

# Rebel Reflections

This week we will be celebrating our Homecoming with an amazing week of activities, which will be capped off on Friday, September 26th with a pep rally during the day and a varsity football game against Indian Springs High School at 7:00 PM. We encourage everyone to come out for the celebration that evening to watch as we crown our Homecoming King and Queen at halftime and bring home the wing for the Rebels. Remember to represent the Rebels by showing up in your Rebel gear or our school colors. Those who are alumni we especially want you to come back and celebrate with us.

Next week we will also be holding daily themed dress up days and lunch time activities. In keeping with our theme Rebels in Rio we have the following spirit days:

Monday, September 22nd – Feathered Friends Day (dress to match with a friend or two)

Tuesday, September 23rd – Tourist Tuesday

Wednesday, September 24th – Wild Wednesday (wear animal print)

Thursday, September 25th – Wear You Jewels (participate in Rock/Paper/Scissors for beads all day)

Friday, September 26th – Fly with Your Flock Friday

(Wear your class colors: Seniors– Blue; Juniors– Green; Sophomores– Red; Freshmen– Yellow)

Saturday, September 27th will be our Homecoming Dance on campus. This will be a memorable evening for all our students. The dance is at A.B. Miller campus. Students will be served a meal, as well as we will have dancing and activities included in the event. There is something for everyone. Most importantly, it is a great time for all our students to come together as one.

**September is National Suicide Prevention Month** – a time to raise awareness, foster understanding, and promote mental health support. Suicide is the second leading cause of death among teens, but it's preventable. Parents and students are encouraged to talk openly about emotional struggles, recognize warning signs like withdrawal or hopelessness, and seek help early. Schools and communities offer resources, including counselors and crisis lines. Let's break the stigma and remind every student: you are not alone, and help is always available. Together, we can create a culture of compassion, connection, and hope.

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

## Counseling Corner

September is Suicide Awareness Month. Fontana Unified has developed Suicide Awareness campaign to communicate to students and families that they are not alone. We are here to support.

### **Warning Signs of Depression and Suicide in Teens**

#### **Emotional and Behavioral Changes**

- Persistent sadness, hopelessness, or irritability
- Loss of interest in activities they once enjoyed
- Withdrawal from friends and family
- Changes in eating or sleeping habits
- Decline in academic performance
- Talking about feeling worthless or guilty

#### **Verbal and Physical Indicators**

- Expressing thoughts of death or suicide (even jokingly)
- Giving away prized possessions
- Writing or drawing about death
- Self-harm behaviors (cutting, burning, etc.)

#### **Situational Triggers**

- Recent loss (death, breakup, family separation)
- Bullying or social isolation
- Substance use
- History of trauma or abuse

#### **What You Can Do**

- **Listen without judgment.** Create a safe space for your teen to talk.
- **Ask directly about suicide.** It's a myth that asking increases risk – talking about it can save lives.
- **Seek professional help.** School counselors, therapists, and doctors can provide support and guidance.
- **Stay involved.** Monitor social media use, encourage healthy routines, and maintain open communication.

#### **Emergency and Support Resources**

If your teen is in immediate danger, call 911 or go to the nearest emergency room.

For ongoing support, here are trusted resources:

- **988 Suicide & Crisis Lifeline** – Call or text **988** for free, confidential support 24/7.
- **Crisis Text Line** – Text **HELLO** to **741741** to connect with a trained crisis counselor.
- **National Alliance on Mental Illness (NAMI)** – Call **1-800-950-NAMI (6264)** or visit [nami.org](http://nami.org)

