



TUPPER SECONDARY – Weekly Student Bulletin
April 13 – 17, 2026 (Semester 2)

Weekly Cafeteria Lunch Menu:

Hungry Tigers Cafe

DATE:		Monday	Tuesday	Wednesday	Thursday	Friday
Scone \$2.75	Muffin \$2.50	Chocolate Chip Muffin	Cheese Scone	Zucchini Loaf	Rice Krispy	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		Cream of Vegetable	Cream of Mushroom	Beef Barley	Chicken Noodle	TBA
Toasted Sandwich & Soup \$7.50 Grilled Cheese ~ Tuna Melt ~ Panini						
Hot Entrée - \$7.50		Spaghetti Amatriciana, Spring Mix, Garlic Toast	Bean Quesadilla, Tater Tots, Salsa, Sour Cream	Fried Chicken Burger w Wedges	Greek Chicken, Rice, Flat Bread, Veg Salad	Fish and Chips, Coleslaw
Dessert Individually priced		Lemon Cream Bar	Bread Pudding	Apple Pie	Cinnamon Buns	Brownies
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:

Fire Drill: Monday, April 13, (@ 1:50 PM)

ATTENTION Grads: PROM INFO

Your final formal, sendoff celebration ❤️
Our prom is at **The Roof (15th floor), Fairmont Hotel Vancouver**
on Fri, May 22.
Address: 900 West Georgia St.

On the guestlist: Tupper grads only – sorry, no external guests. It's a cozy venue with just enough capacity for our grads only.

Details:

Reason for timeline: The Fairmont requires final head count numbers in April based on your registration forms. Fairmont then bases how much food to order and chairs & table settings to put out based on these numbers. **Which means no late sign-ups.**

Big (BIG) reminder: You must have paid your \$120 Grad Dinner Dance fee (or gotten it waived by Ms. H) in order to register to attend. It also means that if anyone at your table has not paid yet, no one at that table is confirmed to attend yet either.

- You probably paid these fees early in September with your initial grad fees.
- If you have not paid yet, please pay School Cash Online by April 10.

Second big reminder: The form will also ask you to state any urgent dietary restrictions or allergies, and whether you need a separate plate due to these dietary restrictions. *I personally will not have any of your medical history on hand so please make this info is very clear on the form.*

If there are any questions, please come see Ms. Lau in Room 413. Thanks, grads!



Hello Grade 12 Students, Grads of 2026!



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.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.

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:

What if I forgot my password?

1. Please use this link to log onto the MyEducation Family Portal <https://myeducation.gov.bc.ca/asp/en/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 to request assistance.

What if my MyEducation BC account is disabled?

Please send an email to 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 \(vsb.bc.ca\)](http://Account Management (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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