



TUPPER SECONDARY – Weekly Student Bulletin
November 28 – Dec 02, 2022 (Semester 1)

Weekly Cafeteria Lunch Menu:

Date	Entrée	Dessert
Monday November 28	Penne pasta with Chicken and mushrooms in a Pesto Sauce and Caesar Salad	Chocolate chip muffin
Tuesday November 29	Beef Burger with Fries and Garden Salad	Cheese Scone
Wednesday November 30	Honey Garlic Chicken with Jasmine Rice and Vegetable Medley	Apple Streusel Cake
Thursday December 01	Curried Chick peas with Garlic naan and Cucumber Raita	Blueberry Orange muffin
Friday December 02	Fish and Chips with Coleslaw	Zucchini Craisin Loaf

ROARS - Respect **O**wnership **A**ttitude **R**esponsibility **S**afety

FIT Schedule:

Tuesday FIT 1	Tuesday FIT 2	Thursday FIT 3	Thursday FIT 4
BLOCK 1 8:41AM - 9:37AM	BLOCK 2 FIT 9:44M -10:34 AM	BLOCK 3 12:15PM - 1:11PM	BLOCK 4 FIT 1:18PM - 2:08PM
BLOCK 1 FIT 9:37AM - 10:27AM	BLOCK 2 10:34AM - 11:30AM	BLOCK 3 FIT 1:11PM - 2:01PM	BLOCK 4 2:08PM - 3:04PM

NEW ITEMS:

FIT 2: Tuesday, Nov 29
Block 2 FIT

TIP Morning: Wednesday, Nov 30
No Block 1 class
Students go to Block 2 at @ 10:09 am

No FIT: Thursday, Dec 01
Early Dismissal at 2:04pm

Block 1 8:41am - 10:02am

Block 2 10:09am - 11:30am

Lunch 11:30am - 12:15pm

Block 3 12:15pm - 1:06pm

Block 4 1:13pm - 2:04pm

Parent Teacher Conference: Thursday, Dec 01
From 3 pm to 7 pm on Teams by appointment

Grade Group Photos: Friday, Dec 02
Artona's photographer will be on site from 9 am to 11:30 am

Tuesday program at Hillcrest Community Centre:



OLD ITEMS:

CST After School Programs:

Homework Club:

In partnerships with Little Mountain Neighborhood House Tupper Homework Club is back. The program will run with staff, Stephanie and Isabella on **Tuesdays and Thursdays, 3:00-5:00pm in the cafeteria every week** throughout the school year. Come to the first day of program or the Community Schools Office for a registration form.

Neighborhood Crew:

In partnership with Mount Pleasant Neighbourhood House Neighbourhood Crew is back. Program will run on **Wednesdays, 3:00-4:30pm in the Staff Room every week** throughout the school year. Come say hello to Danielle, Laura and Shayan. Pick up your registration form in the Community Schools Office or during program.

HELPFUL RESOURCES:

Tupper Clubs List:

Tupper Clubs are running. Please see the complete clubs list on the school website.
<https://www.vsb.bc.ca/schools/sir-charles-tupper/Extracurricular/Clubs/Pages/default.aspx>

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](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. https://www.vsb.bc.ca/Student_Support/General_Resources/MyEdBCStudentFamilyPortal/Pages/Account-Management.aspx

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](#).