



# TUPPER SECONDARY – Weekly Student Bulletin

## February 26 - March 1, 2024 (Semester 2)

### 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.

### Tupper Caf Weekly Menu Plan

Menu is subject to change with the vagaries of food deliveries and student creativity

**Week of:** Feb 26 - Mar 1

|  |                                    | Monday                              | Tuesday                                     | Wednesday                           | Thursday                  | Friday                                 |
|--|------------------------------------|-------------------------------------|---|-------------------------------------|---------------------------|--|
| <b>Biscuit</b><br>\$2.75   | <b>Quick Bread</b><br>\$2.50       | Cinnamon Raisin Scone               | Blueberry Lemon Loaf                        | Craisin Muffin                      | Chocolate Zucchini Loaf   | Blueberry Square                       |
| <b>Daily Sandwiches \$5.00</b><br>Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey       |                                    |                                     |   |                                     |                           |  |
| <b>Wrap</b> \$5.50   | Chicken Caesar                     | Pesto Chicken                       | Chicken Caesar                              | Pesto Chicken                       | Chicken Caesar            | Chicken Caesar                         |
| <b>Hoagie</b> \$5.00   | Beef                               | Pastrami                            | Beef  | Pastrami                            | Beef                      | Beef                                   |
| <b>Chef Salad \$6.50    Hummus Box \$4.50</b>  |                                    |                                     |   |                                     |                           |  |
| <b>Soup</b> \$3.50   | Mulligatawny                       | Onion                               | Minestrone                                  | Potato Leek                         | Mushroom                  |  |
| <b>Hot Sandwich</b><br>\$5.00<br>Soup & sandwich<br>\$7.25                             | V Grilled Cheese                   | V Grilled Cheese                    | V Grilled Cheese                            | V Grilled Cheese                    |                           | Ham and Swiss Panini                   |
| <b>Entrée</b> \$7.25   | Cheeseburger Fries<br>Garden Salad | Chickpea Curry Basmati Rice<br>Naan | Hunter Chicken Mashed Potato<br>Steamed Veg | Sweet And Sour Pork ,<br>Fried Rice |                           | Turkey Schnitzel<br>Roast Potato Salad |
| <b>Dessert</b><br>Individually priced  | Ginger Cake<br>Crème<br>Caramel    | Tiramisu<br>Jello                   | Brownie<br>Rice Krispies                    | Cinnamon Bun<br>Vanilla Pudding     | Apple Pie<br>Rice Krispie |  |
| <b>Daily Cookies \$2.00</b> Chocolate Chip ~ Red Velvet ~ Ginger Snap ~ Oatmeal Raisin |                                    |                                     |   |                                     |                           |  |

V = vegetarian V\* = vegetarian option available but limited



**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

## 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:**

**PINK SHIRT DAY** – February 28<sup>th</sup>, 2024 - Don't forget to wear pink! Pink Shirt Day is an annual event against bullying, held in Canada and New Zealand. Participants wear pink shirts and attend or host informative events to raise awareness about bullying, particularly in schools. Pink Shirt Day was started in 2007 in Canada, where it is held on the last Wednesday of February each year.

Come on down to the Tupp Shop to get your pink shirt for \$15!

**GR 9-11 MATH CONTESTS** – The math contests are scheduled for this Wed. Feb. 28th from 8:45am - 9:45am in Room 206 (Ms. Y. Lau's room) and Ms. Wong will be there to meet you. You will need to be excused for your first period class...please notify your teacher (come to Room 400 starting next Monday at lunch to pick up a form to show your teacher). Please bring a pencil, eraser and calculator with you. See you then, Ms. Wong

**MEDIA CLUB** We have a new VR/AR device. Come after school to studio 409 on Tuesday to check out the Meta Quest 3. We also have a video edit and audio production bay for student media projects.

**JAM CLUB** We will be jamming as usual in the music room Wednesday after school. Check the Media Teams Jam channel for some new notes on playing lead guitar scales.

