

Rebel Reflections

As we move through the school year, it's important to remind both students and families that academic performance is more than just a report card – it's a gateway to opportunity.

Extracurricular Eligibility Starts with a 2.0 GPA

Participation in sports, clubs, and other extracurricular activities is a vital part of the student experience. These programs build leadership, teamwork, and confidence. However, to remain eligible, students must maintain a minimum GPA of 2.0 at the end of each quarter. (Quarter 1 ends Friday, October 10, 2025) This policy ensures that students are prioritizing their academics while enjoying the benefits of extracurricular involvement.

Students falling below this threshold may be placed on academic probation or become ineligible to participate until their grades improve. We encourage all students to seek support early – tutoring, study groups, and teacher contact are great resources to stay on track.

Grades and Financial Aid: The Link to College Funding

Academic performance also plays a critical role in post-secondary opportunities, especially when it comes to financial aid. One of the most impactful programs for California students is the **Cal Grant**, which provides funding for college tuition and expenses.

To qualify for a Cal Grant, students must meet specific GPA requirements:

- **Cal Grant A** requires a minimum **3.0 GPA**
- **Cal Grant B** requires a minimum **2.0 GPA**

These grants can make college more affordable and accessible, but eligibility starts with strong academic performance in high school. Grades are not just about passing – they're about building a future.

What Families Can Do

- **Monitor progress:** Check in regularly with your student's grades and attendance.
- **Encourage balance:** Help students manage their time between academics and activities.
- **Celebrate effort:** Recognize improvements and hard work, not just final grades.

Let's work together to ensure every student has the support they need to succeed – both in the classroom and beyond.

We will be holding our Fall Academic Awards Ceremony this week, honoring the hard work our students put in during the Spring Semester of last school year. Student invitations to our ceremony on Wednesday, September 17, 2025 at 6 PM have already been sent out. If you are questioning your students participation, please reach out to your students counselor.

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

Counseling Corner

The Importance of Studying in High School and Tips for Effective Study Habits

High school is a pivotal time in a student's life, laying the foundation for future academic and career success. The importance of studying during these years cannot be overstated. Here are some key reasons why studying in high school is crucial, along with tips on how to study effectively.

Importance of Studying in High School

1. **Academic Foundation:** High school courses provide the essential knowledge and skills needed for higher education and professional careers. Subjects like math, science, and language arts are building blocks for more advanced studies.
2. **College Preparation:** Good grades in high school are often a prerequisite for college admission. Colleges look at your high school transcript to gauge your readiness for higher education. Strong academic performance can also lead to scholarships and financial aid.
3. **Skill Development:** Studying helps develop critical thinking, problem-solving, and time management skills. These skills are not only vital for academic success but are also highly valued in the workplace.
4. **Self-Discipline:** Regular study habits foster self-discipline and responsibility. Learning to manage your time and prioritize tasks is a life skill that will benefit you in all areas of life.
5. **Future Opportunities:** High school performance can impact future job prospects. Employers often consider academic achievements when hiring, especially for entry-level positions.

Tips for Effective Study Habits

1. **Create a Study Schedule:** Plan your study time and stick to it. Consistency is key. Break your study sessions into manageable chunks and take regular breaks to avoid burnout.
2. **Set Specific Goals:** Define what you want to achieve in each study session. Having clear objectives helps you stay focused and motivated.
3. **Find a Quiet Study Space:** Choose a place free from distractions where you can concentrate. A quiet environment helps improve focus and productivity.
4. **Use Active Learning Techniques:** Engage with the material actively. Summarize information in your own words, create flashcards, or teach the content to someone else. Active learning helps reinforce understanding and retention.
5. **Stay Organized:** Keep your study materials and notes organized. Use folders, binders, or digital tools to keep track of assignments and deadlines.
6. **Practice Regularly:** Regular practice is essential, especially for subjects like math and science. Work on practice problems and past exams to reinforce your learning.
7. **Seek Help When Needed:** Don't hesitate to ask for help if you're struggling with a subject. Teachers, tutors, and classmates can provide valuable assistance and support.
8. **Take Care of Yourself:** Ensure you get enough sleep, eat healthily, and exercise regularly. A healthy body supports a healthy mind, making it easier to concentrate and study effectively.

By understanding the importance of studying in high school and adopting effective study habits, students can set themselves up for success both academically and in their future careers. Remember, the effort you put into now will pay off in the long run.

Upcoming Events

- September 15 – Girls Flag Football @ Indian Springs High School starting at 7:00 PM
- September 17 – Girls Volleyball @ San Bernardino High School starting at 3:45 PM
- September 17 – Fall Academic Awards in the Gym starting at 6:00 PM
- September 18 – Last Day to Drop a Dual Enrollment Course without earning a W on transcripts
- September 19 – Girls Volleyball @ Indian Springs High School starting at 3:45 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 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 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 Mrs. Umandap (S-1): 3:35-4:35 PM Mr. Vanvakas (S-8): 3:30-4:30 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	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	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