



TUPPER SECONDARY – Weekly Student Bulletin
October 06 – 10, 2025 (Semester 1)

Weekly Cafeteria Lunch Menu:

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit \$2.75	Muffin \$2.50	Chocolate Chip Muffin	Cheese Scone	Banana Loaf	Zucchini Loaf	Blue Berry Loaf
Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Beef						
Chef Salad \$7.50		Chicken Caesar	Chef's Salad	Greek Salad	Chicken Caesar	Chicken Caesar
Wrap \$5.50		Chicken Caesar	Tuna Salad Caesar	Egg Salad	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)		Tomato Rice	Corn Chowder	Chicken Noodle	Beef Barley	Lentil Soup
Hot Sandwich \$5.00 Soup & sandwich \$7.50		Grilled Cheese	Grilled Cheese	Grilled Cheese	Tuna Melt	Panini
Entrée \$7.50		Mac & Cheese Garlic Toast Salad	Tofu Chow Mein	Beef <u>Burritto</u> Salad	Chicken Curry Rice Naan	Beef Stroganoff Egg Noodle
Dessert \$3.50 Individually priced		Fruit Crumble	Chocolate Cake	Orange Mousse Cake	Cinnamon Bun	Brownies
Daily Cookies \$2.00 Chocolate Chip ~ Red Velvet ~ Ginger Snap ~ Oatmeal Raison						

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		FIT (40 min) 1:15-1:55	
break (10 min)		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:

Interims Report Published by 3 PM: Friday, October 10

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

Artona



Viewing and Ordering Your Artona Photos Online:

Students should have received an Artona card with a QR code when they had their photos taken on the school Photo Day. If you CANNOT find the Artona card, please use the link below to view and order photos without the access code. <https://artona.com/orders/find>

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 \(vsb.bc.ca\)](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](#).

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.

TUPPER CLUBS ARE RUNNING!

Please check out the [Tupper Clubs List 2025-2026.pdf](#) which has been posted on the school website or click here [Clubs](#)



Terry Fox Run:

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](#)

