



TUPPER SECONDARY – Weekly Student Bulletin

May 6 – May 10, 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: May 6 - 10

		Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit \$2.75	Quick Bread \$2.50	Chocolate chip muffin Chocolate Chip Muffin	Banana Loaf	Cheese Scone	Apple Cinnamon Muffin Bun Apple muffin	Orange pound cake Chocolate Chip Orange Pound Cake
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		Mulligatawny	Chicken cream	Carrot Ginger	Cream of Mushroom	TBD
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		Cheeseburger, Potato Wedges, Garden Salad	Chickpea Curry, Basmati Rice, 1/2 Naan	Hunter Chicken, Mash Potato, Veggies	Sweet & Sour Pork, Fried Rice	Chef Special
Dessert Individually priced		Fruit Crumble Vanilla Pudding	Key Lime Pie Jello	Vanilla Cake Chocolate Pudding	Cinnamon Buns Jello	Peach Shortcake Chocolate Pudding
	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)
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:

Mandatory Grad Assembly: Thursday, May 9th at 1:15 PM

The assembly will take place during FIT time.

Student Council Applications for Next Year: Apply by Wednesday, May 22nd

Hey tigers, if you are interested in joining student council next year, get your applications! Paper copies are available in the office and online versions are at <https://forms.gle/G9h484AobELRAGdAA>

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_2orUC0fzSjlfM2. **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-pne.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

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:

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)

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.

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 disabled.

Having Problems with Office 365:

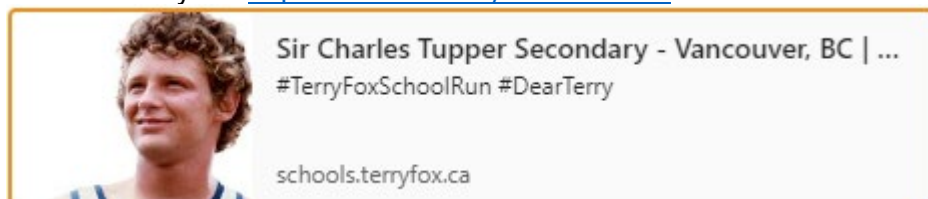
Students are able to reset their own Office 365 passwords through this link https://www.vsb.bc.ca/sir-charles-tupper/_ci/p/15848. Please note that you will require your birthday as well as your Personal Education Number (PEN) which you can obtain from your MyEd account or you can find it on a past report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