

# Rebel Reflections

Congratulations to our Girls Flag Football team for winning our first ever competition this past week against San Bernardino High School. We are so excited to have added this sport to our options for our student. This week they take on Indian Springs High School on Monday, August 18th at 5:30 PM held at Pacific High School. You've got this ladies.

Also this past week our football teams took to the gridiron and held a scrimmage against Jurupa Valley High School. There were many successful plays and it already looks that our team will be entertaining to watch as they have their eyes on scoring as many touchdowns as possible. This week we will host our first non-leagues game of the season against La Sierra High School. The game will start at 7:00 PM on Friday, August 22, 2025. Please remember that all tickets must be purchased at our GoFan link, and that cash is not accepted at the gate. Please adhere to the bag and food policy for the stadium.

All of our other fall sports are also underway. Girls Volleyball is already showing their prowess on the court. Girls Tennis is in the process of try-outs. Cross Country begin their training this week, to ensure they have enough time to prepare for their first race. Lastly, our Girls Golf team is gathering its members.

Thank you to those who came out to our Back to School Night this past week. We had a fantastic Senior Parent meeting, Band Parent meeting, and Athletics meeting that night. I enjoyed connecting with our families returning this year, as well as getting to know those who this year marks your first time as a Rebel. Always remember our doors are open and through a strong partnership our students flourish.

This week we do need to work with all of our families who have not completed their Annual Information Update on Parent Q. You can access it through the app on your phone, however there have been a few families finding it gets stuck and it requires resubmission of completed steps. To help, your students can use their student computers under ClassLink to find the QParent portal. This version will easily allow you to complete all seven tasks required to have a completed submission. If you need help with getting this task completed, please reach out to our school site to either our Community Liaison, Community Aide or your grade level Guidance Technician.

I also encourage starting this week that as a family you decide on one day of each week that as a family you sit down and review your students Q. This will allow you time to address any missing assignments or create a plan to re-take assessments to ensure that your student earns a C or better in each class they are assigned. These weekly conversations are one invaluable tool in supporting your student to be successful in high school.

I am here to serve you and our students. Please let me know if there is anything I can do to help you navigate high school. You are welcome to reach out via phone at (909) 357-5800 extension 10117 or by e-mail at [barbara.kelley@fusd.net](mailto:barbara.kelley@fusd.net).

#WeAreABMiller

Dr. Barbara Kelley, Principal

## Annual Paperwork Due NOW

We would like to remind you that the Student Acceptable Use Agreement (SAUA) needs to be turned in as soon as possible. Upon completing the Student Acceptable Use Agreement, your student will be granted internet access, through their student laptop, at A.B. Miller High School. Please note that the processing will take at least 24 hours upon completing the form.

This year the process has been moved online and can now be accessed through Q Parent Connect and Parent Square, click here: [Parent Portal](#) Below are YouTube videos that have been created for you to help you complete the Student Acceptable Use Agreement and other annual paperwork.

How to Video: <https://vimeo.com/1101754536>

If you have not already done so, we are asking that you please complete this process as soon as possible, to ensure that your student does not lose access to curricular programs and access to their laptops.

If you need help, please stop by our Parent Center or contact Ms. Ruby Hernandez for assistance. We are here to help you monitor your students progress. She can also help with obtaining Parent Q Connect to monitor your students academic progress in real time.

## Counseling Corner

### **Essential Study Habits for High School Success**

Developing strong study habits is key to thriving in high school and preparing for future academic challenges. One of the most important habits is **consistent scheduling** – setting aside dedicated time each day for studying helps reduce stress and improves retention. Using a planner or digital calendar can keep assignments and deadlines organized.

Another vital habit is **active learning**. Instead of passively reading notes, students should engage with the material by summarizing concepts in their own words, teaching others, or using flashcards and practice quizzes. This deepens understanding and boosts memory.

Creating a **distraction-free study environment** is also crucial. A quiet, organized space with minimal interruptions allows for better focus and productivity. Additionally, taking regular breaks – like the Pomodoro technique (25 minutes of study followed by a 5-minute break) – can prevent burnout and maintain energy.

Finally, **asking for help** when needed – whether from teachers, peers, or tutors – shows initiative and supports growth. With these habits, students can build confidence, improve performance, and enjoy a more rewarding high school experience.

## Upcoming Events

- August 18 – Practice Fire Drill during the school day
- August 18 – Girls Flag Football vs. Indian Springs High School hosted at Pacific High School starting at 5:30 PM
- August 20 – Girls Volleyball @ Rubidoux High School starting at 3:45 PM
- August 21 – JV Football vs. La Sierra High School starting at 3:45 PM
- August 22 – Girls Volleyball @ Rialto High School starting at 3:45 PM
- August 22 – Varsity Football vs. La Sierra High School starting at 7:00 PM

## Athletic Director's Message

Fontana A.B. Miller High School is one of four member schools that comprise the Mountain Valley League.

A.B. Miller fields teams in 21 boys', girls' and co-educational sports at two to three different levels (Varsity, Junior Varsity, and Freshman).

To participate in a team, each student athlete is required to maintain at least a 2.0 grade point average. To help our student athletes make the academic grades necessary, A.B. Miller runs an academic accountability program for its student athletes. The staff member who developed and oversees the program is responsible for tracking grades, making parent contact, tutoring, and serving as a liaison between student athletes, teachers, and parents.

If you have any athletics questions, please reach out me at pfeimh@fusd.net or call me at (909) 357-5800 ext. 10114.

*Michael Pfeiffer Jr.*  
Athletic Director

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AB Miller Athletics will be using **GoFan** for ALL home games for ALL levels (Freshman, JV, and Varsity). Many of our opponents will also be using **GoFan** for away competitions. Please use the QR code below **GoFan** and purchase your tickets.



## Drop Off and Pick Up

Students may enter or exit one of two ways in the morning and at the end of the school day.

**From the Cypress Avenue Side of Campus**, please enter the parking lot from the northern gate near the tennis courts. Proceed to drop your student off and exit the southern gate. This parking lot is for student parking as well and is locked 15 minutes after school begins in the morning and is unlocked 15 minutes before the end of the school day.

**From the Oleander Avenue Side of Campus**, please use the northbound drop-off. Please do not sit and park in the morning, rather drop off and proceed north towards Highland Avenue to ensure that traffic keeps flowing. Students then need to walk in or out of the campus through the gates between the library and the Q-building (two-story building). This entrance will be open until 8:40 AM.

**Students arriving after the gates are closed**, need to proceed to the Attendance Office in the Oleander Avenue Parking Lot. Students check themselves in using our electronic pass system in the Attendance Office and quickly proceed to class, to minimize classroom interruptions and your students learning loss.