

# Rebel Reflections

Thank you to our community for assisting on making this last week one that was super fun and enjoyable for everyone. First I would like to Congratulate our Girls Tennis Team for placing second in the Mountain Valley League. They will be entering CIF team playoffs this coming Wednesday, November 5, 2025 at Oakwood High School starting at 2:00 PM. I also want to congratulate Ingrid Beltran and Samantha Guzman for finishing 3<sup>rd</sup> and 4<sup>th</sup> respectively in singles. Our doubles team of Marley Lopez and Jacqueline Correa-Lopez competed in a grueling final match finishing in 2<sup>nd</sup> place. Beyond proud ladies! Also on the gridiron our Varsity Football team took on San Bernardino High School on Thursday night for Senior Night and played fantastic. The 41-12 victory led the Rebels to their third straight Mountain Valley league championship. Lastly, we had a hugely successful Trunk or Treat event last Wednesday. Thank you to the many community partners and families who brought their cars and set up stations for our families.

This coming week, I would like to invite you to join us for our monthly Coffee with the Principal at 9:00 AM in Portable 3. I will be sharing school updates and some recent student survey data we have collected. If you are unable to attend in person, please join us online.

## **Microsoft Teams** [Need help?](#)

### [Join the meeting now](#)

Meeting ID: 216 339 534 453 2

Passcode: s6ph2ZQ7

Also this week, please cheer on our Cross Country Teams, as they compete at the Mountain Valley League Finals on Wednesday, November 5th at starting at 2:00 PM at Glen Helen Park. Thus far the team has placed well in their competitions and we hope they continue their winning streak.

This week we are also hosting a Thanksgiving Canned Food Drive through our students second period classes. The class with the most donations will be treated with a doughnut party. We appreciate the donation of non-perishable items that are not expired. All that is collected will be used to help our own A.B. Miller families that are in need during the holiday season and beyond. Please remember we do have our own clothing and food pantry to help our families out. We are always accepting donations of new and gently worn clothing and non-perishable food items.

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

### **Stress Reset: A Simple Guide for Teens & Families**

Stress is your body's "I care about this" signal. A little stress can sharpen focus; too much can scramble sleep, mood, and motivation. The goal is not to erase stress, it is to reset it, so school and life feel manageable again.

#### **Step 1: Notice It**

Body clues: tight jaw, headaches, stomach flips, racing heart

Mind clues: all-or-nothing thoughts, "I can't start," worry loops!

Behavior clues: procrastinating, snacking more/less, staying up late, skipping class.

#### **Step 2: Reset Your Body**

4-7-8 breath: inhale 4, hold 7, exhale 8 (repeat 3 times)

Shoulders + jaw: drop shoulders, unclench jaw, slow blink x3.

Name 5-4-3-2-1: 5 things you see, 4 feel, 3 hear, 2 smell, 1 taste.

Do one of these before first period, before homework, and before sleep.

#### **Step 3: Reset Your Talk**

Swap these:

"I'm behind on everything" → "I'm choosing the next one thing."

"I'm bad at this" → "I can learn this in steps."

"I'll never finish" → "I'll work for 20 minutes, then reassess."

#### **Step 4: Reset Your Space**

Clear one small study spot (desk, table corner, or library seat).

Phone on do-not-disturb or outside the room during the two work blocks.

Night wind-down: screens off 30–60 minutes before bed; stretch, read, or music instead.

#### **For Parents & Caregivers**

Encourage routines, not perfection. Pack the backpack at night, set clothes out, keep a steady wake time.

Ask lighter questions. "What went better today?" beats "Did you finish everything?"

Team up early. If stress is blocking school, email the counselor/teacher for a short check-in, tutoring times, or a temporary plan.

#### **When to reach out**

If stress sticks around for more than two weeks, or you notice substantial changes in sleep, appetite, mood, or attendance, please contact us. Supporting early makes a real difference.

## Upcoming Events

- November 3—Coffee with the Principal starting at 9:00 AM in Portable 3 and on TEAMS
- November 5—Mountain Valley Cross Country League Finals starting at 2:00 PM at Glen Helen
- November 5—Varsity Girls Tennis CIF Playoffs @ Oakwood School (N. Hollywood) starting at 2:00 PM
- November 5—Varsity Baseball Scrimmage @ Fontana High School starting at 3:00 PM
- November 7—Blood Drive all day on campus

## 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
<b>English</b>	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
<b>Math</b>	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 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 Mrs. VanBuskirk (M-9): 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 Mrs. VanBuskirk (M-9): 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 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 Mrs. VanBuskirk (M-9): 3:30-4 PM
<b>Science</b>	Mrs. Dane (Q-110): 3:30-4:30 PM Mr. Sandler (Q-209): 7:30-8 AM Mrs. Umandap (S-1): 3:35-4:35 PM Mrs. Dane (Q-110): 3:30-4:30 PM	Mr. Sandler (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. Sandler (Q-209): 7:30-8 AM	Mr. Sandler (Q-209): 7:30-8 AM Mrs. Umandap (S-1): 3:35-4:35 Mr. Vanvakas (S-8): 3:30-4:30 PM	Mr. Sandler (Q-209): 7:30-8 AM Mrs. Umandap (S-1): 3:35-4:35 PM Mrs. Umandap (S-1): 3:35-4:35 PM
<b>History</b>	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
<b>Spanish</b>	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