



# TUPPER SECONDARY – Weekly Student Bulletin

## April 08 – April 12, 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.

Menu is subject to change with the vagaries of food deliveries and student [creativity](#)

**Week of:** Apr 8 - 12

Menu is subject to change with the vagaries of food deliveries and student [creativity](#)

|  |  | Monday   | Tuesday  | Wednesday                              | Thursday                                      | Friday  |
|--|--|--|--|--|---|---|
| <b>Biscuit</b><br>\$2.75   | <b>Quick Bread</b> \$2.50  | Zucchini<br>Chocolate Loaf                               | Cheese Scone   | Morning Glory<br>Muffin                | Banana Loaf                                   | Brownie   |
| <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  |
| <b>Hoagie</b> \$5.00   |  | Beef   | BLT  | Beef                                   | BLT   | Beef  |
| <b>Chef Salad \$6.50      Hummus Box \$4.50</b>                                  |  |  |  |  |   |   |
| <b>Soup</b> \$3.50   |  | Vegetable<br>cream                                       | Chicken<br>Mulligatawny  | Potato and Leek                        | Chicken corn                                  | TBA   |
| <b>Hot Sandwich</b> \$5.00<br>Soup & sandwich \$7.25                             |  | V Grilled Cheese   | V Grilled Cheese   | V Grilled Cheese                       | V Grilled Cheese                              | Ham and Swiss Panini  |
| <b>Entrée</b> \$7.25   |  | Macaroni and<br>cheese, garden<br>salad, Garlic<br>toast | Pork Smokies,<br>Cheese<br>Perogies,<br>Sauteed onion<br>and bell pepper | Thai Chicken curry<br>with Jasmin Rice | Beef Stroganoff,<br>Egg noodles, mixed<br>veg | Buttermilk <u>Airfried</u><br>Chicken with fries and<br>Salad |
| <b>Dessert</b><br>Individually priced  |  | Apple Cake<br>Mango Pudding                              | Rice Krispie<br>Blueberry Pie  | Chocolate Cake<br>Mango Pudding        | Cinnamon Bun<br>Chocolate Pudding             | Fruit Crumble<br>Rice Krispie                                 |
|  | <b>Daily Cookies</b> \$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)               |
| 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:

**Fire Drill:** There is a fire drill on April 10th at 1:45pm

**Grade 8 Health And Career Education Event** FIT presentation for gr 8s on April 12th check the board outside the counselling suite the day before for your presentation topic and location based on your last name grouping.

**Student Learning Conferences Registration** Begins at 7am on April 3rd. (Formerly Parent Teacher Conferences). Please remember to sign up for your teachers as spots fill up quickly! To register for Student Learning Conferences, please visit <https://tupper.schoolappointments.com/> Registration closes on April 9th at 11:59pm. Please check the Tupper website for more information.

**Early Dismissal – April 11<sup>th</sup>** Students will be dismissed from school at 2:05pm as teachers need to prepare for Student Learning Conferences. Early dismissal schedule:

### EARLY DISMISSAL SCHEDULE

Early Dismissal Dates: November 2, 2023 and April 11, 2024

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

**Spring Dance: Tuesday, April 16<sup>th</sup>** Hey tigers, ring in the spring season by coming to the spring dance! The dance will be happening on Tuesday, April 16th from 5-6:30 PM. Tickets will be on sale next week for \$2. More details on food and drink to come. Check our Instagram @tuppercouncil for more updates!

**Professional Day – April 22<sup>nd</sup>, 2024**

A poster for a Spring Fusion event. The background is a soft-focus image of pink cherry blossoms. At the top, the words "Spring Fusion" are written in a large, elegant, black cursive font. Below this, a white rounded rectangular box contains the event details in a black, handwritten-style font. The text reads: "TUPPER FINE ARTS presents Spring Fusion on Thursday, May 2, 2024", "Sir Charles Tupper Secondary, 419 East 24th Ave", "Art Gallery + Music at 6:30 PM (Front Foyer)", "Show Begins at 7:00 PM", "NO LATECOMERS (AUDITORIUM)", "Tickets are \$5 in advance, or \$10 at the door", and "Please contact the school office at 604-713-8233 before Wednesday, May 1 to purchase your ticket in advance". At the bottom of the poster, there is a logo for "TUPPER Fine Arts" which consists of a stylized white 'G' shape with a star inside, followed by the text "TUPPER Fine Arts" in a bold, sans-serif font.

## WORK EXPERIENCE OPPORTUNITIES:

Please see Ms. Ma in Room 303D or email [ssma@vsb.bc.ca](mailto: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.

**Mineralised Career Fair and Tradeshow:** May 14, 2024 from 9 am to 2:30 pm Vancouver Convention Centre West. Explore opportunities in the mining sector. Bring multiple copies of your resume, dress professionally, and connect with companies. Pick-up free swag. Classes welcome.

**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

### April Events:

|             |  |
|-------------|--|
| April       | Sikh Heritage Month/ Genocide Remembrance, Condemnation & Prevention Month |
| April 1     | Easter Monday  |
| April 9     | Ramadan Ends   |
| April 9-10  | Eid-al-Fitr Celebration  |
| April 9-17  | Chaitra Navratri   |
| April 13    | Vaisakhi   |
| April 14    | International Day of Pink/ Bangla Heritage Week                            |
| April 17    | Ram Navami   |
| April 22-30 | Pesach (Passover)  |
| April 23-24 | Hanuman Jayanti  |

### 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!**



**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>

**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.

**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](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-](https://media.vsb.bc.ca/docs/f985109d-3deb-420d-835e-ff2872c70a22)

[ff2872c70a22](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)

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>

**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)