



TUPPER SECONDARY – Weekly Student Bulletin
November 03 – 07, 2025 (Semester 1)
Block Rotation 2 – 1, 4 – 3

Weekly Cafeteria Lunch Menu:

DATE		Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit \$2.75	Muffin \$2.50	Chocolate Muffin	Cheese Scone	Banana Loaf	Rice Krispy	Zucchini Loaf
Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey ~ Pastrami ~ Roast Beef						
Chef Salad \$7.50		Chicken Caesar	Chef's Salad	Greek Salad	Chicken Caesar	Chef's Salad
Wrap \$5.50		Chicken Caesar	Tuna Salad	Egg Salad	Veggie Wrap	Chicken Caesar
Hoagie \$5.00		Beef	BLT	Pizza	Beef	BLT
Hummus Box \$4.50						
Soup \$3.75 (8 oz) \$4.50 (12 oz)		Cream of Spinach	Chicken Noodle	Minestrone	Corn Chowder	Curried Lentil
Hot Sandwich \$5.00 Soup & sandwich \$7.50		Grilled Cheese	Grilled Cheese	Grilled Cheese	Tuna Melt	Panini
Entrée \$7.50		Baked Veggie Pasta Garlic Toast	Baked Salmon Baby Potato Zucchini	Sweet & Sour Pork Jasmine Rice	Roasted Chicken Mashed Potato Vegetable	Chef's Special
Dessert \$3.50 Individually priced		Pumpkin Chocolate Cake	Chocolate Cream Tart	Apple Pie	Cinnamon Bun	Blueberry Square
Daily Cookies \$2.00 Chocolate Chip ~ Red Velvet ~ Ginger Snap ~ Oatmeal Raisin						
V = vegetarian V* = vegetarian option available but <u>limited</u> Tots						

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)				break (10 min)
Block 2 (60 min) 10:30-11:30	Block 2 (80 min) 10:10- 11:30	Block 2 (80 min) 10:10- 11:30	Block 2 (80 min) 10:10- 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
	FIT (40 min) 1:15-1:55		FIT (40 min) 1:15-1:55	
break (10 min)		break (10 min)		break (10 min)
	break (10 min)		break (10 min)	
Block 4 (80 min) 1:45 -3:05	Block 4 (60 min) 2:05-3:05	Block 4 (80 min) 1:45 -3:05	Block 4 (60 min) 2:05-3:05	Block 4 (80 min) 1:45 -3:05

NEW ITEMS:

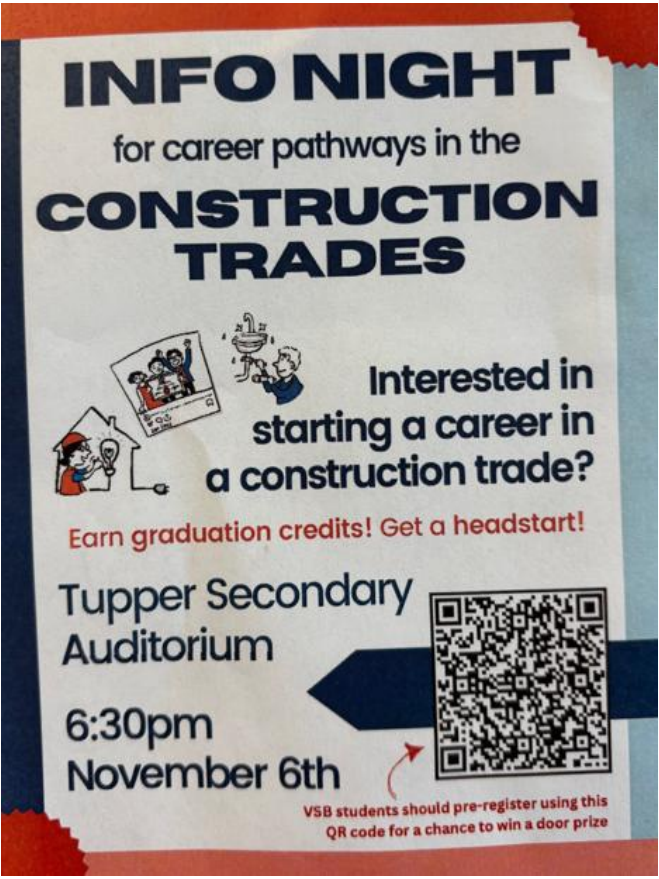
Semester 1 Block Rotation: STARTING Monday, November 03
2 – 1, 4 – 3

Career Programs FIT Assembly: Thursday, November 06 @ PM FIT (Auditorium)

Career Programs Info Night: Thursday, November 06 @ 6:30 PM (Auditorium)

Students and families interested in learning more about how training and apprenticeship could be part of a graduation pathway are invited to join us and a number of employers and industry associations on Thursday, November 6th at 6:30pm in the Tupper Auditorium.

Students who pre-register will get a BONUS entry in the draw for door prizes. Please pre-register using this link - <https://forms.office.com/r/0cc6kb02xD>



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>

Artona: Since 1909
Discover the beauty in celebrating achievement



Hello Grade 12 Students, Grads of 2026!

We want to be sure that you're included in the yearbook. Please note these very important dates and action items:

November 16, 2025 before 11:45PM: hand in your grad write-up via the MS Form here: <https://forms.office.com/r/yAT6AZ1q6X>



Guidelines for your write-up:

- ROARS is important. Express yourself in a ROARSy and professional manner – this is your legacy to look back on!
- Make it original – the Yearbook Team has seen it all! Copy and paste from a Google search, or AI-generated content, is obvious. That said, famous quotes can still be highly appropriate.
- Keep it succinct – under 50 words is ideal.
- If there is anything questionable, or unROARSy, please note that Tupper Staff (your Counsellor/English Teacher(s)/Principal/Yearbook Advisor) will request a rewrite. Many staff will be reading your writing before going to print. Please don't risk being left out.

November 16, 2025 before 11:45PM: send a high-resolution digital copy of your baby/toddler picture to tupperyearbook@gmail.com

December 19, 2025 at Artona: book your friendship shot and late grad portrait, absolutely no later than December 19, 2025 to still be included in the yearbook and grad composite.

January 5, 2026: Students that have submitted excellent quality write-ups will have their names entered for a chance to win a \$50 gift card after the winter break! Stay tuned.

Questions? Contact your friendly Yearbook Team (through Lindsey Foell), or Ms. Braun, or English Teacher, or Ms. Higenbottam and we will help get you sorted!

Love /The Yearbook Team and Lindsey Foell
Please fill out this form

A post on Microsoft Forms provided by: forms.office.com [Tupper Yearbook 2026 Grad Write-up](#)

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](https://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 disable.

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](#)

