



**TUPPER SECONDARY – Weekly Student Bulletin**  
**October 14 – 18, 2024 (Semester 1)**

**Weekly Cafeteria Lunch Menu:**

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Biscuit</b> \$2.75	<b>Muffin</b> \$2.50	STAT	Banana Loaf	Cheese Scone	Apple Cinnamon Muffin	Chocolate Chip Orange Pound Cake
<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	Raita Salad	Quinoa Salad
<b>Wrap</b> \$5.50			Chicken Caesar	Chicken Salad	Chicken Caesar	Chicken Salad
<b>Hoagie</b> \$5.00			BLT	Beef	Pastrami	Pizza
<b>Hummus Box \$4.50</b>						
<b>Soup</b> \$3.75			Cream of Tomato	Minestrone	French Onion	Chicken Noodle
<b>Hot Sandwich</b> \$5.00 Soup & sandwich \$7.25			Grilled Cheese	Grilled Cheese	Tuna Melt	Panini
<b>Entrée</b> \$7.25			Mac and Cheese, Garlic Toast	Baked Salmon, Roast Baby Potatoes, Veg	Butter Chicken, Rice, Naan	Beef Burrito, Wedges
<b>Dessert</b> Individually priced			Key Lime Pie	Vanilla Cake	Cinnamon Buns	Peach Shortcake
<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)				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
	<b>FIT (40 min) 1:15-1:55</b>		<b>FIT (40 min) 1:15-1:55</b>	
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:**

**Earthquake Drill @ 10:10 AM: Thursday, October 17**

**Grade 8 Rotation 2 Begins: Friday, October 18**

**Hey RoARSies:**

It's Halloween month and lots of exciting things happening.

**Jam Club** - we get together on **Wednesdays** after school in the music room. This month we are looking at Halloween rock tunes. Maybe we'll form a ghoulish band to play on Halloween Day.

**Media Club** - we meet on **Tuesdays or Thursdays** after school. Check out our video on @tuppertigermedia on TikTok to see our audio and video studio programs.

Email [scoderre@vsb.bc.ca](mailto:scoderre@vsb.bc.ca) to get in the Media Club Team for details about Jam Club and Media Club.  
Tiger Media: Hear the ROARS

**ARTONA Photo Retake: Monday, October 21 (PM)**

**Retakes are happening on Monday, October 21, 2024 in the afternoon.**

Staff and students who missed photo day, as well as new students, get to have their photos taken first. Staff and students who require a retake **must bring their ID/Go card** to the camera. The photographer will need to scan the QR code on it. Bring your smiles!

**All orders placed by October 8, 2024 will be shipped to your school free of charge.**

*Artona*



**Thanks for having us!**

## **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 \(vsb.bc.ca\)](http://Account Management (vsb.bc.ca))

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](#).

**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