## Upcoming Events

- September 22 – Girls Golf vs. Rialto High School starting at 3:30 PM
- September 22 – Girls Flag Football @ Pacific High School starting at 7:00 PM
- September 24 – Girls Volleyball @ Indian Springs High School starting at 3:45 PM
- September 25 – JV Football vs. Indian Springs High School starting at 3:45 PM
- September 26 – Girls Tennis @ San Bernardino High School starting at 3:15 PM
- September 26 – Girls Volleyball vs. Pacific High School starting at 3:45 PM
- September 26 – Varsity Football Homecoming Game vs. Indian Springs 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.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>English</b>	<p>Mrs. DeSart (S-5): 7:30-8 AM</p> <p>Mrs. Harbour (H-20): 7:45-8 AM</p> <p>Mr. Manuel (H-10): 3:30-4:30 PM</p>	<p>Mrs. DeSart (S-5): 7:30-8 AM</p> <p>Mrs. Harbour (H-20): 7:45-8 AM</p> <p>Mrs. Kennedy (H-6): 3:30-4:30 PM</p> <p>Mr. Manuel (H-10): 3:30-4:30 PM</p> <p>Mrs. Richier (H-16): 3:30-4:30 PM</p> <p>Mrs. Whyte (BC-3): By Appointment</p>	<p>Mrs. DeSart (S-5): 7:30-8 AM</p> <p>Mrs. Harbour (H-20): 7:45-8 AM</p>	<p>Mrs. DeSart (S-5): 7:30-8 AM</p> <p>Mrs. Harbour (H-20): 7:45-8 AM</p> <p>Mrs. Kennedy (H-6): 3:30-4:30 PM</p> <p>Mrs. Whyte (BC-3): By Appointment</p>	
<b>Math</b>	<p>Dr. Abba (M-8): 3:30-4:30 PM</p> <p>Mr. Biroshak (M-18): 7:30-8 AM</p> <p>Mr. Biroshak (M-18): 3:30-4:30 PM</p> <p>Mrs. Bogdan-Olaru (M-10): 7:30-8 AM</p> <p>Mrs. Bogdan-Olaru (M-10): 3:30-4 PM</p> <p>Ms. Chaudhary (M-7): 3:30-5 PM</p> <p>Mr. Kim (M-13): 3:30-4:30 PM</p> <p>Mr. Martinez (M-6): 7:30-8 AM</p> <p>Mrs. Schlieff (M-11): 7:30-8 AM</p> <p>Mrs. Schlieff (M-11): 3:30-4 PM</p> <p>Mrs. VanBuskirk (M-9): 3:30-4 PM</p>	<p>Dr. Abba (M-8): 3:30-4:30 PM</p> <p>Mr. Biroshak (M-18): 7:30-8 AM</p> <p>Mr. Biroshak (M-18): 3:30-4:30 PM</p> <p>Mrs. Bogdan-Olaru (M-10): 7:30-8 AM</p> <p>Mrs. Bogdan-Olaru (M-10): 3:30-4 PM</p> <p>Ms. Flores (M-12): 3:30-4:30 PM</p> <p>Mr. Martinez (M-6): 7:30-8 AM</p> <p>Mr. Martinez (M-6): 3:30-5 PM</p> <p>Mrs. Schlieff (M-11): 7:30-8 AM</p> <p>Mrs. Schlieff (M-11): 3:30-4 PM</p> <p>Mrs. VanBuskirk (M-9): 3:30-4 PM</p>	<p>Mr. Biroshak (M-18): 7:30-8 AM</p> <p>Mrs. Bogdan-Olaru (M-10): 7:30-8 AM</p> <p>Mr. Martinez (M-6): 7:30-8 AM</p> <p>Mrs. Schlieff (M-11): 7:30-8 AM</p>	<p>Dr. Abba (M-8): 3:30-4:30 PM</p> <p>Mr. Biroshak (M-18): 7:30-8 AM</p> <p>Mr. Biroshak (M-18): 3:30-4:30 PM</p> <p>Mrs. Bogdan-Olaru (M-10): 7:30-8 AM</p> <p>Mrs. Bogdan-Olaru (M-10): 3:30-4 PM</p> <p>Ms. Chaudhary (M-7): 3:30-5 PM</p> <p>Ms. Flores (M-12): 3:30-4:30 PM</p> <p>Mr. Martinez (M-6): 7:30-8 AM</p> <p>Mr. Martinez (M-6): 3:30-5 PM</p> <p>Mrs. Schlieff (M-11): 7:30-8 AM</p> <p>Mrs. Schlieff (M-11): 3:30-4 PM</p> <p>Mrs. VanBuskirk (M-9): 3:30-4 PM</p>	<p>Dr. Abba (M-8): 3:30-4:30 PM</p> <p>Mr. Biroshak (M-18): 7:30-8 AM</p> <p>Mrs. Bogdan-Olaru (M-10): 7:30-8 AM</p> <p>Mrs. Bogdan-Olaru (M-10): 3:30-4 PM</p> <p>Mr. Kim (M-13): 3:30-4:30 PM</p> <p>Mr. Martinez (M-6): 7:30-8 AM</p> <p>Mr. Martinez (M-6): 3:30-5 PM</p> <p>Mrs. Schlieff (M-11): 7:30-8 AM</p>
<b>Science</b>	<p>Mrs. Diane (Q-110): 3:30-4:30 PM</p> <p>Mr. Sander (Q-209): 7:30-8 AM</p> <p>Mrs. Umandap (S-1): 3:35-4:35 PM</p> <p>Mrs. Diane (Q-110): 3:30-4:30 PM</p>	<p>Mr. Sander (Q-209): 7:30-8 AM</p> <p>Mrs. Umandap (S-1): 3:35-4:35 PM</p> <p>Mr. Vanvakas (S-8): 3:30-4:30 PM</p>	<p>Mr. Sander (Q-209): 7:30-8 AM</p>	<p>Mr. Sander (Q-209): 7:30-8 AM</p> <p>Mrs. Umandap (S-1): 3:35-4:35</p> <p>Mr. Vanvakas (S-8): 3:30-4:30 PM</p>	<p>Mr. Sander (Q-209): 7:30-8 AM</p> <p>Mrs. Umandap (S-1): 3:35-4:35 PM</p>
<b>History</b>	<p>Ms. Newell (F-7): 3:30-4:30 PM</p>	<p>Ms. Newell (F-7): 3:30-4:30 PM</p>		<p>Ms. Newell (F-7): 3:30-4:30 PM</p>	
<b>Spanish</b>	<p>Dr. Acevedo (FL-6): 3:30-4 PM</p> <p>Mrs. Lopez-Gutierrez (FL-10): 3:30-4:30 PM</p>	<p>Dr. Acevedo (FL-6): 3:30-4 PM</p>		<p>Dr. Acevedo (FL-6): 3:30-4 PM</p> <p>Mrs. Lopez-Gutierrez (FL-10): 3:30-4:30 PM</p>	<p>Dr. Acevedo (FL-6): 3:30-4 PM</p>