

Rebel Reflections

Happy New Year and I hope that 2026 is amazing for us all. So far this year it certainly has been for our Rebels. Here are some updates since the start of the semester:

1. Please welcome Mr. Marco Torres as our Assistant Principal. He began his career with us at A.B. Miller and is happy to return to assist with growing our students. Mr. Torres will be in charge of all seniors and 9th grade students with last names A-G. He will also be providing leadership in the areas of CTE (his specialty on growing programs and assisting with creating opportunities for students to show off their skills), facilities, and custodial. Please never hesitate to reach out to him, as he can be reached at torrmr@fusd.net.
2. Our winter sports teams are in full swing and are in the middle of league play. Our soccer teams have been standouts with our girls being undefeated in league with a record of 3-0. Our boys soccer team has been lighting thing up as well. They have an overall record of 7-1 and look to have a lot more success going forward. Our wrestling teams have seen much success both in league play and in tournaments. Please come out and support all our winter sports teams.
3. Congratulations to our Competitive Cheer Team as not only did they host their most recent competition, but they also placed 1st for Varsity and 2nd for JV. Our program received the Showmanship Award. Our varsity team has also qualified for nationals which will take place in a few weeks in Las Vegas, Nevada. We wish them the best of luck as they compete for the national title.



4. Registration 2026-2027 begins this week. Students will meet with their counselor over the course of the next six weeks to select their elective choices for next year. Elective listings have been emailed out to students and parents for review, so they can discuss and make the best choice and alternative for each elective they may take.

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

Making a Strong Academic Showing in the Second Semester

The second semester offers a valuable opportunity for students to reset, refocus, and strengthen their academic performance. Whether the first half of the year went smoothly or presented challenges, developing effective study habits can make a significant difference in finishing the year strong. Success in the second semester is less about working harder and more about working smarter.

One of the most important habits to establish is consistent time management. Creating a weekly study schedule helps students balance assignments, assessments, extracurricular activities, and personal time. Breaking large tasks into smaller, manageable steps prevents procrastination and reduces stress. Prioritizing work based on deadlines and importance allows students to stay organized and maintain steady progress rather than scrambling at the last minute.

Equally important is developing focused study routines. Studying in a quiet, distraction-free environment improves concentration and retention of material. Short, regular study sessions are often more effective than long, unfocused ones, especially when paired with active learning strategies such as note summarization, flashcards, practice problems, or self-quizzing. These techniques require students to engage with the material rather than simply rereading notes or textbooks.

Strong academic performance also depends on understanding coursework, not just completing it. Students should make it a habit to ask questions in class, attend extra help sessions, and communicate with teachers when concepts are unclear. Seeking help early prevents small gaps in understanding from becoming larger academic challenges later in the semester.

Healthy habits outside the classroom also play a critical role in academic success. Adequate sleep, proper nutrition, and regular physical activity support focus, memory, and overall well-being. When students take care of their physical and mental health, they are better equipped to handle academic demands and maintain motivation.

Finally, reflecting on past performance can guide future improvement. Identifying what worked well during the first semester – and what did not – allows students to adjust their approach. Setting realistic goals and tracking progress builds confidence and accountability.

By committing to thoughtful study habits, effective time management, and personal well-being, students can make the second semester a period of meaningful growth and academic achievement.

Upcoming Events

- January 21 – Girls Soccer @ Pacific High School starting at 3:45 PM
- January 21 – Boys Soccer vs. Pacific High School starting at 3:45 PM
- January 21 – Boys Basketball vs. Pacific High School starting at 3:45 PM
- January 21 – Girls Basketball @ Pacific High School starting at 4:30 PM
- January 22 – Boys and Girls Wrestling @ San Bernardino High School starting at 5:00 PM
- January 22 – Senior Parent Informational Night starting at 6:00 PM in the Theater
- January 23 – Girls Soccer vs. Entrepreneur High School starting at 3:45 PM
- January 23 – Boys Soccer @ Entrepreneur High School starting at 3:45 PM
- January 23 – Boys Basketball @ Entrepreneur High School starting at 4:30 PM
- January 23 – Girls Basketball vs. Entrepreneur High School starting at 4:30 PM
- January 23 – Traditional Competitive Cheer @ Azusa Pacific University performing at 4:00 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

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	
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