

Rebel Reflections

As we start this week it is important that each student has their Annual Information Update (AIU) completed for all seven areas before Monday, September 15th. We still have 40% of our students whose updates are either missing a part or have yet to be started. If this continues, your student will lose access to their computer, email, and education software for their classes, including APEX. Our Guidance Technicians (by grade level) on the counseling team, our Assistant Principal Secretaries, as well as our Parent Center are here to help you by phone or in person to take care of this for EACH of your students within the Fontana Unified School District. There are no paper forms this year, it is all electronic. You may access the Parent Q portal to complete this task by using your students laptop, through the link in their ClassLinks.

Monday, September 8, 2025 we will also be hosting our first Coffee with the Principal meeting at **9:00 AM**. You are welcome to join us in person in Portable 3 or you may join us virtually through the following link:

Join the meeting now

During the meeting we will have a guest presentation by Mia Hardy for our Student Services Department to discuss "Belonging Starts By Showing Up". Her presentation will help support our efforts in September with supporting positive attendance for ALL students.

For those students who have already missed a full-day of school, we will be offering SOAR (Saturday School) this weekend (9/13/25). Students are able to get assistance in a variety of subjects, as well as be afforded community services opportunities. For more questions about SOAR, please reach out to Melissa Stanhope (stanmm@fusd.net) our SOAR Coordinator.

I am excited to share that we have opened a new academy on our campus this school year. Our HERO (Higher Education as a Rebel Opportunity) has two classes of freshmen who are our inaugural classes within our school who will not only have the opportunity to graduate from A.B. Miller but will also have the ability to earn their Cal-GETC, in addition an AA from Chaffey College all at the same time. Students enrolled in this program are supported by our staff on campus and are completing their dual enrollment courses during the school day. We are excited to see how having this opportunity makes higher education even more attainable for our Rebels. We will be adding an additional cohort of students next year for the class of 2030.

Please join us this Monday, September 8th, for our first ever home girls flag football game vs. San Bernardino High School. Our team is doing a fantastic job at representing Rebel Athletics. We hope you can join us as we do a Red-out for the game starting at 7:00 PM.

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

Dress Code

The A.B. Miller dress code serves as more than a set of rules – it’s a foundational tool for shaping students’ future professional habits. By encouraging attire that is neat, modest, and appropriate for a learning environment, the district fosters a culture of respect, discipline, and readiness. These expectations mirror those found in many workplaces, helping students internalize standards they’ll encounter in their careers.

Maintaining a consistent dress code also minimizes distractions, promotes equity, and reinforces the importance of self-presentation. In doing so, it prepares students to navigate environments where appearance and professionalism matter – whether in interviews, internships, or long-term employment. The policy supports the district’s broader mission: to equip students not only with academic knowledge but also with the social and behavioral skills essential for success beyond school. Ultimately, the dress code is a stepping stone toward cultivating responsible, career-ready individuals.

Please discuss with your student appropriate dress for school daily. If students deemed to be violating the FUSD and A.B. Miller Dress Code, students will be offered a change of clothing for the day. We appreciate your partnership.

Counseling Corner

Acknowledge and Manage Feelings of Discomfort

Psychotherapist Lynn Lyons promotes a strategy that focuses not on eliminating uncomfortable thoughts or feelings but on understanding, expecting, and managing them. Building on this approach, the author developed the “**Practice the And**” strategy to help students – especially those with anxiety or school avoidance – acknowledge their emotions while still pursuing their goals. Instead of avoiding discomfort, students learn to:

1. **Identify the emotion** (e.g., “I’m feeling worried”).
2. **State the goal** (e.g., “I have to present my project”).
3. **Combine with “and”** (e.g., “I’m feeling worried and I’m presenting my project”).
4. Take a **small step** toward the goal, ideally with support or a positive association.
5. **Celebrate** facing the challenge, reinforcing that feelings are temporary and not facts.

This method builds **self-awareness**, **resilience**, and a **growth mindset** by reframing discomfort as a normal part of learning and growth. It contrasts with distraction-based strategies, which can inadvertently reinforce avoidance. Over time, students learn that emotions change and that they can move forward even while feeling anxious, increasing their confidence and capacity to handle future challenges.

Upcoming Events

- September 8 – Girls Flag Football vs. San Bernardino High School starting at 7:00 PM
- September 10 – Girls Golf @ Rialto High School starting at 2:00 PM
- September 10 – Girls Tennis @ Rubidoux High School starting at 3:15 PM
- September 10 – Frosh/Soph Football @ Granite Hills High School (Apple Valley) starting at 4:00 PM
- September 11 – JV Football @ Arroyo Valley High School starting at 3:45 PM
- September 12 – Girls Tenns vs. Rubidoux High School starting at 3:15 PM
- September 12 – Varsity Girls Volleyball vs. Entrepreneur High School starting at 5:15 PM
- September 12 – Varsity Football @ Arroyo Valley 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

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 Mr. Biroschak (M-18): 7:30-8 AM Mr. Biroschak (M-18): 3:30-4:30 PM Mrs. Bogdan-Olaru (M-10): 7:30-8 AM Mrs. Bogdan-Olaru (M-10): 3:30-4 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 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. Bogdan-Olaru (M-10): 7:30-8 AM Mrs. Bogdan-Olaru (M-10): 3:30-4 PM Ms. 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 Mrs. Bogdan-Olaru (M-10): 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. Bogdan-Olaru (M-10): 7:30-8 AM Mrs. Bogdan-Olaru (M-10): 3:30-4 PM Ms. Chaudhary (M-7): 3:30-5 PM Ms. 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 Mrs. Bogdan-Olaru (M-10): 7:30-8 AM Mrs. Bogdan-Olaru (M-10): 3:30-4 PM 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 Mrs. Schlieff (M-11): 3:30-4 PM
Science	Mrs. Dane (Q-110): 3:30-4:30 PM Mr. Sander (Q-209): 7:30-8 AM Mrs. Umandap (S-1): 3:35-4:35 PM Mrs. Dane (Q-110): 3:30-4:30 PM Mrs. Newell (F-7): 3:30-4:30 PM	Mr. Sander (Q-209): 7:30-8 AM Mrs. Umandap (S-1): 3:35-4:35 PM Mr. Vanvakas (S-8): 3:30-4:30 PM	Mr. Sander (Q-209): 7:30-8 AM	Mr. Sander (Q-209): 7:30-8 AM Mrs. Umandap (S-1): 3:35-4:35 Mr. Vanvakas (S-8): 3:30-4:30 PM	Mr. Sander (Q-209): 7:30-8 AM Mrs. Umandap (S-1): 3:35-4:35 PM
History	Mrs. Newell (F-7): 3:30-4:30 PM	Mrs. Newell (F-7): 3:30-4:30 PM		Mrs. 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