



TUPPER SECONDARY – Weekly Student Bulletin  
March 09 – 13, 2026 (Semester 2)

Weekly Cafeteria Lunch Menu:

*Hungry Tigers Cafe*

| DATE: Mar 9-13                                                                                                 |                                              | Monday                                          | Tuesday                        | Wednesday                        | Thursday                 | Friday       |
|----------------------------------------------------------------------------------------------------------------|----------------------------------------------|-------------------------------------------------|--------------------------------|----------------------------------|--------------------------|--------------|
| Scone<br>\$2.75                                                                                                | Muffin<br>\$2.50                             | Coconut<br>Chocolate Chip<br>Muffin             | Cheese Scone                   | Banana Loaf                      | Zucchini Loaf            | Rice Krispie |
| Daily Sandwiches \$5.00<br>Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey                                      |                                              |                                                 |                                |                                  |                          |              |
| Rotating Hoagies \$5.00<br>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                   | TBA                      |              |
| Hummus Box \$4.50                                                                                              |                                              |                                                 |                                |                                  |                          |              |
| Soup of the Day \$3.75                                                                                         | Potato Garlic                                | Cream of Tomato                                 | Cream of<br>Vegetable          | Broccoli Cheddar                 | TBA                      |              |
| Toasted Sandwich & Soup \$7.50<br>Grilled Cheese ~ Tuna Melt ~ Panini                                          |                                              |                                                 |                                |                                  |                          |              |
| Hot Entrée - \$7.50                                                                                            | Tortellini w/ Meat<br>Sauce, Garlic<br>Bread | Thai Sweet Chili<br>Meatballs, Rice,<br>Veggies | Veggie Burger,<br>Roast Potato | Tandoori Chicken,<br>Raita, Rice | Chicken Strips,<br>Salad |              |
| Dessert<br>Individually priced                                                                                 | Chocolate Cream<br>Tart                      | Pumpkin Pie                                     | Vanilla Cream<br>Cake          | Cinnamon Bun                     | Brownie                  |              |
| Daily Cookies \$2.00<br>Chocolate Chip ~ Red Velvet ~ Ginger Snap ~ Oatmeal Raisin                             |                                              |                                                 |                                |                                  |                          |              |
| Daily Dessert Cup \$1.75 - \$2.50<br>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, March 11**  
**Classes Dismissed @ 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        |
| <b>Lunch</b>                               | <b>11:30am</b> | <b>12:15pm</b> |
| Block 3                                    | 12:15pm        | 12:55pm        |
| Break                                      | <b>12:55pm</b> | <b>1:05pm</b>  |
| Block 4 – School Day ends after this block | 1:05pm         | 1:45pm         |
| TIP Time – Students dismissed at 1:45pm    | <b>1:45pm</b>  | <b>3:05pm</b>  |

**Pep Rally in the Gym: Wednesday, March 11**

Hey Tigers! Student Council would like to announce that on **Wednesday, March 11th** there will be a pep rally in the gym! Come show your school spirit and represent your grade by wearing your grade colours!

- Grade 12 – Black ●
- Grade 11 – White ○
- Grade 10 – Blue ●
- Grade 9 – Red ●
- Grade 8 – Green ●

There will be activities such as a relay race, a 3 point contest, and more!

Prizes will also be given out, so don't miss your chance to win and help your grade show the most spirit!

Thank you, Love Student Council! 🐾

**Tupper or Something Like It Drama Performance (in B114): Wednesday, March 11 (6:30 – 9 PM)**

**Grade 8 Rotation 2 Begins: Friday, March 13**

**Hello Grade 12 Students, Grads of 2026!**



### **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](http://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 1<sup>st</sup> 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](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. 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:**

What if I forgot my password?

1. Please use this link to log onto the MyEducation Family Portal <https://myeducation.gov.bc.ca/aspen/logon.do> and click on the "Trouble Logging in" 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 to [tupper@vsb.bc.ca](mailto:tupper@vsb.bc.ca) to request assistance.

What if my MyEducation BC account is disabled?

Please send an email to [tupper@vsb.bc.ca](mailto:tupper@vsb.bc.ca) to request assistance.

Please note that access to the MyEd Family Portal is shared with the student and parents/guardians. More information can be found here: [Account Management \(vsb.bc.ca\)](https://vsb.bc.ca)

**Having Problems with Office 365 (Teams):**

Students are able to reset their own Office 365 (Teams) passwords with the Self Serve Password Reset link [Student Office365\(TEAMS\) Self Serve Password Reset](#). 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](#).

**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](#)

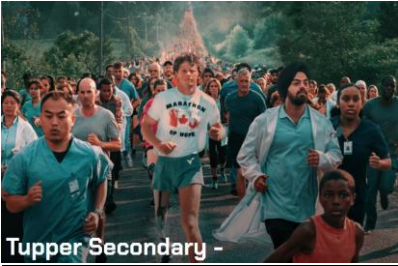


**Terry Fox Run:**

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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