

Rebel Reflections

I am hoping that the fall break was restful and rejuvenating for everyone. I know having some extended family time was just what I needed as we enter one of the most stressful times of the school year.

I want to start off by giving a few shout outs since my last newsletter. First to our Varsity Football team who under the direction of Andrew Amosa were able to make it to the semi-final round in CIF playoffs. This is only the second time in school history that our football team has been able to make it to the semi-final round. Thank you for everyone who traveled to South El Monte High School to root on the Rebels in a hard fought battle in the mud. Our team played with pride, even while ending short end of the scoreboard in the end. I also want to recognize our cheer team who the day after our CIF playoff game, turned around and earned 2nd place in their regional competition along with a qualifying score for nationals. They will compete in late January in Las Vegas at Nationals. Lastly, our Mock Trial team had their second competition in the past 15 years and found themselves on the winning end of the decision. This is allowing them to compete in the championships for Mock Trial in this their first year back in competition. So much to be proud of.

On the academic end, I am excited by how many college applications our seniors were able to make by our college application kickoff event. We exceeded our 1,000 application goal by that date with more coming in every day. We followed up with a pack library on November 20th with students completing their Chaffey College application and onboarding for next year as well. Thank you to our counselors and AVID teams for keeping our students focused on their post-secondary goals.

December 1st marks the beginning of i-Ready testing for our students. During Math and English classes this week our students will be taking their mid-year diagnostic exams. This is a good check-point to make sure that our students are making adequate yearly progress and in some cases, closing the gap for those behind grade-level abilities in these two critical life skills. Please help ensure your students in are in classes this week to get this testing completed, so it does not impact your students preparation for finals which are just two weeks away.

As a reminder, finals begin in 11 school days (December 16-18). It is imperative that both students and parents/guardians are actively monitoring Parent/Student Q to ensure students semester grades are accurate, as these will be our students permanent semester grades. These grade determine credits earned as well as whether or not a student maintains their academic eligibility for athletics and activities for the second semester. As a reminder it is expected that all students maintain a 2.0 GPA to remain eligible for all activities.

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

Supporting High School Students Through Winter Stress and Finals

As temperatures drop and daylight hours shorten, high school students face a unique set of challenges that extend beyond academics. The winter months, coupled with the pressure of first semester finals, can heighten stress, anxiety, and feelings of isolation. Educators, parents, and communities are increasingly recognizing the importance of providing social and emotional support during this critical period.

Experts note that seasonal changes can affect mood and energy levels, making it harder for students to stay motivated. Combined with the demands of exams, this can lead to burnout. Schools are responding by offering wellness initiatives such as mindfulness workshops, peer support groups, and designated quiet spaces for relaxation. These programs aim to help students manage stress while fostering a sense of belonging.

Parents also play a vital role. Encouraging open conversations about emotions, maintaining consistent routines, and ensuring adequate sleep can make a significant difference. Simple gestures – like family dinners or check-ins – help students feel supported at home. Community organizations are stepping in as well, providing after-school activities that keep teens engaged and connected during the darker months.

Teachers are finding creative ways to ease the pressure of finals. Some incorporate review games or collaborative study sessions to make preparation less daunting. Others emphasize balance, reminding students that self-care is just as important as academic achievement. By normalizing discussions around mental health, educators help reduce stigma and encourage students to seek help when needed.

Ultimately, supporting high school students during winter and finals requires a collective effort. When schools, families, and communities work together, students are better equipped to navigate stress and maintain emotional well-being. As one counselor put it, “Finals are temporary, but the skills students build to manage stress will last a lifetime.”

Upcoming Events

- December 3 – Baseball @ Fontana High School starting at 3:00 PM
- December 3 – Girls Soccer vs. Kaiser High School starting at 3:45 PM
- December 3 – Boys Soccer @ Kaiser High School starting at 4:00 PM
- December 3 – Girls Basketball vs. Fontana High School starting at 4:30 PM
- December 3 through 6 – Boys Varsity Basketball in Beaumont Tip Off Classic
- December 5 – Boys Soccer @ Summit High School starting at 3:15 PM
- December 5 – Girls Soccer vs. Fontana High School starting at 3:45 PM
- December 5 – Girls Basketball vs. Eisenhower High School starting at 3:45 PM
- December 6 – Boys Wrestling Tournament at Miller

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 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. Bravo (M-16): 3:30-4:40 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 Mrs. VanBuskirk (M-9): 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 Mr. Bravo (M-16): 3:30-4:40 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 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
Science	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. Vamvakas (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. Vamvakas (S-8): 3:30-4:30 PM	Mr. Sandler (Q-209): 7:30-8 AM Mrs. Umandap (S-1): 3:35-4:35 PM
History	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	
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