



**TUPPER SECONDARY – Weekly Student Bulletin**  
**October 02 – 06, 2023 (Semester 1)**



**Weekly Cafeteria Lunch Menu:**

VSB Food Services is starting a new rotational menu (5-week Cycle Menu) for all VSB schools. Menu is subject to change with the vagaries of food deliveries and student creativity.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>QUICK BREAD</b> 8:15 and 11:30	Reconciliation	Pumpkin Muffin \$2.50	Apple Muffin Cheese biscuit \$2.75	Chocolate Chip Muffin Cheese biscuit	Coconut Craisin Muffin
<b>Daily Sandwiches \$5.00</b> Egg Salad ~ Tuna Salad ~ Veggie ~Ham ~ Turkey					
<b>Wrap</b> \$5.50		Chicken Caesar	Chicken Caesar	Chicken Caesar	Chicken Caesar
<b>Hoagie</b> \$5.00		Beef	BLT	Pastrami	Beef
<b>Chef Salad \$6.50      Hummus Box \$4.50</b>					
<b>Soup</b> \$3.50		Chicken noodle	Minestrone	Tomato Cream	Beef Barley
<b>Students' Special</b> \$5.00 *Limited		V Grilled Cheese Soup & sandwich \$7.25	V Grilled Cheese	V Grilled Cheese	V Grilled Cheese Ham Panini
<b>Entrée</b> \$7.25		V* Cheeseburger Potato wedges Garden salad	V Chickpea Curry Basmati Rice Naan	Hunter Chicken Mashed Potato California Blend	Sweet & Sour Pork Fried Rice
<b>Drop Cookie</b> \$2.00		Chocolate Chip Vanilla	Double Chocolate Vanilla	Chocolate Oatmeal	Double Chocolate Vanilla
<b>Dessert</b> Individually priced		Coconut Macaroons	Lava Cake	Pumkin Chocolate Chip Cake	Crème Brule
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)	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:

**Day in Lieu of National Day of Truth & Reconciliation: Monday, October 02 (NO SCHOOL)**

**Photo Day: Tuesday, October 03**

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.

**Clubs Day: Wednesday - Thursday, October 04 - 05**

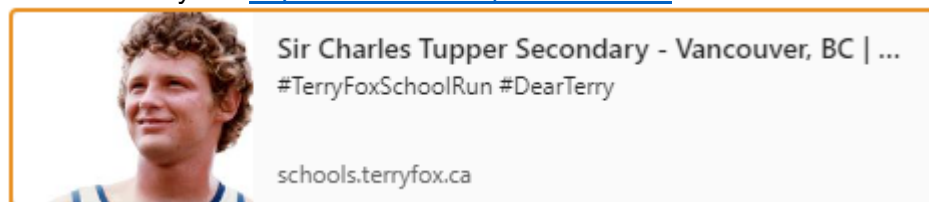
Clubs Day will now be happening on Oct 4 & 5 at lunch in the foyer. Come show your ROARS and get involved in the school community by going to the foyer and seeing what clubs Tupper has to offer! Hope to see you there!

**Tupper Media Club:**

1. Do you want to play rock and blues? **Jam Club will meet in room 102 on Tuesday after school.** Come at 3:15 so we can move to our new home, the Tupper Music Room, shortly after.
2. Hey ROARSies: DO you want to make videos or audio production. **Tupper Media Club will meet in Studio 409 on Wednesday after school.**
3. In his first seminar on Artificial Intelligence in Education, Mr. Coderre will be showing a video about **the future of Artificial Intelligence called AI Tipping Point on afternoon FIT on Thursday in room 409.**

**Terry Fox Run:**

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](https://schools.terryfox.ca/31902)

**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, 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](http://www.ycvancouver.ca))

Registration Link:

[https://anc.ca.apm.activecommunities.com/vancouver/activity/search/detail/469208?onlineSiteId=0&from\\_original\\_cui=true](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

## **HELPFUL RESOURCES:**

### **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](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. 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](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. [https://www.vsb.bc.ca/Student\\_Support/General\\_Resources/MyEdBCStudentFamilyPortal/Pages/Account-Management.aspx](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](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](mailto:tupper@vsb.bc.ca) to request assistance

### **What if my MyEducation account is disabled?**

Please send an email to [tupper@vsb.bc.ca](mailto: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>