



TUPPER SECONDARY – Weekly Student Bulletin
October 30 – November 03, 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	Carrot raisin	Blueberry lemon	Apple Cinnamon	Pumpkin Chocolate chip	Peach
Daily Sandwiches \$4.50 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey					
Wrap \$4.50	Chicken Caesar	Pesto Chicken	Chicken Caesar	Pesto Chicken	Chicken Caesar
Hoagie \$4.50	Beef	BLT	Beef	BLT	Beef
Chef Salad \$6.00 Hummus Box \$4.50					
Soup \$3.50	Cream of Mushroom(V)	Chicken Noodle	Tahini Soup (V)	Minestrone (v)	TBA
Students' Special \$5.25 *Limited	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	Ham and Swiss Cheese Panini
Entrée \$6.50	Penne Bolognese	Fish Taco, Coleslaw, Fries, Sour cream Salsa	Teriyaki Chicken with Jasmine Rice and Broccoli	Beef stew with Egg Noodles and Vegetable Medley	Chef Special
Drop Cookie \$1.75	Chocolate Chip Vanilla	Double Chocolate Vanilla	Vanilla Chocolate Chip	Double Chocolate Vanilla	Chocolate Chip Vanilla
Dessert Individually priced	Fruit Loaf	Coconut Macaroons	Mango Pudding	Apple Pies	Chocolate cupcakes

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:

PROVINCIAL ASSESSMENTS (Literacy 10 and 12): Monday to Thursday, October 30 to November 02

For all Grade 10s taking English 10 in Semester 1

All students in **Mr. Ghahremani's Period 1 & Period 2 classes** and **Mr. Macmillan's Period 3 Period 4 classes** will write this assessment.

Provincial Assessments are quickly approaching. These assessments will be done online in the library and will run from 8:15 - 11:30 am or 12:15 - 3:30 pm. If you have any conflict with your scheduled time, you must speak with Ms Watt. To write this exam you **must BRING:**

1. Current photo ID with registered name clearly displayed (ie. Student Card)
2. 9 digit PEN (Personal Education Number - found on report card in MyEd)
3. Sharpened pencils and a pen

Lists of students writing in each time slot are **posted outside the library** and the schedule is attached here as well. **Grade 12 students** please check carefully to see when you will write this mandatory assessment. This assessment is **necessary to graduate**, so its priority cannot be underestimated.

Library	MONDAY October 30	TUESDAY October 31	WEDNESDAY November 1	THURSDAY November 2	FRIDAY November 3	Mr. Hamilton	MONDAY October 30	TUESDAY October 31	WEDNESDAY November 1	THURSDAY November 2	FRIDAY November 3
7:45 - 8:15 8:15 - 8:30	Setup	Setup	Setup	Setup		7:45 - 8:15 8:15 - 8:30	Setup	Setup	Setup	Setup	
STUDENTS CHECK-IN and INSTRUCTIONS PROVIDED	Literacy 12 Ms. Braun MENFP12 Section 003 Semester 1 (23)	Literacy 12 Ms. Patterson MENFP12 Section 006 Semester 1 (27)	Literacy 12 Mr. MacMillan MENST12 Section 001 Semester 2 (16) + Vetted by Ms. Higenbottam	Literacy 10 Mr. Ghahremani MEFLS10 Section 201 Semester 1 (22)		STUDENTS CHECK-IN and INSTRUCTIONS PROVIDED					Literacy 12 Mr. Hsu Tupper Tech
EXAM STARTS at 8:30 AM EXAM ENDS at 11:30 AM	Ms. Braun MENST12 Section 002 Semester 1 (27) + Vetted by Ms. Higenbottam	Mr. Hsu MENFP12 Section 002 Semester 1 (22)		Literacy 10 Mr. Ghahremani MEFLS10 Section 202 Semester 1 (22)		EXAM STARTS at 8:30 AM EXAM ENDS at 11:30 AM					
11:30 - 12:15 12:15 - 12:30 PM	Lunch	Lunch	Lunch	Lunch	Lunch	11:30 - 12:15 12:15 - 12:30 PM	Lunch	Lunch	Lunch	Lunch	Lunch
STUDENTS CHECK-IN and INSTRUCTIONS PROVIDED	Literacy 12 Mr. Hsu MENFP12 Section 004 Semester 1 (24)	Literacy 12 Mr. Buium MENFP12 Section 005 Semester 2 (23)	Literacy 10 Mr. MacMillan MEFLS10 Section 203 Semester 1 (27)			STUDENTS CHECK-IN and INSTRUCTIONS PROVIDED					Literacy 12 Tupper Tech
EXAM STARTS at 12:30 PM EXAM ENDS at 3:30 PM	Ms. Braun MENFP12CD1 Section 001 Semester 2 (27)		Literacy 10 Mr. MacMillan MEFLS10 Section 204 Semester 1 (27)	BACK UP EXAM		EXAM STARTS at 12:30 PM EXAM ENDS at 3:30 PM					

Haunted House: Tuesday, October 31 during Lunch Time

Come visit the counselling suite for our Haunted House at lunch from 11:30am to 12:15pm.

Tupper Media Club: Tuesday, October 31

Hey ROARSies,

1. Come and check out the **Ghoul Cafe on Tuesday Halloween lunch**. Candy will be given out to those in costumes. We will have **live Hallow-Rock music from our Ghoul band w DJSenseiC**. Come see our **Spooky Studio 102 decorated by the ELL Juniors**, [Across from the dead weight room].

2. There will be **no Jam or Media Club this week...booooo!**

Halloween Dance: Tuesday, October 31, from 2 to 4pm

In the small Gym

Early Dismissal due to Caregiver-Teacher Interview Night: Thursday, November 02

Classes will be dismissed at 2:05pm

The bell schedule will be:



Classes	Start Time	End Time
Period 1	8:40 am	10:00 am
Period 2	10:10 am	11:30 am
Lunch	11:30 am	12:15 pm
Period 3	12:15 pm	1:05 pm
Period 4	1:15 pm	2:05 pm

Caregiver-Teacher Interview Night (on-line): Thursday, November 02, from 3pm to 7pm

Grade 8 HCE Counselling Check In: Friday, November 03 during morning FIT

From 8:40am to 9:20am

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 7, 2023 (in the morning only)

Please be reminded to bring and return your unsatisfied GoCards to the photographer on the retake 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.



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
Tuppsop	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-](https://media.vsb.bc.ca/docs/f985109d-3deb-420d-835e-ff2872c70a22)

[ff2872c70a22](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:

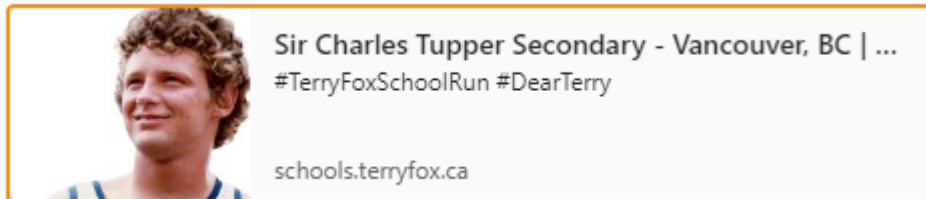
Students are able to reset their own Office 365 passwords through this link <https://www.vsb.bc.ca/sir-charles-tupper/ci/p/15848>. Please note that you will require your birthday as well as your Personal Education Number (PEN) which you can obtain from your MyEd account or you can find it on a past report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