

Rebel Reflections

Vaping on campus is a growing concern. Vaping among high school students continues to be a serious concern, with recent data showing that approximately 1.6 million U.S. middle and high school students reported using e-cigarettes in 2024, and 44% of those students vaped regularly. Alarming, youth who vape nicotine are just as likely to vape THC, the psychoactive compound in cannabis. These substances can severely impact adolescent brain development, leading to problems with memory, attention, mood regulation, and increased risk of addiction.

Vapes often contain high concentrations of nicotine – sometimes equivalent to a full pack of cigarettes – and THC levels in modern cannabis products are significantly higher than in previous decades. Teens exposed to vaping early are nearly four times more likely to smoke in adulthood, and even non-vaping students exposed to vaping on campus are twice as likely to start.

To combat this issue, our school has installed Triton Sensors, advanced vape detection devices placed strategically throughout campus. These sensors help us identify and respond to vaping incidents in real time, reinforcing our commitment to a safe and healthy learning environment.

Tips for Parents:

- **Start the conversation early.** Talk openly about the risks of vaping and substance use.
- **Watch for signs.** Look for unfamiliar tech devices, fruity smells, or changes in behavior.
- **Set clear expectations.** Establish rules and consequences around substance use.
- **Model healthy behavior.** Be tobacco-free and promote wellness at home.
- **Stay informed.** Learn about new vaping products and trends to better guide your teen.

Together, through education, technology, and strong partnerships with families, we can protect our students and promote a culture of health and safety.

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.

#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

Tips to Help High School Students Make the Grade

Succeeding in high school requires more than just showing up – it takes strategy, discipline, and support.

Here are some key tips to help students thrive academically:

Stay Organized: Use planners or digital tools to track assignments, tests, and deadlines. Keeping a tidy workspace also helps maintain focus.

Manage Time Wisely: Break study sessions into manageable chunks and avoid last-minute cramming. Prioritize tasks and set daily goals.

Ask for Help: Don't hesitate to seek assistance from teachers, tutors, or classmates.

Understanding concepts early prevents future struggles.

Stay Engaged: Participate in class discussions, take notes, and stay curious. Active learning boosts retention and comprehension.

Take Care of Yourself: Sleep, nutrition, and exercise are essential. A healthy body supports a sharp mind.

Limit Distractions: Create a study-friendly environment by minimizing phone use and social media during homework time.

By developing good habits and staying proactive, students can build confidence and achieve academic success.

Upcoming Events

- September 1 – NO SCHOOL (Labor Day)
- September 3 – Girls Volleyball vs. Hesperia High School starting at 3:45 PM
- September 4 – JV Football @ Corona High School starting at 4:00 PM
- September 4 – Frosh/Soph Football vs. Corona High School starting at 3:45 PM
- September 5 – Girls Volleyball @ Redlands East Valley High School starting at 4:00 PM
- September 5 – Varsity Football @ Corona High School starting at 7:00 PM
- September 5 – Quarter 1 Progress Reports period ends

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

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.

	Monday	Tuesday	Wednesday	Thursday	Friday
English	Mrs. DeSart (S-5): 7:30-8 AM Mrs. Harbour (H-20): 7:45-8 AM Mr. Manuel (H-10): 3:30-4:30 PM	Mrs. DeSart (S-5): 7:30-8 AM Mrs. Harbour (H-20): 7:45-8 AM Mrs. Kennedy (H-6): 3:30-4:30 PM Mr. Manuel (H-10): 3:30-4:30 PM Mrs. Richier (H-16): 3:30-4:30 PM Mrs. Whyte (BC-3): By Appointment	Mrs. DeSart (S-5): 7:30-8 AM Mrs. Harbour (H-20): 7:45-8 AM	Mrs. DeSart (S-5): 7:30-8 AM Mrs. Harbour (H-20): 7:45-8 AM Mrs. Kennedy (H-6): 3:30-4:30 PM Mrs. Whyte (BC-3): By Appointment	Mrs. DeSart (S-5): 7:30-8 AM Mrs. Harbour (H-20): 7:45-8 AM Mrs. Kennedy (H-6): 3:30-4:30 PM Mrs. Whyte (BC-3): By Appointment
Math	Dr. Abba (M-8): 3:30-4:30 PM Mrs. Biroschak (M-18): 7:30-8 AM Mr. Biroschak (M-18): 3:30-4:30 PM Mrs. Chaudhary (M-7): 3:30-5 PM Mr. Kim (M-13): 3:30-4:30 PM Mr. Martinez (M-6): 7:30-8 AM Mr. Martinez (M-6): 7:30-8 AM Mrs. Schlieff (M-11): 7:30-8 AM Mrs. Schlieff (M-11): 3:30-4 PM	Dr. Abba (M-8): 3:30-4:30 PM Mr. Biroschak (M-18): 7:30-8 AM Mr. Biroschak (M-18): 3:30-4:30 PM Mrs. Flores (M-12): 3:30-4:30 PM Mr. Martinez (M-6): 7:30-8 AM Mr. Martinez (M-6): 3:30-5 PM Mrs. Schlieff (M-11): 7:30-8 AM Mrs. Schlieff (M-11): 3:30-4 PM	Mr. Biroschak (M-18): 7:30-8 AM Mr. Martinez (M-6): 7:30-8 AM Mrs. Schlieff (M-11): 7:30-8 AM	Dr. Abba (M-8): 3:30-4:30 PM Mr. Biroschak (M-18): 7:30-8 AM Mr. Biroschak (M-18): 3:30-4:30 PM Mrs. Chaudhary (M-7): 3:30-5 PM Mrs. Flores (M-12): 3:30-4:30 PM Mr. Martinez (M-6): 7:30-8 AM Mrs. Schlieff (M-11): 7:30-8 AM Mrs. Schlieff (M-11): 3:30-4 PM	Dr. Abba (M-8): 3:30-4:30 PM Mr. Biroschak (M-18): 7:30-8 AM Mr. Kim (M-13): 3:30-4:30 PM Mr. Martinez (M-6): 7:30-8 AM Mr. Martinez (M-6): 3:30-5 PM Mrs. Schlieff (M-11): 7:30-8 AM
Science	Mrs. Dane (Q-110): 3:30-4:30 PM Mrs. Sander (Q-209): 7:30-8 AM Mrs. Ummandap (S-1): 3:35-4:35 PM Mrs. Dane (Q-110): 3:30-4:30 PM	Mr. Sander (Q-209): 7:30-8 AM Mrs. Ummandap (S-1): 3:35-4:35 PM Mr. Vamvakas (S-8): 3:30-4:30 PM	Mr. Sander (Q-209): 7:30-8 AM	Mr. Sander (Q-209): 7:30-8 AM Mrs. Ummandap (S-1): 3:35-4:35 Mr. Vamvakas (S-8): 3:30-4:30 PM	Mr. Sander (Q-209): 7:30-8 AM Mrs. Ummandap (S-1): 3:35-4:35 PM Mrs. Vamvakas (S-8): 3:30-4:30 PM
History	Ms. Newell (F-7): 3:30-4:30 PM	Ms. Newell (F-7): 3:30-4:30 PM		Ms. Newell (F-7): 3:30-4:30 PM	
Spanish	Dr. Acevedo (FL-6): 3:30-4 PM Mrs. Lopez-Gutierrez (FL-10): 3:30-4:30 PM	Dr. Acevedo (FL-6): 3:30-4 PM		Dr. Acevedo (FL-6): 3:30-4 PM Mrs. Lopez-Gutierrez (FL-10): 3:30-4:30 PM	Dr. Acevedo (FL-6): 3:30-4 PM