



TUPPER SECONDARY – Weekly Student Bulletin
November 18 – 22, 2024 (Semester 1)

Weekly Cafeteria Lunch Menu:

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit \$2.75	Muffin \$2.50	Banana Loaf	Morning Glory Muffin	Chocolate Zucchini Loaf	Cinnamon Bun	Pro-D
Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Beef						
Chef Salad \$7.00		Chicken Caesar	Chef Salad	Chicken Caesar	Greek Salad	Pro-D
Wrap \$5.50		Chicken Caesar	Chicken Salad	Chicken Caesar	Chicken Salad	Pro-D
Hoagie \$5.00		Beef	BLT	Pastrami	Pizza	Pro-D
Hummus Box \$4.50						
Soup \$3.75		Cream of Spinach (V)	Corn Egg Drop (V)	Ginger Carrot (V)	Beef Barley	Pro-D
Hot Sandwich \$5.00 Soup & sandwich \$7.25		Grilled Cheese	Grilled Cheese	Tuna Melt	Panini	Pro-D
Entrée \$7.25		Beef Meatball Pasta Caesar Salad	Chili Nacho Sour Cream (V)	Lemongrass Chicken Rice, Vegetable	Pulled Pork Sandwich Cole Slaw, Fries	Pro-D
Dessert Individually priced		Rasbery Crumble	Keylime Pie	Vanila Cake	Cinnamon Buns	Pro-D
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)				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)
	break (10 min)		break (10 min)	
Block 4 (80 min) 1:45 -3:05	Block 4 (60 min) 2:05-3:05	Block 4 (80 min) 1:45 -3:05	Block 4 (60 min) 2:05-3:05	Block 4 (80 min) 1:45 -3:05

NEW ITEMS:

Bring Your Soft Plastics To Tupper This Month To Reduce Waste Going To The Landfill!

Please make sure your soft plastics (bags, wrappers, etc) are clean and then drop them in the large gray bin in the foyer. It's okay to bring plastics from home. This opportunity is only for the month of November. If you have any questions, you can contact Mr. Hultquist in room 404.

VSB Career Programs FIT Assemble: Tuesday, Nov 19 @ FIT

VSBC Career Programs – Construction Trades Info Night: Tuesday, Nov 19 (6:30 – 9:30PM)

All Grade 10 -12 students and caregivers are welcome to attend this event which will be held at 6:30 to 9:30PM in Tupper's Auditorium.

INFO NIGHT
for career pathways in the
CONSTRUCTION TRADES

Interested in starting a career in a construction trade?

Earn graduation credits and a pay cheque!

Tupper Secondary Auditorium

6:30pm
November 19th

VSBC students should pre-register using this QR code for a chance to win a door prize

TIP AM: Wednesday, Nov 20 (Classes start at 10AM)

TIP AM Schedule

	Start Time	End Time
TIP Time – Students do not attend until 10AM	8:40am	10:00am
Block 1 – School Day Begins for Students	10:00am	10:40am
Break	10:40am	10:50am
Block 2	10:50am	11:30am
<i>Lunch</i>	11:30am	12:15pm
Block 3	12:15pm	1:35pm
Break	1:35pm	1:45pm
Block 4	1:45pm	3:05pm

PEP Rally: Wednesday, Nov 20

During Lunch time in the Gym. Please bring donations for the Canley Cup if you can. Thank you.

Attention All Students: Every Wednesday

Reminder that there is Neighborhood Crew every Wednesday after school in the Staff room. See you there!

Mid-Semester Marks Published in MyEd @ 3PM: Thursday, Nov 21

Log into the MyEducation Portal to access your marks after 3pm. Please remember to download a copy of your all learning updates as they will be deleted during the reporting period.

If you are having problems logging in, please email tupper@vsb.bc.ca for assistance.

Core Competency Self-Assessment: Thursday, Nov 21 @ FIT

Students will stay in their Period 3 classes during FIT. Each student will be given a Core Competency handout with space where they can write down their reflection and self-assessment.

Pro-D Day: Friday, Nov 22

Non-Instructional day.

Student ID Cards/Go Cards & Artona Photo Packages Pick Up:

Your Student ID Cards and Artona Photo packages (for both the original photo day and re-take photos) are ready for pick up in the Office. Please drop by the office before or after school, during FIT, break or lunch time. Thank you for your cooperation.

ARTONA Photos Order:

To view and order pictures: [Artona](https://artona.com/orders/school-day), visit <https://artona.com/orders/school-day> to place your order. All orders placed by October 28, 2024 will be shipped to your school free of charge.

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 \(vsb.bc.ca\)](http://Account Management (vsb.bc.ca))

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 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

