



TUPPER SECONDARY – Weekly Student Bulletin
October 16 – 20, 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
QUICK BREAD	Muffin \$2.50 8:15/11:30	Blueberry Orange	Pumpkin Chocolate chip	Banana Walnut	Apple Cinnamon	Pro D
	Biscuit \$2.75		Cheese biscuit		Cheese biscuit	
Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey						
Wrap \$5.50	Chicken Caesar	Chicken Pesto	Chicken Caesar	Chicken Pesto		
Hoagie \$5.00	Beef	BLT	Beef	BLT		
Chef Salad \$6.50			Hummus Box \$4.50			
Soup \$3.50 Soup & sandwich \$7.25	Broccoli Cream	Carrot ginger	Moroccan Lentil	TBA		
Hot Sandwich	V Grilled Cheese	V Grilled Cheese	V Grilled Cheese	Panini		
Entrée \$7.25	Penne Meatballs, Caesar Salad	Chilly Nachos	Lemon Chicken, Coconut Rice Asian slaw	Turkey Schnitzel, Mashed Potato, Vegetable medley		
Drop Cookie \$2.00	Chocolate Chip Vanilla	Double Chocolate Vanilla	Chocolate Chip Oatmeal	Double Chocolate Vanilla		
Dessert	Coconut Macaroon \$2.00	Pumpkin Chocolate Cake \$2.50	Apple pies \$2.50	Chocolate Cupcake \$2.00		

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:

GoCard Distribution: HOMEROOM on Monday, October 16 @ 2:55pm

GoCards have arrived! Students are to head to their homerooms at 2:55 PM on Monday, October 16, 2023 to pick up their GoCards. Thank you.

Earthquake Drill: Wednesday, October 18 @ 2:15-3pm

Pro-D Day: Friday, October 20 (NO SCHOOL)

Non-Instructional Day

Girls Basketball Open Gym: Every Tuesday morning

Starting on Tuesday morning (Oct. 10) there will be Girls Basketball Open Gym every Tuesday at 7:30-8:30am in the Big Gym. Open to all grades and skill levels. 🏀

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://www.vsb.bc.ca/sir-charles-tupper/_ci/p/68412

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)

Registration Link:

https://anc.ca.apm.activecommunities.com/vancouver/activity/search/detail/469208?onlineSiteId=0&from_original_ci=true

If you, or the families you work with have any questions, please do not hesitate to contact me.



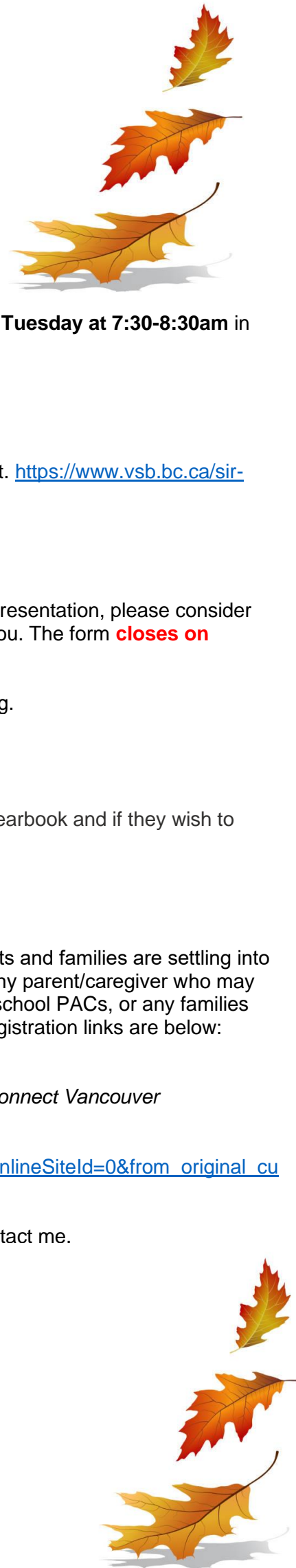
Sally Chan (*she/her*) | Community Youth Worker

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.

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. 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 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. With the current limitations of the system, this means that the log in, password, and email associated with the account need to be shared. Please review this link for more information about MyEducation Account Management.

<https://www.vsb.bc.ca/page/5038/account-management>

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://media.vsb.bc.ca/docs/f985109d-3deb-420d-835e-](https://media.vsb.bc.ca/docs/f985109d-3deb-420d-835e-ff2872c70a22_QRG%20Resetting%20a%20Password%20or%20Enabling%20a%20Disabled%20Account.pdf)

[ff2872c70a22_QRG%20Resetting%20a%20Password%20or%20Enabling%20a%20Disabled%20Account.pdf](https://media.vsb.bc.ca/docs/f985109d-3deb-420d-835e-ff2872c70a22_QRG%20Resetting%20a%20Password%20or%20Enabling%20a%20Disabled%20Account.pdf)

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 to request assistance

What if my MyEducation account is disabled?

Please send an email to tupper@vsb.bc.ca if your MyEd account is disabled.

Having Problems with Office 365:

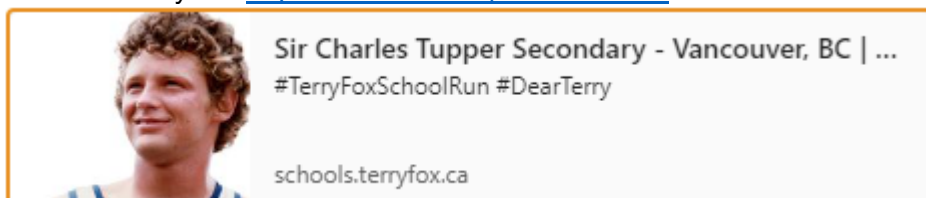
Students are able to reset their own Office 365 passwords through this link <https://www.vsb.bc.ca/sir-charles-tupper/ci/p/15848>. Please note that you will require your birthday as well as your Personal Education Number (PEN) which you can obtain from your MyEd account or you can find it on a past report card. Please also review this link for students to reset Office 365 passwords. https://media.vsb.bc.ca/sb365media/attachments/18770d09-9e67-435d-b1ca-d1c56d4fac79_InstructionsforStudentstoResetPasswords.pdf

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](https://schools.terryfox.ca/31902)

