



TUPPER SECONDARY – Weekly Student Bulletin
October 23 – 27, 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 8:15 and 11:30	Peach	Pineapple Carrot	Apple	Blueberry	Pumpkin chocolate chip
		Cheese Biscuit		Cheese Biscuit	
Daily Sandwiches \$4.50 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey					
Wrap \$4.50	Caesar	Pesto	Caesar	Pesto	Caesar
Hoagie \$4.50	Beef	BLT	Ham	Beef	BLT
Chef Salad \$6.00 Hummus Box \$4.50					
Soup \$3.50	Spinach cream	Tomato and Roasted Garlic	Mulligatawny	Thai Shrimp Coconut	TBA
Hot Sandwich \$5.00	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	Tuna Melt
Entrée \$6.50	Fish & Chips, Coleslaw, Tartar Sauce	Cheese Tortellini Spinach Alfredo, Spring Mix Salad	Beef Burrito, Sour Cream, Salad	Butter Chicken, Basmati Rice, Peas, Naan	
Drop Cookie \$1.75	Chocolate chip Vanilla	Double Chocolate Oatmeal	Chocolate chip Vanilla	Double Chocolate Oatmeal	Chocolate chip Vanilla
Dessert Individually priced	Strawberry Turnover	Brownie	Peach Loaf	Blueberry Crepes	Crème Catalan

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:

TIP Afternoon: Wednesday, October 25

No Block 4 class

GoCards Pick Up from the Office:

GoCards have arrived! Students please come to the Office to pick up your unclaimed student ID if you missed the distribution day.

Photo Retake Day: Tuesday, November 07 (AM only)

Tupper Media Club:

Jam Band - we are practicing for our noon hour Halloween set on **Wednesday after school in the music room**. Check the **Tupper Media Team for a set list and chords**. We could use another guitar and bass player for our **Ghoul band**.

There will be **no media club this week**, check back next week.

Our next AI Seminar about **how to use Poe.com with Chat GPT to study and use as a tutor** will be on **Thursday FIT in room 409**.

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.



Halloween Door Decorating Contest: Deadline Friday, Oct 27

Hey tigers, Student Council is running a Halloween classroom door decorating contest! Each **2nd-period class** can compete in the contest, and art supplies should be brought from home, but students can also recycle items.

The three categories for the contest are: Spookiest Door, Most Creative Door, and Most Sustainable Door!

The judges will be the Admin Team, and prizes will be awarded for the winning classes! **The deadline will be Friday, Oct 27th**, and doors will be judged on Monday, Oct 30th!



Student Council Suggestion Box:

Hey tigers! Do you have any ROARSy suggestions, questions, comments, or concerns for Student Council? We have an online suggestion box where you can give us feedback or ideas that you have! You can access the suggestion box by using the link below or visiting the bio of our Instagram @tuppercouncil!

<https://forms.gle/xTnnMzFu5ysnUfmR9>



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>



Club name	Meeting Time	Meeting place	Club Sponsor	Club president (s)
Finance Club	Fit time (afternoon)	?	Jordan McAlpine	Oscar Watt
Feminism in Fiction	Tues Lunch (bi weekly)	416	Steph Henderson	Maya Chiang, Nicole Tang, Catriona Martens
STEM council	Weds Lunch	405	Rob Florio	Jaime Iturra
Best Buddies	Thurs Lunch	lifeskills	Jade Gerlah	Brianna To
Student Voice Program	Weds Lunch	400	W. Wong, A. Dong, A. Lum	hayley
Bibliophiles Anonymous	Thurs Lunch	Ms. Patterson's	R. Patterson	Torin Landucci
Career Club	Fit time (afternoon)	Ms. Lau's	Jordan McAlpine	Oscar Watt
Dance Club	Weds afterschool	Auditorium	Z. Read	Edina Duzic
Craft Club	Thurs Lunch	Textiles	Siu Ma	Clarice Radke
Floor Hockey	Fri Lunch	Small Gym	E. Jay	Conan Gilhules
Library Society	Tues Afterschool	Library	Guy Deners	Tara Zarowski-Adair
Female Ice Hockey	tbd	Local rinks	E. Jay	Noah Baker-Noyes, Caitlyn Mills (VP)
Tupper Film	Tues Lunch	404	Hulquist	Sophie Thompson
Tupppshop	Lunch	412	J. McAlpine	Elliot Goldstein
Tiger Media	Weds Afterschool	104	S. Coderre	Tbd
Music Jam	Tues Afterschool	102	S. Coderre	Kevin Dao
Weight Training	Mon/Tues/Thurs/Fri	weightroom	Steven Hsu	Jason Zhou
Anime Club	Fri Lunch	209	A. Dong	Kevin Nguyen
Diversity Club	Fri Lunch	422	J. Braun	Lex McNeill
Social Activism	Mon Lunch	204	Lee Bensted	Isabel Sandhu
Board Games	Everyday Lunch	Library	J. lee	Anders Hrushaws
Jazz Band	?	306	Cavaletto	Marlo Morgan
Crochet Club	Thurs Afterschool	Library	G. Demers	Connie Wu
Tupper Technical Theatre	Mon Lunch	dramatorium	Heidi Rogers	Kian Castro
Swiftie Club	Last Thurs of month	401	Mr. Lum	Oscar Eller Cleo Anderson
Dungeons & Dragons	Fri Afterschool	Library	Mr. Lee	Oscar Eller Anders Hrushowy
Tupper Tennis	Tues/ Fri Lunch	Tennis Court	Sean	Nate Chin
SCT Esports	Fri Afterschool	422	M. Myers	Maximus Xavier
Automotive Club	variable	Autoshop	J. Hamilton	Brody Sewell
Ultimate Club	Fri 3:15-4:30	Small gym	Jonathan Hultquist	Aisha McIntosh



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_cui=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.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. 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-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:

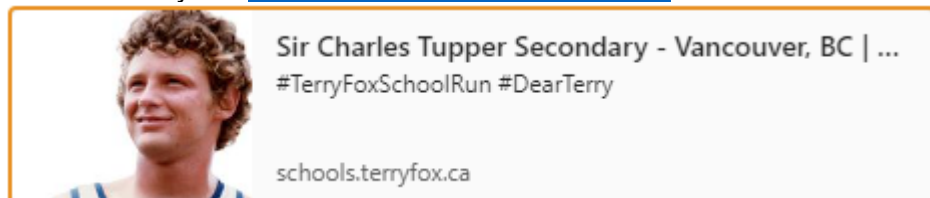
Students are able to reset their own Office 365 passwords through this link <https://www.vsb.bc.ca/sir-charles-tupper/ci/p/15848>. Please note that you will require your birthday as well as your Personal Education Number (PEN) which you can obtain from your MyEd account or you can find it on a past report 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)