



# TUPPER SECONDARY – Weekly Student Bulletin

## October 09 – 13, 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	<b>Muffin</b> \$2.50	Thanksgiving	Chocolate Chip	Apple Cinnamon	Blueberry	Pumpkin
	<b>Biscuit</b> \$2.75		Cheese biscuit		Cheese biscuit	
<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</b>			<b>Hummus Box \$4.50</b>			
<b>Soup</b> \$3.50 Soup & sandwich \$7.25			Chicken noodle	Cream of Vegetable	Lentil	TBA
<b>Students' Special</b> *Limited \$5.00			✓ Grilled Cheese	✓ Grilled Cheese	✓ Grilled Cheese	✓ Grilled Cheese
<b>Hot Sandwich</b>						
<b>Entrée</b> \$7.25			Mac and Cheese, Salad Garlic Toast	Thai Coconut Curry, Jasmine Rice, Broccoli	Beef Smokies, Cheese Perogies, Sauté Onion & Bell Pepper, Sour Cream	Pork Rib Burger Coleslaw Fries
<b>Drop Cookie</b> \$2.00			Chocolate Chip Vanilla	Double Chocolate Vanilla	Chocolate Chip Oatmeal	Double Chocolate Vanilla
<b>Dessert</b> Individually priced			Apple Cake \$2.75	Lava Cake \$2.75	Banana Chocolate Loaf \$2.75	Blueberry Shortcake \$2.75

ROARS - Respect Ownership Attitude Responsibility Safety

### Weekly Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
FIT (40 min) 8:40-9:20				FIT (40 min) 8:40-9:20
Block 1 ( 60 min) 9:20-10:20	Block 1 (80 min) 8:40-10:00	Block 1 (80 min) 8:40-10:00	Block 1 (80 min) 8:40-10:00	Block 1 ( 60 min) 9:20-10:20
break (10 min)	break (10 min)	break (10 min)	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)
Block 4 (80 min) 1:45 -3:05	break (10 min) Block 4 (60 min) 2:05-3:05	Block 4 (80 min) 1:45 -3:05	break (10 min) Block 4 (60 min) 2:05-3:05	Block 4 (80 min) 1:45 -3:05

## **NEW ITEMS:**

**Thanksgiving Day: Monday, October 09 (NO SCHOOL)**

**Spirit Week: Tuesday-Friday, October 10-13**

Tues Oct 10: PJ TUESDAY

Wed Oct 11: DENIM DAY

Thurs Oct 12: JERSEY DAY

Fri Oct 13: TWIN DAY

**Girls Basketball Open Gym: Tuesday, October 10**

Starting next Tuesday morning (Oct. 10) there will be Girls Basketball Open Gym every Tuesday at 7:30-8:30am.

Small Gym. Open to all grades and skill levels. 🏀

**Mini Open House: Thursday, October 12 @ 7PM in Tupper Auditorium**

Please check the Tupper Mini School website for details. It has all updated information.

<https://www.tupperminischool.ca/>

**Tupper 2023-24 Clubs List:**

It's not too late to join a club. Please check out the link below to see the completed list.

<https://docs.google.com/document/u/0/d/1BRUMYZFthpq2PkaJOTJvfm7DYjCQg1OlfLogdYkIxWs/mobilebasic>

**Grade 8 HCE Counselling Check in (FIT): Friday, October 13 during Moring FIT**

**Interims Published on MyEd Family Portal: Friday, October 13**

**Tupper Media Club:**

Hello ROARSies, **Modern Music Jam Club** will be in our new jam space, **the Music Room, Wednesday after school** - bring your guitar or we have some gear and PA, vocals welcome. We have jam tracks too.

**Tiger Media Club** will be in our new studio 409 on **Thursday after school**. We have video / photo software and sound production programs. Come and check us out.

**The Future Issues of AI seminar** - the first of many seminars about AI in Education - has been moved to **this Thursday FIT in room 409**.

**STUDENT FEEDBACK: The White Hatter Presentation**

Hello Tupper Students, we want your feedback! Following up from yesterday's LIVE presentation, please consider providing feedback. This will help us know if the information provided was helpful to you. The form **closes on October 20, 2023 at 11:59 PM**. Thank you.

<https://forms.office.com/r/Jhvaa0mNZx>

Please check the post on "All Students" Teams channel if the above link is not working.

**Photo Retake Day: Tuesday, November 07 (AM only)**

All students need to be photographed to receive a school ID card (GoCard), for the Yearbook and if they wish to purchase photos from Artona.

**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>

**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](#)