



TUPPER SECONDARY – Weekly Student Bulletin

March 11 - March 15, 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: Mar 11 - 15



		Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit \$2.75	Quick Bread \$2.50	Carrot Muffins	Cheese Scone	Blueberry Muffin	Blueberry Muffin	Orange Cranberry Scone
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	Beef	BLT	Beef
Chef Salad \$6.50 Hummus Box \$4.50						
Soup \$3.50		Chicken Noodle	Cream of celery	Minestrone	Corn chowder	TBA
Hot Sandwich \$5.00 Soup & sandwich \$7.25		V Grilled Cheese	V Grilled Cheese	V Grilled Cheese	V Grilled Cheese	Ham and Swiss Panini
Entrée \$7.25		Penne & Meatballs Caesar Salad	V Chili Nachos	Lemongrass Chicken Jasmine Rice Stir Fry Vegetables	Fish and Chips with coleslaw	Veggie Burger Waffle Fries and garden salad
Dessert Individually priced		Ginger Cake Jello	Apple Pie Vanilla Pudding	Blueberry Square Rice Krispies	Cinnamon Buns Jello	Chocolate Cake Rice Krispies
Daily Cookies \$2.00 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:

Track & Field: RUN, JUMP, THROW. Tupper Track and Field will be having our first organization meeting Wednesday March 13 in rm204. Please sign up on the sheet outside of the gym and come to the meeting.

TAP Urban Horse Project: TAP will be participating in the Urban Horse Project starting every Wednesday April 10, 17, 24, May 1 & 8. There will be approximately 10 students participating. Still waiting on consent forms to confirm numbers. We'll be leaving school around 12:30 and returning to school by 3:00pm. Program is 1:15-2:15pm. The remaining students will be in the Library with Edyta for Block 3 and PE with Toni Block 4.

WORK EXPERIENCE OPPORTUNITIES:

Please see Ms. Ma in Room 303D or email ssma@vsb.bc.ca

NOVA Underwater Hockey Club: Volunteers needed to help manage the event, set-up/take down the event, and officiate the event on May 17, 18, & 19 at UBC Aquatic Centre. Check the Work Experience board for details, or contact Ms. Krickan, or Ms. Ma.

Foodsafe Level 1 Certification: Complete this program to build your resume, to meet the pre-requisite for specific post-secondary programs, and/or to have the training for food service/community center programs and events. The workshop is on March 11, 13, & 14 Periods 3 & 4, plus afternoon FIT in Room 210. You must attend all three days to receive the test. Cost \$35. Sign-up on the Work Experience board across from the school office.

Playland Summer Jobs: Paid positions available. Check the link for details and apply online: <https://careers-one.icims.com/jobs/1642/2024-playland-summer-jobs/job?mobile=false&width=1220&height=500&bga=true&needsRedirect=false&jan1offset=-480&jun1offset=-420>

Deadline: Submit resume by Sunday March 10 (check the age requirement for each position before applying)

Virtual Interviews: April 2, 4, 11 (only those invited by end of March will be interviewed)

Mandatory Training: Saturday May 11

BC Children's Hospital and BC Women's Hospital: Volunteers needed. Opportunities posted are on the Work Experience board across from the school office. Also check the list of requirements for volunteers before applying, such as minimum 16 years of age, and 12 month commitment to volunteering. See Ms. Ma for help.

Dragon Boat BC: Volunteers needed for various events throughout Spring and Summer. Go to <https://dragonboatbc.ca/volunteer/> for details of the events, and register as a volunteer on the same page. Check the positions available. Some nice give-aways for volunteering your time.

DIVERSITY AND INCLUSION CALENDAR OF EVENTS

March Events:

March	Irish Heritage Month
March 8	Maha Shivaratri
March 8	International Women's Day
March 10	Ramadan Begins (ends April 9)
March 15	International Day to Combat Islamophobia
March 19	Nowruz - Iranian (Persian) New Year
March 21	World Down Syndrome Day
March 21	International Day for the Elimination of Racial Discrimination
March 23-24	Purim
March 25	Hola Mohalla
March 25	Holi
March 25	International Day of Remembrance of Slavery
March 29	Good Friday
March 31	International Transgender Day of Visibility
March 31	Easter Sunday

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 for more info!

ALL LEVELS WELCOME!

VANCOUVER BOARD OF PARKS AND RECREATION

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.

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-](https://media.vsb.bc.ca/docs/f985109d-3deb-420d-835e-ff2872c70a22_QRG%20Resetting%20a%20Password%20or%20Enabling%20a%20Disabled%20Account.pdf)

[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 to request assistance

What if my MyEducation account is disabled?

Please send an email to tupper@vsb.bc.ca if your MyEd account is disable.

Having Problems with Office 365:

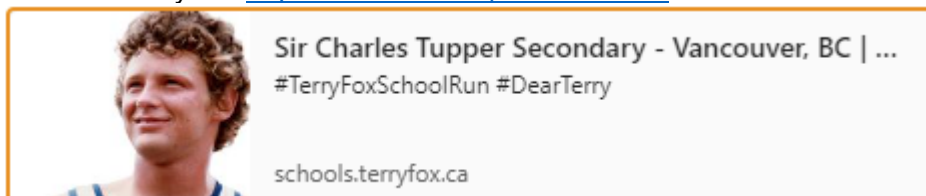
Students are able to reset their own Office 365 passwords through this link <https://www.vsb.bc.ca/sir-charles-tupper/ci/p/15848>. Please note that you will require your birthday as well as your Personal Education Number (PEN) which you can obtain from your MyEd account or you can find it on a past report 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](https://schools.terryfox.ca/31902)