



TUPPER SECONDARY – Weekly Student Bulletin
January 19 – 23, 2026 (Semester 1)
Block Rotation 2 – 1, 4 – 3

Weekly Cafeteria Lunch Menu:

Hungry Tigers Cafe

DATE:		Monday	Tuesday	Wednesday	Thursday	Friday
Scone \$2.75	Muffin \$2.50	Blueberry Muffin	Cheese Scone	Zucchini Loaf	Chocolate Chip Loaf	Banana Loaf
Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey						
Rotating Hoagies \$5.00 Roast Beef ~ BLT ~ Pizza Sub ~ Tomato Bocconcini						
Chicken Caesar Wrap \$5.50						
Daily Salad \$7.50	Chicken Caesar	Chef's Salad	Greek Salad	Chicken Caesar	Chef's Salad	
Hummus Box \$4.50						
Soup of the Day \$3.75	Beef Barley	Lentil Soup	Chicken Noodle	Carrot Ginger	Chef's Choice	
Toasted Sandwich & Soup \$7.50 Grilled Cheese ~ Tuna Melt ~ Panini						
Hot Entrée - \$7.50	Pasta Amatriciana, Spring Mix, Garlic Bread	Bean Quesadilla & Tater Tots	Fried Chicken Burger & Wedges	Greek Chicken, Rice, Flat Bread, Salad	Fish and Chips, Coleslaw	
Dessert Individually priced	Pumpkin Pie	Lemon Square	Chocolate Cake	Cinnamon Buns	Strawberry Mousse	
Daily Cookies \$2.00 Chocolate Chip ~ Red Velvet ~ Ginger Snap ~ Oatmeal Raisin						
Daily Dessert Cup \$1.75 - \$2.50 Mango Pudding ~ Chocolate Pudding ~ Jello ~ Yoghurt Parfait ~ Fruit Salad						

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)	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:

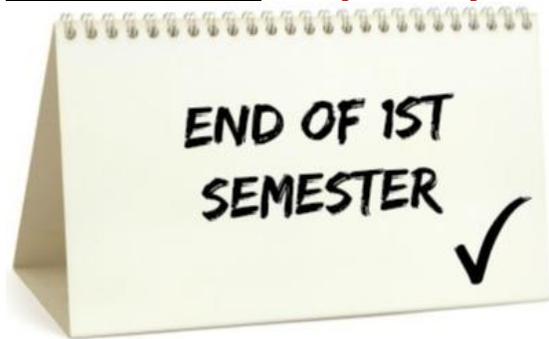
TIP Afternoon: Wednesday, January 21

Classes dismissed at 1:45 PM

TIP PM Schedule

	Start Time	End Time
Block 1	8:40am	10:00am
Break	10:00am	10:10am
Block 2	10:10am	11:30am
Lunch	11:30am	12:15pm
Block 3	12:15pm	12:55pm
Break	12:55pm	1:05pm
Block 4 – School Day ends after this block	1:05pm	1:45pm
TIP Time – Students dismissed at 1:45pm	1:45pm	3:05pm

Semester 1 ENDS: Friday, January 23



Hello Grade 12 Students, Grads of 2026!



Grad Winter Formal ❄️: Thursday, February 12

Grade12 @ Tupper Secondary 2026:

Your Grad Co is organizing a winter formal for **Feb 12!!!** See attached poster for ticket info and more.

Please spread the word to ALL students you know who might not get this message!



Learn About How To Apply For Post-Secondary Education/ Scholarships:

How do I find work?

I'm nervous for my job interview!

How can I fix up my resume and cover letter?

How do I file my taxes?

Register for:



The Know How.

**Thursdays
Jan 15 - Feb 12 2026
3:00-5:00pm
Staff Room**



**LITTLE MOUNTAIN
NEIGHBOURHOOD HOUSE**
NEIGHBOUR HELPING NEIGHBOUR

Student Safety Video Contest: Deadline Thursday, April 2, 2026

WorkSafeBC has officially launched the 2026 Student Safety Video Contest, Please check out the [contest website](#) and share this information with your students (between grades 8-12) and other youth organizations/teachers in your school or district.

There is \$10,000 in prize money up for grabs, to be shared by students and their schools/youth organizations. Your assistance in helping to spread words of the contest is very much appreciated!

The contest is now open, and we invite entries any time up until the **April 2, 2026 deadline**.

Here are some important points about this year's contest:

- The contest website, including full details, rules, and the contest entry form is at www.worksafebc.com/studentvideocontest
- A poster that you can print and post or distribute by email is attached
- The theme of this year's contest, **Use your voice for Safety**, asks students to create a short video that explores how young workers can use their voice and speak up when something feels unsafe at work
- Contest is open to students in grades 8 to 12
- There are four \$2,500 cash prizes to be shared by the students and their schools/youth organizations
- Prizes are funded by contest sponsors Actsafe, London Drugs, Seaspan, and Manufacturing Safety Alliance of B.C.
- There is an additional prize furnished by Actsafe: The Actsafe Aspiring Filmmaker Award, plus an opportunity for one winning video to be recognized by the Canadian Centre for Occupational Health and Safety and compete in the national contest hosted by them as well.
- There are two categories for entries: grade 8-10 and grade 11-12
- Entries can be drama, comedy, documentary, music video, stop-motion, animal, or mashups ...whatever creative style students can imagine!
- Entries are to be submitted by the teacher or youth organization sponsor
- **Contest deadline is 5 pm, Thursday, April 2, 2026**

Any questions please ask Mr. Coderre

HELPFUL RESOURCES:

LunchSmart Program:

Are you interested in joining the LunchSmart program? If you do, follow these steps:

1. Get the application form in the office, and have it filled out and signed by your parent/guardian
2. Submit the signed application form in the office, and if there is nothing else that we need, download the QR code at the back of the form and we will give you a permanent number to be attached electronically to the App.
3. Submit the Lunch payment every 1st week of the month using a special envelope you can get in the office.

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. 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. If you have forgotten the password, you can reset your password through the below password recovery link. [Account Management \(vsb.bc.ca\)](#)

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 by clicking [here](#). 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. Should you require assistance logging into your Office365 account after resetting your password, [please click here for a step-by-step guide](#).

Sign Up For Fall Sports:

Fill in the QR code (posted outside of the Office/Gym) and please listen to PA announcements or check Teams for Tryout dates. See Ms. Wong or Ms. Koyanagi if you have any questions.

TUPPER CLUBS ARE RUNNING!

Please check out the [Tupper Clubs List 2025-2026.pdf](#) which has been posted on the school website or click here [Clubs](#)



Terry Fox Run:

Our Terry Fox Run takes place in all PE classes for semester one Oct. 1st. We will do again for our semester two PE classes, but if you can donate now to the cause, that would be great. Please see the link to donate. Cash donations may also be given to the PE teachers. Thank you so much for supporting this cause.

<https://schools.terryfox.ca/99257>

Please see the link to donate [Sir Charles Tupper Secondary - Vancouver, BC | Terry Fox School Run](#)



Viewing and Ordering Your Artona Photos Online:

Students should have received an Artona card with a QR code when they had their photos taken on the school Photo Day. If you CANNOT find the Artona card, please use the link below to view and order photos without the access code. <https://artona.com/orders/find>

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