



**TUPPER SECONDARY – Weekly Student Bulletin**  
**November 04 – 08, 2024 (Semester 1)**

**Weekly Cafeteria Lunch Menu:**

| DATE   |  | Monday                                  | Tuesday             | Wednesday                                 | Thursday                            | Friday               |
|--|--|---|---------------------|---|-------------------------------------|----------------------|
| <b>Biscuit</b><br>\$2.75   | <b>Muffin</b><br>\$2.50  | Glory Muffin                            | Chocolate Poundcake | Cheese Scone                              | Banana Loaf                         | Raspberry Scone      |
| <b>Daily Sandwiches \$5.00</b><br>Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Beef |  |   |                     |   |                                     |                      |
| <b>Chef Salad</b> \$7.00   |  | Chicken Caesar                          | Chef Salad          | Quinoa Salad                              | Greek Salad                         | Chicken Caesar       |
| <b>Wrap</b> \$5.50   |  | Chicken Caesar                          | Chicken Salad       | Chicken Caesar                            | Chicken Salad                       | Chicken Caesar       |
| <b>Hoagie</b> \$5.00   |  | Beef                                    | BLT                 | Pastrami                                  | Pizza                               | Beef                 |
| <b>Hummus Box \$4.50</b>   |  |   |                     |   |                                     |                      |
| <b>Soup</b> \$3.75   |  | Chicken Noodle                          | Cream of Broccoli   | Corn Chowder                              | Tomato Cream Soup                   | Thai Chicken Noodle  |
| <b>Hot Sandwich</b><br>\$5.00<br>Soup & sandwich \$7.25  |  | Grilled Cheese                          | Grilled Cheese      | Grilled Cheese                            | Tuna Melt                           | Panini               |
| <b>Entrée</b> \$7.25   |  | Beef Sausages<br>Mashed Potato<br>Gravy | Bean Quesadilla     | Salisbury Steak<br>Mashed Potato<br>Gravy | Greek Chicken<br>Rice<br>Flat Bread | Beef Taco Salad      |
| <b>Dessert</b><br>Individually priced  |  | <u>Cheese Cake Square</u>               | Banan Cream Pie     | Vanila Cream Cake                         | Cinnamon Buns                       | Chocolate Cream Tart |
|  | <b>Daily Cookies \$2.00</b> 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                          |
|---------------------------------|---|----------------------------------|---|---------------------------------|
| <b>FIT (40 min) 8:40-9:20</b>   |   |                                  |   | <b>FIT (40 min) 8:40-9:20</b>   |
| Block 1 ( 60 min)<br>9:20-10:20 | Block 1 (80 min)<br>8:40-10:00                  | Block 1 (80 min)<br>8:40-10:00   | Block 1 (80 min)<br>8:40-10:00                  | Block 1 ( 60 min)<br>9:20-10:20 |
| break (10 min)                  | break (10 min)                                  | break (10 min)                   | break (10 min)                                  | break (10 min)                  |
| Block 2 (60 min)<br>10:30-11:30 | Block 2 (80 min)<br>10:10- 11:30                | Block 2 (80 min)<br>10:10- 11:30 | Block 2 (80 min)<br>10:10- 11:30                | Block 2 (60 min)<br>10:30-11:30 |
| lunch (45 min) 11:30-12:15      |   |                                  |   |                                 |
| Block 3 (80 min)<br>12:15-1:35  | Block 3 (60 min)<br>12:15-1:15                  | Block 3 (80 min)<br>12:15-1:35   | Block 3 (60 min)<br>12:15-1:15                  | Block 3 (80 min)<br>12:15-1:35  |
| break (10 min)                  | <b>FIT (40 min) 1:15-1:55</b>                   | break (10 min)                   | <b>FIT (40 min) 1:15-1:55</b>                   | break (10 min)                  |
| Block 4 (80 min)<br>1:45 -3:05  | break (10 min)<br>Block 4 (60 min)<br>2:05-3:05 | Block 4 (80 min)<br>1:45 -3:05   | break (10 min)<br>Block 4 (60 min)<br>2:05-3:05 | Block 4 (80 min)<br>1:45 -3:05  |

**NEW ITEMS:**

**Block Rotation: STARTING Monday, Nov 04**

**2-1-4-3**

**Grade 8 Career Education Presentations: Monday, Nov 04 @ FIT**

All Grade 8 students please check the white boards in the foyer on Monday morning as for where to go.

**Grade 9 Immunization Clinic: Thursday, Nov 07 (AM)**

**Student Learning Conferences Early Dismissal: Thursday, Nov 07**

**Classes dismissed @ 2:05pm**

|                | <b>Start Time</b> | <b>End Time</b> |
|----------------|-------------------|-----------------|
| <b>Block 1</b> | 8:40am            | 10:00am         |
| <b>Block 2</b> | 10:10am           | 11:30am         |
| <b>Lunch</b>   | <b>11:30am</b>    | <b>12:15pm</b>  |
| <b>Block 3</b> | 12:15pm           | 1:05pm          |
| <b>Block 4</b> | 1:15pm            | 2:05pm          |

**Student Learning Conferences (On Teams): Thursday, Nov 07 (from 3 to 7pm)**

**Remembrance Day Assemblies: Friday, Nov 08**

Grade 8-10 during Period 1

Grade 11-12 during Period 2

**Hey ROARSies:**

A new time for Media Club where we do video and audio editing projects. Tuesday after school in Studio 409.

Jam Club will meet as usual, Wednesday after school, in the music room. Hoping to play Fall Fusion? Drop by and chat about it. Mr. Coderre

**Student ID Cards/Go Cards & Artona Photo Orders Pick Up:**

Your Student ID Cards and Artona Photo packages are ready for pick up in the Office. Please come during FIT or lunch time. Thank you.

**ARTONA In-Studio Retake Day: Saturday, November 16, 2024**

**To view and order pictures:** [Artona](https://artona.com/orders/school-day), visit <https://artona.com/orders/school-day> to place your order

**For in-studio retake day:** [All About Our In-Studio Retake Day \(artona.com\)](https://artona.com)

**Date:** **Saturday, November 16, 2024**

**Location:** Our main studio in Vancouver located at 353 West 7 Avenue

Discover the beauty in celebrating achievement [Artona](https://artona.com)



## Thanks for having us again!

We'd love to hear your feedback on how Retake Day went. Please take a few minutes to fill out [our feedback form](#).

## Here's what to expect next:

1. **Photos will be online by tomorrow.** We will send an email once images are online for students and families to [view and order](#). All orders placed by **October 28, 2024** will be shipped to your school free of charge.
2. **We'll be in touch when services are shipped.** Our production team is already working on processing your photos for your retake services like school pictorials and ID cards (if applicable). Once they ship, we'll let you know.

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## Do you have any students who missed both photo days, or who need another retake?

We are hosting an [in-studio retake day](#) at our main studio in Vancouver on **November 16, 2024**. All images taken will be for personal orders only — we will not be reproducing additional services like ID cards or pictorials. There is no cost to have photos taken and families can prebook a time slot [on our blog](#).

## **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](https://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 \(vsb.bc.ca\)](#)

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

