



TUPPER SECONDARY – Weekly Student Bulletin

April 29 – May 3, 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: Apr 29 – May 3

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|------------------------------|---------------------------------|--|------------------------------------|---|---------------------------------|
| Biscuit \$2.75 | Quick Bread \$2.50 | Carrot Muffins | Cheese Scone | Blueberry Muffin | Blueberry Muffin | 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 | | Clam Chowder | Chicken Corn | Minestrone | Mulligatawny | 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 Bolognese Caesar Salad | Teriyaki Chicken, Jasmine Rice, Steam Broccoli | Fish Taco, Chipotle Slaw, Fries | Turkey Schnitzel, Mashed Potato Veggies | Veg Samosa , Rice and 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

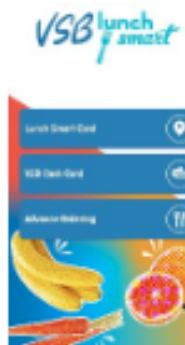


New! Use the VSB lunch smart app to **preorder an entrée and drink.**

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



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ROARS - Respect Ownership Attitude Responsibility Safety

Weekly Schedule:

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|----------------------------------|----------------------------------|----------------------------------|---------------------------------|
| FIT (40 min) 8:40-9:20 | | | | FIT (40 min) 8:40-9:20 |
| Block 1 (60 min) 9:20-10:20 | Block 1 (80 min) 8:40-10:00 | Block 1 (80 min) 8:40-10:00 | Block 1 (80 min) 8:40-10:00 | Block 1 (60 min) 9:20-10:20 |
| break (10 min) | break (10 min) | break (10 min) | 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:

Attention grade 9 students, your last HCE 9 presentation is happening on Monday morning at FIT in the auditorium. See you there!

Tuesday and Thursday FIT:

Tuesday: Students will stay in their 2-4 class for FIT. Students in grade 10 and 12, will complete the student learning survey during FIT. To minimize disruptions to this process, we ask that students in grade 8, 9, and 11 also stay in their classes and work independently.

Thursday: This FIT block will be shortened and will run from 1:15 – 1:45pm. Students will then have a break and must be in their 2-3 class by 1:55. This will allow students to participate in the earthquake drill with their last block teacher. Students will stay in their 2-4 class (class immediately after lunch) and complete their self-assessment of the Core Competencies and upload to spaces.edu.

For both FIT blocks (Tuesday and Thursday), students should bring extra work or a book to read as they will not leave the classroom during this time.

Earthquake Drill: We will be performing an Earthquake Drill on Thursday May 2, 2024 at 2PM. Please wear ***weather-appropriate*** attire for that day. The drill should take a minimum of 30 minutes.

WORK EXPERIENCE OPPORTUNITIES:

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

UBC Chan Centre for the Performing Arts: Summer Camp volunteers needed the week of July 8 - 12 (Making and Playing Instruments in Nature), and July 15 - 19 (Press Start: Exploring Video Game Music) to work with children ages 6 -12. Only successful applicants will be interviewed. Training starts week of July 24. **View details and apply online** at https://ubc.ca/1.qualtrics.com/jfe/form/SV_2orUC0fzSjffM2. **Deadline: May 6**

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&bqa=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

May Events:

| | |
|-----------|--|
| May | Asian Heritage Month/ Canadian Jewish Heritage Month |
| May 5 | Cinco de Mayo/ Dutch Heritage Day/ Red Dress Day |
| May 5-6 | Yom HaShoah (Holocaust Remembrance Day) |
| May 10 | Bear Witness Day |
| May 15 | Buddha's Birthday |
| May 17 | International Day Against Homophobia, Transphobia |
| May 19-25 | Anti-Racism Awareness Week |
| May 21 | World Day for Cultural Diversity for Dialogue |
| May 23 | Anniversary of Komagata |
| May 24 | 24 Vesak/Wesak/Buddha Day/Visakha/Puja |

OLD ITEMS:



Mr. Coderre's Career Life Education 11 students. Please check your Teams. There are a number of important FIT dates that are coming up which you need to attend at the end of April and beginning of May.

GR 9 IMMUNIZATION CLINIC POSTPONED - The Grade 9 immunization clinic for those students who have missed their appointment, has been postponed until May 9th.

Spring Dance: Wednesday, April 24th

The Spring Dance is happening on Wednesday, April 24th from 5:00-6:30PM in the Cafeteria! Tickets will be sold at lunch in the foyer for \$2. Come for some free food, a special DJ appearance, and a chance to win an Earnest Ice Cream gift card! Check our Instagram [@tuppercouncil](https://www.instagram.com/tuppercouncil) for more info!

Congratulations! These students completed the FoodSafe Level 1 Course and are waiting their certificates from VCH. Thank you to all the teachers for supporting these students:

Graham Clark
Rayne Collinghagen
Sophia Guest
Tula Hall
Simon La

Steven Lao
Jeanelle Prado
Elleana Saraza
Matteo Skourtes-Ganter
Melina Thiessen-Liang

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)

A recruiting poster for the Vancouver Youth Dragon Boat Team. The background shows a group of people in a dragon boat on water with a city skyline in the distance. The text reads: 'PADDLES UP! OUR YOUTH DRAGON BOAT TEAM IS RECRUITING! FOR 13-18 YRS'. Below this, it says 'Practices every Saturday 3-5PM @ Creekside starting January 27'. There is a QR code and the text 'Scan QR code to register or e-mail Youth Worker: sally.chan@vancouver.ca for more info!'. At the bottom, it says 'ALL LEVELS WELCOME!' and features the Vancouver Parks and Recreation logo.

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.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.

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 disabled.

Having Problems with Office 365:

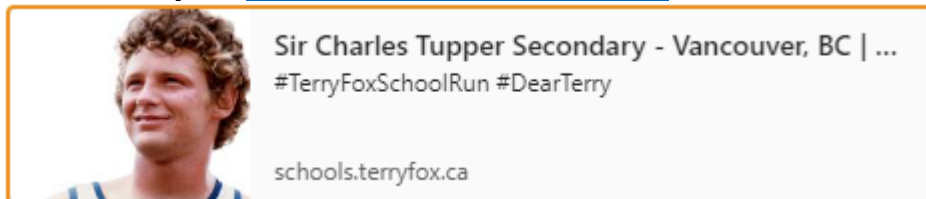
Students are able to reset their own Office 365 passwords through this link <https://www.vsb.bc.ca/sir-charles-tupper/ci/p/15848>. Please note that you will require your birthday as well as your Personal Education Number (PEN) which you can obtain from your MyEd account or you can find it on a past report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