



TUPPER SECONDARY – Weekly Student Bulletin
October 13 – 17, 2025 (Semester 1)

Weekly Cafeteria Lunch Menu:

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit \$2.75	Muffin \$2.50	Stat Holiday	Apple Cinnamon Muffin	Cheese Scone	Zucchini Loaf	Blue Berry Loaf
Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Beef						
Chef Salad \$7.50		Stat Holiday	Chicken Caesar	Chef's Salad	Greek Salad	Chicken Caesar
Wrap \$5.50		Stat Holiday	Chicken Caesar	Tuna Salad	Egg Salad	Chicken Caesar
Hoagie \$5.00		Stat Holiday	Beef	BLT	Pizza	BLT
Hummus Box \$4.50						
Soup \$3.75 (8 oz) \$4.50 (12 oz)		Stat Holiday	Chicken Noodle	Minestrone	Corn Eggdrop	Clam Chowder
Hot Sandwich \$5.00 Soup & sandwich \$7.50		Stat Holiday	Grilled Cheese	Grilled Cheese	Tuna Melt	Panini
Entrée \$7.50		Stat Holiday	Pene Pasta Meat Sauce Salad	Fish Taco Frues	Roast Porkloin Mashed Potato Vegetable	Thai Chciken Jasmine Rice Vegetable
Dessert \$3.50 Individually priced		Stat Holiday	Apple Streusel Cake	Banana Pie	Cinnamon Bun	Vanilla Cream Cake
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
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:

Thanksgiving Day: Monday, October 13
Statutory Holiday. Classes are NOT in session.

Earthquake Drill: Thursday, October 16 @ 10:15 AM

Grade 8 Rotation 2 Begins: Friday, October 17

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://AccountManagement(vsb.bc.ca))

Please send an email to 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](#).

