

# Rebel Reflections

Monday, October 13 is the start to the second quarter of the school year. This is a great time to set new goals to help end the semester strong. As a reminder report cards are no longer being printed. Report cards for quarter 1 will be populated in Parent Q/Student Q on October 20th, however I encourage to rely on the current grades in the Assignments tab, as they are calculated for the end of the semester. Please check at least weekly to maintain a focus on your Rebels progress.

I am also asking for assistance with ensuring our Rebels are dressed for daily success. In today's competitive world, first impressions matter – and what we wear often speaks before we do. Teaching high school students the importance of dressing for success isn't just about fashion; it's about instilling confidence, professionalism, and readiness for adult life.

When students dress neatly and appropriately, they tend to carry themselves with more confidence. A polished appearance can boost self-esteem and encourage a mindset of achievement. It signals that they take themselves – and their goals – seriously.

Workplaces often have dress codes, whether formal or business casual. By encouraging students to dress with intention, schools help them develop habits that will serve them well in interviews, internships, and future careers. It's a subtle but powerful way to bridge the gap between adolescence and adulthood. Dressing appropriately teaches students to respect the environment they're in and the people they interact with. It also encourages responsibility – choosing what to wear becomes a daily decision that reflects their values and aspirations.

In a world where competition is fierce, students who present themselves well often stand out. Whether applying for a scholarship, attending a college fair, or participating in a leadership event, a professional appearance can make a lasting impression.

Ultimately, dressing for success in high school isn't about enforcing rigid rules – it's about empowering students to see themselves as future professionals. When they look the part, they start to believe they can be the part.

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

## SEL Tips for Halloween

Halloween can be a fun and exciting time for our students, but it also provides great opportunities to build social-emotional skills. Here are a few reminders you can share with your teens as the holiday approaches:

### Managing Emotions

Halloween often brings lots of energy – and sometimes stress. Encourage your student to notice when they're feeling overstimulated and to practice healthy coping strategies, like taking deep breaths or stepping aside for a short break.

### Respecting Differences

Not everyone celebrates Halloween, and that's okay. Please remind your teens to be respectful of classmates' choices and traditions. It's also a good time to talk about making thoughtful costume choices that avoid stereotypes or hurtful portrayals.

### Building Positive Relationships

Whether at a school event or trick-or-treating with friends, Halloween is a chance to practice kindness, politeness, and teamwork. Simple actions like saying 'please' and 'thank you' go a long way in building positive connections.

### Making Safe Choices

Help your student think through decisions before heading out. Staying with a group, following safety guidelines, and respecting other's property are important lessons in responsibility and decision-making.

### Including Everyone

Encourage your teens to be mindful of peers who may not participate in Halloween traditions. Finding ways to include everyone – through fall activities, crafts, or games – strengthens empathy and community.

### Practicing Gratitude

After the holiday, take a moment to reflect. Ask your students what they enjoyed most -spending time with friends, connecting with neighbors, or simply having fun. Gratitude helps reinforce positive experiences.

