

Weekly Cafeteria Lunch Menu:

ATE	Monday	Tuesday	Wednesday	Thursday	Friday	
Muffin \$2.50	Stat Holiday	Apple Cinnamon Muffin	Cheese Scone	Zucchini Loaf	Blue Berry Loaf	
	•	Daily Sandw	iches \$5.00		•	
Egg Sa	alad ~ Tuna Sala	ad ~ Veggie ~ Har	n ~ Turkey ~ Past	rami ~ Roast Bee	ef	
alad \$7.50	Stat Holiday	Chicken Caesar	Chef's Salad	Greek Salad	Chicken Caesar	
5.50	Stat Holiday	Chicken Caesar	Tuna Salad	Egg Salad	Chicken Caesar	
\$5.00	Stat Holiday	Beef	BLT	Pizza	BLT	
		Hummus I	3ox \$4.50			
	Stat Holiday	Chicken Noodle	Minestrone	Corn Eggdrop	Clam Chowder	
	Stat Holiday	Grilled Cheese	Grilled Cheese	Tuna Melt	Panini	
\$7.50	Stat Holiday	Pene Pasta Meat Sauce Salad	Fish Taco Frues	Roast <u>Porkloin</u> Mashed Potato Vegetable	Thai <u>Chciken</u> Jasmine Rice Vegetable	
Dessert \$3.50 Individually priced	Stat Holiday	Apple Streusel Cake	Banana Pie	Cinnamon Bun	Vanilla Cream Cake	
/ priced	Daily Cookies \$2.00 Chocolate Chip ~ Red Velvet ~ Ginger Snap ~ Oatmeal Raison					
	Muffin \$2.50 Egg Sa alad \$7.50 5.50 \$5.00 \$4.50 (12 oz) dwich \$5.00 indwich \$7.50 \$7.50	Muffin \$2.50 Egg Salad ~ Tuna Sala Stat Holiday Stat Holiday	Muffin \$2.50 Paily Sandw Egg Salad ~ Tuna Salad ~ Veggie ~ Hardald \$7.50 Stat Holiday Chicken Caesar Stat Holiday Chicken Caesar Stat Holiday Beef Hummus Fill Stat Holiday Chicken Noodle Stat Holiday Chicken Noodle Stat Holiday Chicken Caesar Fig. 3.75 (8 oz) Stat Holiday Chicken Noodle Stat Holiday Chicken Noodle Stat Holiday Chicken Noodle Stat Holiday Chicken Noodle Stat Holiday Grilled Cheese Stat Holiday Pene Pasta Meat Sauce Salad Stat Holiday Apple Streusel Cake	Muffin \$2.50 Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Past Alad \$7.50 Stat Holiday Chicken Caesar Chef's Salad 5.50 Stat Holiday Chicken Caesar Tuna Salad \$5.00 Stat Holiday Beef BLT Hummus Box \$4.50 3.75 (8 oz) Alad \$7.50 Stat Holiday Chicken Noodle Minestrone Gaint \$5.00 Stat Holiday Grilled Cheese Grilled Cheese Grilled Cheese Grilled Cheese Scone Balad \$7.50 Stat Holiday Pene Pasta Meat Sauce Salad Stat Holiday Pene Pasta Meat Sauce Salad Stat Holiday Apple Streusel Cake Banana Pie	Muffin Stat Holiday Apple Cinnamon Muffin Cheese Scone Zucchini Loaf Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Bee Alad \$7.50 Stat Holiday Chicken Caesar Chef's Salad Greek Salad 5.50 Stat Holiday Chicken Caesar Tuna Salad Egg Salad ## Lammus Box \$4.50 Hummus Box \$4.50 ## Lammus Box \$4.50 Hummus Box \$4.50 ## Lammus Box \$4.50 Stat Holiday Chicken Noodle Minestrone Corn Eggdrop 4.50 (12 oz) Stat Holiday Grilled Cheese Grilled Cheese Tuna Melt 4.50 (12 oz) Stat Holiday Pene Pasta Meat Sauce Salad Fish Taco Frues Roast Porkloin Mashed Potato Vegetable \$7.50 Stat Holiday Apple Streusel Cake Banana Pie Cinnamon Bun	

ROARS - Respect Ownership Attitude Responsibility Safety

Weekly Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday			
FIT (40 min) 8:40-				FIT (40 min) 8:40-			
9:20	Block 1 (80 min)	Block 1 (80 min)	Block 1 (80 min)	9:20			
	8:40-10:00	8:40-10:00	8:40-10:00				
Block 1 (60 min)				Block 1 (60 min)			
9:20-10:20	break (10 min)	break (10 min)	break (10 min)	9:20-10:20			
break (10 min)				break (10 min)			
Block 2 (60 min)	Block 2 (80 min)	Block 2 (80 min)	Block 2 (80 min)	Block 2 (60 min)			
10:30-11:30	10:10- 11:30	10:10- 11:30	10:10- 11:30	10:30-11:30			
10.50-11.50				10.50-11.50			
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-		FIT (40 min) 1:15-				
break (10 min)	1:55	break (10 min)	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:

<u>Thanksgiving Day:</u> <u>Monday, October 13</u> Statutory Holiday. Classes are NOT in session. **Grade 8 Rotation 2 Begins: Friday, October 17**

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





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, <u>Tupper.vsb.bc.ca</u> as we update our website daily. Should you have any general inquiries, please feel free to email us at <u>tupper@vsb.bc.ca</u> 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 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



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

