



TUPPER SECONDARY – Weekly Student Bulletin

November 20 – 24, 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	Muffin \$2.50	Blueberry Scone	Cranberry orange	Strawberry Banana	Pumpkin Chocolate chip	Carrot pineapple
	Biscuit \$2.75		Cheese biscuit		Cheese biscuit	
Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey						
Wrap \$5.50	Chicken Caesar	Pesto Chicken	Chicken Caesar	Pesto Chicken	Chicken Caesar	
Hoagie \$5.00	Beef	BLT	Pastrami	Beef	BLT	
Chef Salad \$6.50 Hummus Box \$4.50						
Soup \$3.50 Soup & sandwich \$7.25	Cream of Vegetable	Onion Soup	Minestrone	Cream of Mushroom	TBA	
Hot Sandwich *Limited \$5.00	V Grilled Cheese	V Grilled Cheese	V Grilled Cheese	V Grilled Cheese	Ham and Cheese Panini	
Entrée \$7.25	Fish & Chip, Coleslaw, Tartar Sauce	Cheese Tortellini with Spinach Alfredo, Spring Mix Salad	Beef Burrito, Sour Cream, Salad/Carrot Sticks	Chicken Curry, Basmati Rice, Peas, ½ Naan	Oven Fried Chicken*Limited TBA	
Drop Cookie \$2.00		Chocolate Chip Vanilla	Double Chocolate Vanilla	Chocolate Chip Oatmeal	Double Chocolate Vanilla	
Dessert Individually priced	Coconut Macaroon	Chocolate Pudding	Blueberry Shortcake	Holiday Cookies	Blueberry Cobblers	

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)
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:

Canley Cup: Monday, November 27th to Wednesday, December 13th

It's the season of Canley Cup! Canley Cup is a district-wide event running from **Monday, November 27th to Wednesday, December 13th** that will help families in the community in need, and Tupper wants to take home the trophy! This year, we will only be accepting monetary donations, and we are collecting during second block on Tuesdays and Fridays and during our upcoming events like the Pep Rally and Spicy Noodle Challenge! Stay tuned for more info, and don't forget to check our Instagram page @tuppercouncil Love, Student Council!

Grade 12 Mandatory FIT with Ms. Higenbottam in the Caf - TVRS: Tuesday, November 28 during FIT

This session is to go over your Transcript Verification Forms with Ms. Higenbottam – **Mandatory** for all Grade 12 students. Please check your TEAMS channels for more details.

Prep Rally - Staff vs Students Basketball Game: Wednesday, November 29 @ lunch

On **Wednesday, November 29th, 2023, in the gym**, our annual Pep Rally will have a short STAFF vs STUDENTS (open to any and ALL staff!) basketball game. This will help with bringing in a crowd for our Canley Cup fundraiser (where the funds collected will go back to our community members during the holiday season). If you're interested in playing, please reply to this comment here. The more, the merrier. Good luck with your stretches and warming up!

Staff and Grade Group Photos: Thursday, November 30

Date: November 30, 2023

Time: 9AM (PA announcement to be made to Grade 8s)

Location: Small Gym

Fall Fusion 2023: Wednesday, December 06

All are welcome to join us the evening of **Wednesday 6, 2023**. Tupper Fine Arts is hosting Fall Fusion 2023, where we showcase student art, dance, music, and drama. Please see the attached poster for details.

Thank you for your support!



OLD ITEMS:

A message from the Literacy and Applied Literacy students:

We have a problem between Palestine and Israel. In the Gaza Strip, there are so many children dying. The children do not have homes, food, or hospitals. There is no medicine and no safe place to go. We cannot help them with all of these problems by ourselves, but there is a group working in Gaza that can help called Doctors Without Borders. This group can give so many things to help them. They can give people shelter, water, food, medicine, and much-needed healthcare services. We are students from the Tupper Literacy and Applied Literacy Programs. We are looking for donations from the Tupper community. We can make a difference. We can change our feelings of hopelessness to those of hope. We are collecting cash or online donations to help Doctors Without Borders with their goal of helping people during times of war.

To donate to our campaign, click here: <http://action.msf.ca/goto/TupperGlobalAid>

Doctors Without Borders / Médecins Sans Frontières (MSF) Canada
Medical aid where it is needed most. | Fournir une aide médicale là où elle est la plus vitale.

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>

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](#)