



TUPPER SECONDARY – Weekly Student Bulletin
October 21 – 25, 2024 (Semester 1)

Weekly Cafeteria Lunch Menu:

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit \$2.75	Muffin \$2.50	Chocolate Zucchini Muffin	Cheese Scone	Morning Glory Muffin	Banana loaf	P-Day
Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Beef						
Chef Salad \$7.00		Chicken Caesar	Chef Salad	Greek Salad	Quinoa Salad	P-Day
Wrap \$5.50		Chicken Caesar	Chicken Salad	Chicken Caesar	Chicken Salad	P-Day
Hoagie \$5.00		BLT	Beef	Pastrami	Pizza	P-Day
Hummus Box \$4.50						
Soup \$3.75		Cream of Broccoli	Seafood Chowder	Beef Barley	Curried Corn Chowder	P-Day
Hot Sandwich \$5.00 Soup & sandwich \$7.25		Grilled Cheese	Grilled Cheese	Grilled Cheese	Tuna Melt	P-Day
Entrée \$7.25		Pene w/ Meat Sauce	Fish Taco Chipote Mayo Fries	Roasted Porkloin Potato Vegetable	Thai Chicken Curry Rice	P-Day
Dessert Individually priced		Vanila Cake	Blueberry Pie	Chocolate Cake	Cinnamon Buns	
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)	Block 2 (80 min) 10:10- 11:30	Block 2 (80 min) 10:10- 11:30	Block 2 (80 min) 10:10- 11:30	break (10 min)
Block 2 (60 min) 10:30-11:30				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:

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.



Thanks for having us!

The White Hatter School Wide Presentation (12:25 – 1:55 PM): Tuesday, October 22

TOPIC: Digital Literacy and Internet Safety for Gr 8-12 Students

Teachers are to take attendance for **P3** and be set up for the live virtual presentation in their classrooms.

TIP Afternoon: Wednesday, October 23 (PM)

Students are dismissed at 1:45

TIP PM Schedule

	Start Time	End Time
Block 1	8:40am	10:00am
Break	10:00am	10:10am
Block 2	10:10am	11:30am
<i>Lunch</i>	11:30am	12:15pm
Block 3	12:15pm	12:55pm
Break	12:55pm	1:05pm
Block 4 – Students dismissed for the day	1:05pm	1:45pm
TIP Time – Students do not attend, dismissed at 1:45pm	1:45pm	3:05pm

PRO-D Day: Friday, October 25

Non-Instructional Day

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.

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 \(vsb.bc.ca\)](https://vsb.bc.ca/AccountManagement)

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](#).

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