## Upcoming Events

- October 13 – Girls Flag Football @ Pacific, hosted at Indian Springs High School starting at 5:30 PM
- October 15 – Girls Tennis @ Pacific High School starting at 3:15 PM
- October 15 – Girls Volleyball @ Pacific High School starting at 3:45 PM
- October 15 – Cross Country at Glen Helen starting at 3:45 PM
- October 16 – Frosh/Soph Football @ Indian Springs High School starting at 3:45 PM
- October 17 – Girls Tennis @ San Bernardino High School starting at 3:15 PM
- October 17 – Varsity Football @ 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> | Mrs. DeSart (S-5): 7:30-8 AM<br>Mrs. Harbour (H-20): 7:45-8 AM<br>Mr. Manuel (H-10): 3:30-4:30 PM  | Mrs. DeSart (S-5): 7:30-8 AM<br>Mrs. Harbour (H-20): 7:45-8 AM<br>Mrs. Kennedy (H-6): 3:30-4:30 PM<br>Mr. Manuel (H-10): 3:30-4:30 PM<br>Mrs. Richier (H-16): 3:30-4:30 PM<br>Mrs. Whyte (BC-3): By Appointment  | Mrs. DeSart (S-5): 7:30-8 AM<br>Mrs. Harbour (H-20): 7:45-8 AM   | Mrs. DeSart (S-5): 7:30-8 AM<br>Mrs. Harbour (H-20): 7:45-8 AM<br>Mrs. Kennedy (H-6): 3:30-4:30 PM<br>Mrs. Whyte (BC-3): By Appointment   | Mrs. DeSart (S-5): 7:30-8 AM<br>Mrs. Harbour (H-20): 7:45-8 AM<br>Mrs. Kennedy (H-6): 3:30-4:30 PM<br>Mrs. Whyte (BC-3): By Appointment   |
| <b>Math</b>    | Dr. Abba (M-8): 3:30-4:30 PM<br>Mr. Biroschak (M-18): 7:30-8 AM<br>Mr. Biroschak (M-18): 3:30-4:30 PM<br>Mrs. Bogdan-Olaru (M-10): 7:30-8 AM<br>Mrs. Bogdan-Olaru (M-10): 3:30-4 PM<br>Ms. Chaudhary (M-7): 3:30-5 PM<br>Mr. Kim (M-13): 3:30-4:30 PM<br>Mr. Martinez (M-6): 7:30-8 AM<br>Mrs. Schlieff (M-11): 7:30-8 AM<br>Mrs. Schlieff (M-11): 3:30-4 PM<br>Mrs. VanBuskirk (M-9): 3:30-4 PM | Dr. Abba (M-8): 3:30-4:30 PM<br>Mr. Biroschak (M-18): 7:30-8 AM<br>Mr. Biroschak (M-18): 3:30-4:30 PM<br>Mrs. Bogdan-Olaru (M-10): 7:30-8 AM<br>Mrs. Bogdan-Olaru (M-10): 3:30-4 PM<br>Ms. Flores (M-12): 3:30-4:30 PM<br>Mr. Martinez (M-6): 7:30-8 AM<br>Mr. Martinez (M-6): 3:30-5 PM<br>Mrs. Schlieff (M-11): 7:30-8 AM<br>Mrs. Schlieff (M-11): 3:30-4 PM | Mr. Biroschak (M-18): 7:30-8 AM<br>Mrs. Bogdan-Olaru (M-10): 7:30-8 AM<br>Mr. Martinez (M-6): 7:30-8 AM<br>Mrs. Schlieff (M-11): 7:30-8 AM | Dr. Abba (M-8): 3:30-4:30 PM<br>Mr. Biroschak (M-18): 7:30-8 AM<br>Mr. Biroschak (M-18): 3:30-4:30 PM<br>Mrs. Bogdan-Olaru (M-10): 7:30-8 AM<br>Mrs. Bogdan-Olaru (M-10): 3:30-4 PM<br>Ms. Chaudhary (M-7): 3:30-5 PM<br>Ms. Flores (M-12): 3:30-4:30 PM<br>Mr. Martinez (M-6): 7:30-8 AM<br>Mrs. Schlieff (M-11): 7:30-8 AM<br>Mrs. Schlieff (M-11): 3:30-4 PM<br>Mrs. VanBuskirk (M-9): 3:30-4 PM | Dr. Abba (M-8): 3:30-4:30 PM<br>Mr. Biroschak (M-18): 7:30-8 AM<br>Mr. Biroschak (M-18): 3:30-4:30 PM<br>Mrs. Bogdan-Olaru (M-10): 7:30-8 AM<br>Mrs. Bogdan-Olaru (M-10): 3:30-4 PM<br>Mr. Kim (M-13): 3:30-4:30 PM<br>Mr. Martinez (M-6): 7:30-8 AM<br>Mr. Martinez (M-6): 3:30-5 PM<br>Mrs. Schlieff (M-11): 7:30-8 AM<br>Mrs. Schlieff (M-11): 3:30-4 PM<br>Mrs. VanBuskirk (M-9): 3:30-4 PM |
| <b>Science</b> | Mrs. Dane (Q-110): 3:30-4:30 PM<br>Mr. Sandler (Q-209): 7:30-8 AM<br>Mrs. Umandap (S-1): 3:35-4:35 PM<br>Mrs. Dane (Q-110): 3:30-4:30 PM   | Mr. Sandler (Q-209): 7:30-8 AM<br>Mrs. Umandap (S-1): 3:35-4:35 PM<br>Mr. Vanvakas (S-8): 3:30-4:30 PM   | Mr. Sandler (Q-209): 7:30-8 AM   | Mr. Sandler (Q-209): 7:30-8 AM<br>Mrs. Umandap (S-1): 3:35-4:35<br>Mr. Vanvakas (S-8): 3:30-4:30 PM   | Mr. Sandler (Q-209): 7:30-8 AM<br>Mrs. Umandap (S-1): 3:35-4:35 PM<br>Mrs. Umandap (S-1): 3:35-4:35 PM  |
| <b>History</b> | 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   | Ms. Newell (F-7): 3:30-4:30 PM  | Ms. Newell (F-7): 3:30-4:30 PM  |
| <b>Spanish</b> | Dr. Acevedo (FL-6): 3:30-4 PM<br>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<br>Mrs. Lopez-Gutierrez (FL-10): 3:30-4:30 PM   | Dr. Acevedo (FL-6): 3:30-4 PM   |