



TUPPER SECONDARY – Weekly Student Bulletin

May 04 – 08, 2026 (Semester 2)

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	Coconut Chocolate Muffin	Cheese Scone	Zucchini Loaf	Banana Loaf	Rice Krispy
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	Caesar Salad	Chef's Salad	
Hummus Box \$4.50						
Soup of the Day \$3.75	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	
Toasted Sandwich & Soup \$7.50 Grilled Cheese ~ Tuna Melt ~ Panini						
Hot Entrée - \$7.50	Cheese Tortellini, Rose Sauce, Salad, Garlic Toast	Fish & Chips, Coleslaw, Tartar Sauce	Beef Stew, Crispy Baguette	Tandoori Chicken, Rice, House Pickles	Chefs Choice	
Dessert Individually priced	Apple Cake	Bread Pudding	Pumpkin Pie	Chocolate Cake	Brownie	
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:

Registration for Student Learning Conferences OPEN: Monday, May 04 @ 7:30 AM

Red Dress Day: Tuesday, May 05

May 5th, 2026 we recognize Red Dress Day, a National Day of Awareness to honour Missing and Murdered Indigenous Women, Girls, and 2SLGBTQQIA+ people, and to hold space for the stories of those who are still missing. The red dress is a powerful symbol of presence, love, and remembrance, reminding us that each missing person is deeply valued and continues to be carried in the hearts of their families and communities. This day invites us to listen with respect, acknowledge ongoing injustices, and commit to creating safer, more caring communities. Please find the PowerPoint on Team (General channel) and attached information page to support learning and reflection throughout the day.

Red_Dress_Day_

[May 5th, 2026, Updated Information Page.pdf](#)



Earthquake Drill: Thursday, May 07 (2:10 – 2:40 PM)

Artona Grade Groups Photo 2025-26:

The group images have now been added to the students' individual school photo galleries to view and order. Parents and students now can log in on our website here to view: <https://artona.com/orders/school-day>.

You can also find the high-resolution images using the following link: <https://artona.egnyte.com/dl/DTvt4wQdDmgR>

If anyone has trouble getting access, please contact our customer service team here: <https://artona.com/contact-us>

Thank you and we hope you enjoy the photos! Artona Team [View this on Basecamp](#)

Mount Pleasant Community Centre Youth Leadership Camp (9yrs-15yrs)

[Mount Pleasant Community Centre](#) (located 1 Kingsway) is offering [Youth Leadership Camp](#) for those between the ages of 9-15 years.

Our Summer Day Camp offers a welcoming environment where kids can stay engaged, make friends, and try something new every day.

Each week includes a mix of games, sports, crafts, out trips, and themed activities led by trained and caring staff. We focus on giving kids a balance of structured activities and free play so they can stay active while also having choice in their day.

What campers can look forward to:

- Daily games, sports, and creative activities
- Weekly themes and special event days
- Weekly Out Trips
- Opportunities to build friendships and confidence
- Supportive staff who create a positive, inclusive environment

Our goal is simple: to make sure every child has a safe, fun, and memorable summer experience they'll want to come back to.

To register, please call our front desk at 604.257.3080 (ext. 1) or online at www.vanrec.ca.

Subsidies are available for Vancouver Residents, please reach out to inquire.

 **Mount Pleasant Community Centre**

Citywide Reg Date: Wednesday, April 8th @7pm
Registration Website: www.vanrec.ca

Youth Leadership Camp (9-15 yrs)

Monday - Friday | 10:00am-3:30pm

Want to do something different this Summer?
Each week will encompass a new theme to do with leadership. Bring your friends and a sense of adventure! Don't wait, register now! A day camp consent and waiver forms package must be completed and returned before the start of the first day of camp. All events are subject to change without notice. Subsidies available upon request. Please pack a healthy lunch, snacks and water! Appropriate footwear is required.

Week 1 Jul 06 – Jul 10 #605772 \$175/5 sess	Week 5 Aug 04 – Aug 07 #605776 \$140/4 sess
Week 2 Jul 13 – Jul 17 #605773 \$175/5 sess	Week 6 Aug 10 – Aug 14 #605777 \$175/5 sess
Week 3 Jul 20 – Jul 24 #605774 \$175/5 sess	Week 7 Aug 17 – Aug 21 #605778 \$175/5 sess
Week 4 Jul 27 – Jul 31 #605775 \$175/5 sess	Week 8 Aug 24 – Aug 28 #605779 \$175/5 sess



For more info: josephine.yao@vancouver.ca | 604.257.3069

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:

***Important* Grad Ceremony Planning - your information is needed!**

Grade12 @ Tupper Secondary 2026 Please take a moment to fill out the attached form. **You have until midnight on May 15th to complete this form. Please note that there will be no extensions after May 15th.**

Your graduation ceremony is on June 24th at 11am at the Chan Centre UBC. Ticket sales for this event will begin in June - details around ticket sales will be released after Spring Break.

Link and QRG will take you to the same place 😊

[IMPORTANT!!! Grad 2026 Ceremony Gowns, Oneliners and Certificates – Fill out form](#)



Class 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.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:

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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