

# ALC School News

Issue No. 1 | October 1, 2025



## Important Dates

10/3  
Students Released at 12:30

10/10  
No School

10/16  
No School - MEA

10/17  
No School - MEA

## Attendance and Tardies

School starts at 8 am. Any student who is not in their classroom at 8:00 am is considered tardy. Three tardies in a class period per quarter will result in an unexcused absence and a conference to discuss a corrective action plan.

If your child is absent, please call 507-359-8780 by 9:00 am. Notes are not accepted.

## Upcoming Field Trips

The following field trips are optional and have limited space.

**October 23rd** - Discover Ridgewater - Hutchinson

**October 28th** - Explore Jackson - MN West Jackson

If your child is interested in learning more or registering for these field trips, please contact Nikki at [ndobmeier@riverbend.k12.mn.us](mailto:ndobmeier@riverbend.k12.mn.us)

---

# From the Principal's Desk: Addressing Vaping

---

Dear ALC Families,

I want to take a moment to address an important issue that affects the safety, health, and success of our students: vaping in school. Unfortunately, we have seen an increase in vaping devices being brought onto campus, and this is a problem that must stop immediately.

Vaping is not only harmful to the health of our students, but it is also against school policy and the law. All vaping devices found on campus will be turned over directly to the police department. In addition, students found in possession of or using a vape at school will face disciplinary consequences. Depending on the situation, these may include **1–5 days of suspension** and/or **school restrictions**, such as:

- Loss of privilege to leave the room during class
- Requirement to turn in cell phones to the office at the start of each day
- No open lunch privileges
- Removal from campus with access to **online learning only**

---

## Required Annual Notice

### Use of Pesticides at School

River Bend Education District has a pest control plan that involves the use of pesticides used in the building four times per year. If you would like to be notified prior to the usage of pesticides, please notify district staff at 507-359-8700.

Thank you.

Our staff is committed to supporting students in making healthy choices, but we also need to maintain a safe, respectful learning environment for everyone. I ask for your partnership in discussing the risks of vaping with your student and the importance of making positive choices. Together, we can create a school community where all students feel safe and ready to learn.

Thank you for your continued support.

*Stephanie Ross*

*sross@riverbend.k12.mn.us*

---

## SAYING NO WITH CONFIDENCE: READY RESPONSES YOU CAN USE.

1. *I'm prioritizing my mental health* "I learned that using cannabis can increase the risk of anxiety and depression. I'm all about keeping my mind clear and feeling good."
2. *Cannabis doesn't help me achieve my goals* "I have goals (school, sports, a future career, etc.) and cannabis can mess with memory, focus, and motivation. I don't want to risk that."
3. *I don't want to get in trouble* "Even if it's legal in Minnesota for adults now, it's not legal for us. I want to avoid getting in trouble and impacting my ability to play sports or get into college."
4. *Not using feels right for me* "I've made a personal choice not to use cannabis. It feels like the industry markets to young people, and I don't like feeling targeted."
5. *I'm trying to do what's right for my body* "I don't want to mess up my sleep or damage my breathing."

---

## Notice of Lockdown Drills

River Bend Education District practices a variety of lockdown drills each school year including drills to lockdown within the classroom and drills to evacuate the building. There are a total of 5 drills scheduled throughout the school year. At River Bend we do not simulate actual threats but walk through the necessary steps so that each individual is aware of the plan and procedures. If you wish to be made aware of exactly when each lockdown drill will occur, please email your student's administrator.