



# TUPPER SECONDARY – Weekly Student Bulletin

## May 21 – May 24, 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 21– 24

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Biscuit</b> \$2.75	<b>Quick Bread</b> \$2.50	Holiday	Blueberry Lemon Loaf	Craisin Muffin	Chocolate Zucchini Loaf	Blueberry Square
<b>Daily Sandwiches \$5.00</b> Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey						
<b>Chef Salad</b> \$6.50			Chicken Ceasar	Greek	Pasta	TBD
<b>Wrap</b> \$5.50			Pesto Chicken	Chicken Caesar	Pesto Chicken	Chicken Caesar
<b>Hoagie</b> \$5.00			BLT	Pastrami	BLT	Pastrami
<b>Hummus Box \$4.50</b>						
<b>Soup</b> \$3.50			Lentil soup	Thai Chicken Curry	Cream of Mushroom	TBD
<b>Hot Sandwich</b> \$5.00 Soup & sandwich \$7.25			V Grilled Cheese	V Grilled Cheese	Tuna Melt	Ham and Swiss Panini
<b>Entrée</b> \$7.25			Penne and Meatballs Caesar Salad	V Chili Nachos	Lemongrass Chicken Jasmine Rice Vegetables	Pulled Pork Burger Coleslaw Fries
<b>Dessert</b> Individually priced			Tiramisu Jello	Brownie Rice Krispies	Cinnamon Bun Vanilla Pudding	Apple Pie 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
<b>FIT (40 min) 8:40-9:20</b>	Block 1 (80 min) 8:40-10:00	Block 1 (80 min) 8:40-10:00	Block 1 (80 min) 8:40-10:00	<b>FIT (40 min) 8:40-9:20</b>
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)	<b>FIT (40 min) 1:15-1:55</b>	break (10 min)	<b>FIT (40 min) 1:15-1:55</b>	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:

**HEY ROARSIES: CARNIVAL IS COMING** up in June and if you and your band want to rehearse a set for carnival, we have a full PA in the music room and Jam club on Wednesdays there after school.

**MEDIA CLUB** is calling it a wrap for this year. See y'all next year in Studio 409. However, we do have a full video edit bay, lighting, and green screen for students to make use of, for school or class projects. Drop by Studio 409 during FIT or email [scoderre@vsb.bc.ca](mailto:scoderre@vsb.bc.ca) for details and bookings.

**MR. CODERRE'S CLC11** class make sure you check the CLC11 team for your Capstone Proposal Presentation times and dates. Dates are in the Calendar on the general channel and in the Appointments channel. Do NOT be late.

**JAM BAND** - We are getting ready for Tupper Carnival in June. Visit the Media Team and write down the names of your band members and the songs you want to perform. Also, after school Wednesdays are open for rehearsals.

**FOODSAFE LEVEL 1 CERTIFICATES** are ready for pick-up on Ms. Ma's door Room 303D in the Counselling Suite:

Graham Clark  
Rayne Collinghagen  
Sophia Guest  
Tula Hall

Simon La  
Steven Lao  
Jeanelle Prado  
Elleana Saraza

Matteo Skourtes-Ganter  
Melina Thiessen-Liang

## WORK EXPERIENCE OPPORTUNITIES:

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

**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 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:

### Student Council Applications for Next Year: Apply by Wednesday, May 22<sup>nd</sup>

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>

### 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)

### 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>