### **2022 - 2023 YEARBOOK PICK UP REMINDER**

If you see your name below, you ordered and paid last year's Yearbook but have not picked up yet. Please come by the office briefly during FIT times or at lunch time starting Monday February 26, 2024. Thank you.

|                        |                      |
|------------------------|----------------------|
| Billas-Stewart, Fin    | Medina Lozano, Nyssa |
| Bruce, Graeme          | Miller, Dayton       |
| Cowan, Jake            | Ocampo, Thea         |
| Daly, Poppy            | Patience, Aiden      |
| Found, Anna            | Pritchett, Casey     |
| Goolieff, Sofie        | Qiu, Tim             |
| Harper Coombs, Sofie   | Sadaghar, Yona       |
| Irfan Bryan Chu, Bryan | Jayden, Sanghera     |
| Jensen, Peter          | Sheen, Roarke        |
| Jordan, Camden         | Thomson, Hiroki      |
| Knowles, Olive         | Tong, Allison        |
| Levangie, Elijah       | Tuting, Floyd        |
| Li Huang, Alan         | Tyler, Liam          |
| Li Huang, Alex         | Van Vliet, Josefine  |
| Liesch, Oscar          | Van Vliet, Sophie    |
| Maharaj, Shriya        | Watt, Oscar          |
| Mahseredjian, Emile    | Xavier, Maximus      |
| Malette, Joshua        | Yoshitani, Kieran    |
| Masutani, Ren          | Zuccolo, Tate        |
| McLeod, Oliver         |                      |

### **UBC ATHLETICS AND RECREATION CAMPS NEED YOU!**

Spring Break Camp Instructors are responsible for planning and implementing a variety of camps based on their individual skillset. Currently, UBC Camps is seeking expertise in the following areas: aquatics, badminton, soccer, garden or nature-based education, biking, creative writing, performing arts (musical theatre) and track & field.

*Employment Dates:*

March 18 - 22 & March 25 - 28, 2024 (full-time or part-time hours available)

*Training Dates:*

March 8 (evening), March 9 (all day), March 14 (evening)

Apply Online at: <https://recreation.ubc.ca/2024/01/03/spring-break-camp-instructors/>

Application Deadline: Tuesday, February 27, 2024 at 11:59pm



## **DIVERSITY AND INCLUSION CALENDAR OF EVENTS**



### **February Events:**

|             |                  |
|-------------|------------------|
| February 24 | Lantern Festival |
|             | Maha Puja Day    |
| February 28 | Pink Shirt Day   |

### **March Events:**

|         |                         |
|---------|-------------------------|
| March   | Irish Heritage Month    |
| March 1 | Zero Discrimination Day |
| March 8 | Maha Shivaratri         |

## OLD ITEMS:

### School Forms:

Don't forget to complete your Media Consent forms, Adobe Forms and AUP forms at <https://myforms.vsb.bc.ca> Log in with your Personal Education Number and birthdate (you can find your PEN on your report card)



**PADDLES UP!  
OUR YOUTH  
DRAGON BOAT  
TEAM IS  
RECRUITING!**

FOR 13-18 YRS

Practices every  
Saturday 3-5PM @ Creekside  
starting January 27



Scan QR code to register or  
e-mail Youth Worker:  
[sally.chan@vancouver.ca](mailto:sally.chan@vancouver.ca)  
for more info!

**ALL LEVELS WELCOME!**



## 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.schoolcashonline.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](http://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](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. 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](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](mailto:tupper@vsb.bc.ca) to request assistance

**What if my MyEducation account is disabled?**

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:**

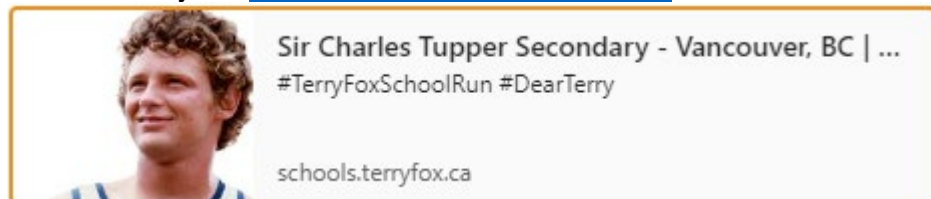
Students are able to reset their own Office 365 passwords through this link <https://www.vsb.bc.ca/sir-charles-tupper/ci/p/15848>. Please note that you will require your birthday as well as your Personal Education Number (PEN) which you can obtain from your MyEd account or you can find it on a past report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