



**TUPPER SECONDARY – Weekly Student Bulletin**  
**October 07 – 11, 2024 (Semester 1)**

**Weekly Cafeteria Lunch Menu:**

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Biscuit</b> \$2.75	<b>Muffin</b> \$2.50	Carrot Muffin	Cheese Scone	Banana Loaf	Blueberry Muffin	Orange Cranberry Scone
<b>Daily Sandwiches \$5.00</b> Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Beef						
<b>Chef Salad</b> \$7.00		Chef Salad	Chicken Caesar	Quinoa Salad	Greek Salad	Cobb Salad
<b>Wrap</b> \$5.50		Chicken Caesar	Chicken Salad	Chicken Caesar	Chicken Salad	Chicken Caesar
<b>Hoagie</b> \$5.00		BLT	Beef	BLT	Pastrami	Chicken Salad
<b>Hummus Box \$4.50</b>						
<b>Soup</b> \$3.75		Cream of Tomato	Chicken Noodle	Corn Bisque	Potato Leek	Clam Chowder
<b>Hot Sandwich</b> \$5.00 Soup & sandwich \$7.25		Grilled Cheese	Grilled Cheese	Grilled Cheese	Tuna Melt	Panini
<b>Entrée</b> \$7.25		Salmon & Broccoli Rotini	Fried Rice & Spring Rolls	Shepards Pie	Fried Chicken Burger with Pickles	Chicken Strips & Fries
<b>Dessert</b> Individually priced		Peach Cream Cake	Apple Pie	Blueberry Square	Cinnamon Buns	Chocolate Cake
<b>Daily Cookies \$2.00</b> 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
<b>FIT (40 min) 8:40-9:20</b>	Block 1 (80 min) 8:40-10:00	Block 1 (80 min) 8:40-10:00	Block 1 (80 min) 8:40-10:00	<b>FIT (40 min) 8:40-9:20</b>
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)	<b>FIT (40 min) 1:15-1:55</b>	break (10 min)	<b>FIT (40 min) 1:15-1:55</b>	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:**

**Spirit Week: Monday-Friday, October 7-11**

**White Lie Monday** - Wear white or write on a piece of paper a harmless lie that isn't true!

**Twin Tuesday** - Wear matching outfits with your friend(s) to school!

**Anything But a Backpack Wednesday** - Bring something other than your normal backpack to carry your things around in!

**Throwback Thursday** - Put on your grade 7 grad hoodie OR dress like you're from the 80s to 90s.

**Adam Sandler Friday** - Dress up like Adam Sandler and wear a baggy outfit! 😊

**Interims Published @ 3 pm: Thursday, October 10**



## Thanks for having us!

We'd love to hear your feedback on how photo day went.  
Please take a few minutes to fill out [our feedback form](#).

## Here's what to expect next:

1. **Photos will be online by tomorrow.** We will send an email once images are online for students and families to view and order. All orders placed by **October 8, 2024** will be shipped to your school free of charge.
2. **We'll be in touch when services are shipped.** Our production team is already working on processing your photos for your services like school pictorials and ID cards (if applicable). Once they ship, we'll let you know.
3. **We'll be back for retakes.** Don't forget, we will be back for retakes on October 21, 2024. Any students or staff who missed photo day will have an opportunity to be photographed then. We will be in touch one week before retake day to confirm the event details.

### 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](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. 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. [Account Management \(vsb.bc.ca\)](#)

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