Tomato	Clam Chowder	Broccoli Cheese
Hot Sandwich \$5.00 Soup & sandwich \$7.25			Grilled Cheese	Grilled Cheese	Tuna Melt	Panini
Entrée \$7.25			Chickpea & Cauliflower Curry, Rice, Naan	Chicken Pot Pie, Caesar Salad	Perogies & Smokies	Cheeseburger & Wedges
Dessert Individually priced			Banana Cream Pie	Vanilla Cake	Cheesecake Square	Custard Tart
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
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:

Truth and Reconciliation Day: Monday, Sept 30 (NO SCHOOL)

On September 30th, we observe Truth and Reconciliation Day, a time to honour the survivors of residential schools, their families, and communities. This day is dedicated to acknowledging the painful history and committing to steps that will shape a better future.



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

Time	Teacher
8:00 – 8:40 am	Staff
8:40 – 9:00am	Grade 12as (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
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 8 (last name A-K)
12:35 – 12:55pm	Grade 8 (last name L-Z)
12:55 – 1:15pm	Last call

Announcements only at the beginning of each grade.

Photo Retake Day is scheduled on Monday, October 21st.

Clubs Day: Wednesday, October 2 @ lunch

Come and check out what Clubs you can join at Tupper during lunch break in the foyer.

Tiger Media and Rock Jam Club:

Hey ROARSies! We are looking for new members from newbie to fluent for our Tiger Media and Rock Jam Club. Come and see us in the foyer on **Wed Clubs day at noon** or drop by the Music room to jam after school next Wednesday (no jam this week) or studio 409 to produce after school on this Thursday.
Tupper Media: Hear the ROARS

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://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](#).

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

