



TUPPER SECONDARY – Weekly Student Bulletin

May 27 – May 31, 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 27 – 31

		Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit \$2.75	Quick Bread \$2.50	Morning Glory Muffin	Chocolate Chip Orange Pound Cake	Cheese Scone	Cheesecake Square	Raspberry Scone
Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey						
Chef Salad \$6.50	Chef	Chicken Caesar	Greek	Three Bean	TBD	
Wrap \$5.50	Chicken Caesar	Pesto Chicken	Chicken Caesar	Pesto Chicken	Chicken Caesar	
Hoagie \$5.00	Pastrami	BLT	Pastrami	BLT	Pastrami	
Hummus Box \$4.50						
Soup \$3.50	Chicken Corn	Mulligatawny	Minestrone	Cream of Leek	TBD	
Hot Sandwich \$5.00 Soup & sandwich \$7.25	V Grilled Cheese	V Grilled Cheese	V Grilled Cheese	Tuna Melt	Ham and Swiss Panini	
Entrée \$7.25	Fish & Chips Tartar Sauce Salad	V Cheese Tortellini Rosé Cream Sauce Garlic Bread	Butter Chicken Basmati Rice, Peas, Naan	Beef Burrito Salad	Swedish meatball, egg noodles and tossed salad	
Dessert Individually priced	Cheesecake Square Crème Brule	Banana Cream Pie Jello	Vanilla Cake Rice Krispie	Cinnamon Bun Banana Loaf	Custard Tart Rice Krispie	
	Daily Cookies \$2.00 Chocolate Chip ~ Red Velvet ~ Ginger Snap ~ Oatmeal Raisin					
V = vegetarian V* = vegetarian option available but limited						



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



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)	Block 2 (80 min) 10:10-11:30	Block 2 (80 min) 10:10-11:30	Block 2 (80 min) 10:10-11:30	break (10 min)
Block 2 (60 min) 10:30-11:30				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:

LOVE PERFORMING? The Tupper Dance Show has spots for guest performers. Do you have special talent? Tap dance! Juggling! Cultural Dances! And more. Please talk to Ms. Read, if you are interested.

Hey JAM Club Make sure you **sign up your band and set list for Carnival on the Media teams by Wednesday after school**. After that, the stage is closed. On Wednesday after school in the music room we will run set lists and figure out set lists and rehearsal times.

Tupper Media: hear the ROARS.

WORK EXPERIENCE

KLM SOCCER CLUB: Volunteer Soccer Coach needed for 8-weeks from July to August. The unpaid positions may turn into paid positions if your skills match what the soccer club needs. The locations: Memorial South Park/Van Tech/Moberly Park. The schedule is flexible Tuesdays through Thursdays from 4:30 - 7:00 pm, and Saturdays from 8:30 - 11:30 am. Apply online at https://docs.google.com/forms/d/e/1FAIpQLSc9DL_KNU6vx2F2v4Ti4E2jI__2w7Eq3Z0_32VJ2_hlxovdrg/viewform?pli=1. Deadline: May 31

VAN DUSEN BOTANICAL GARDENS: Volunteer Summer Camp Leaders and Junior Counsellors needed from July 2 - August 23. Choose morning or afternoon shifts. Duties include: prepare and conduct outdoor games, crafts, experiments, and activities for children aged 5 - 10. See Work Experience Board for details. Apply online at <https://app.betterimpact.com/PublicOrganization/5757625f-27eb-4d6c-9df5-ff3182c978da/Activity/9c07b2c8-a4f3-49a3-a94b-9d5a0e624b5f/1>. Deadline: June 9, 2024.

SOUTH GRANVILLE PARK LODGE: Volunteer work with seniors in a long term care home. Your role would be to assist and to provide activities like arts & crafts, card games, fitness, gardening, knitting, outings, etc. Please call Carol Ganotisi to arrange a schedule. Minimum 2 hours per week. 604 732 8633.

DIVERSITY AND INCLUSION CALENDAR OF EVENTS

June	Italian Heritage Month National Indigenous Heritage Month Pride Season Begins Filipino Heritage Month Portuguese Heritage Month
June 11	Shavuot
June 14-19	The Hajj
June 16	Guru Arjan Martyrdom
June 17	Eid al-Adha
June 21	National Indigenous People's day
June 23	National Day of Remembrance for Victims of Terrorism
June 24	St. Jean-Baptiste Day
June 27	Canada Multiculturalism Day
June 28	Stonewall

OLD 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 for details and bookings.

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.

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>



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-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>