

# Rebel Reflections

This week starts CIF play for our winter sports team. This year we had five of our six teams qualified for CIF play. Here are some updates:

- Our Boys Varsity Wrestling already competed as a team in CIF team play and went up against a favorite in their division and represented us well. They will continue on in individual CIF play beginning this weekend. Sending our best to our boys as they compete individually.
- Our Girls Varsity Wrestling will compete this weekend as well in individual CIF play. Best of luck to our lady wrestlers.
- Our Varsity Girls Basketball finished the season in 3rd place for the Mountain Valley League. They will be heading to Newport Christian High School on Thursday, February 12th for a game starting at 7:00 PM in round 1 CIF playoffs for Division 9. You've got this!
- Our Varsity Boys Soccer finished the season in 3rd place for the Mountain Valley League. They will be hosting a home game versus Edgewood High School on Wednesday, February 11th starting at 3:00 PM in round 1 CIF playoffs for Division 5. Your teamwork will lead you to victory!
- Our Varsity Girls Soccer finished the season as undefeated in league play making them Champions of the Mountain Valley Leagues. They will enter division 8 CIF play this Thursday, February 12 at home against Edgewood High School at 5:00 PM. Girls let's keep that streak alive.

I am also super excited to share that in our E-Sports season, they are currently undefeated and are ranked 7th out of 84 teams in their region, which includes Arizona, Nevada, and California. We also have the #2 male player in the region right now in 11th grader, Izaak Banuelos. Keep pushing and as a team and support each other to many more victories.

This Friday, February 13, 2026 marks the end of the first progress report for this semester. It is imperative that all students and families review grades and make appropriate adjustments to ensure that all students earn a minimum of a C in each of their classes.

Currently, the counselors are meeting with our students to create their 2026-2027 course requests. Along with their request for next year, our counselors are assigning our students to Summer School for June 1st-26th if they did not earn a C in a course that is needed for A-G eligibility or for graduation. Students will be reminded of these courses during the last week of this semester.

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

### **Student Wellness Corner: Dealing With Anxiety**

Feeling anxious from time to time is a normal part of being a student. Between schoolwork, friendships, activities, and family responsibilities, you have a lot on your plate. Anxiety doesn't mean something is "wrong" with you – it's simply your mind and body's way of signaling that you're under stress or feeling overwhelmed. The good news is that there are healthy ways to manage these feelings and regain a sense of balance. Here are a few strategies you can start using right away:

**Breathe to Reset-** When anxiety rises, your breathing often becomes shallow and quick, even if you don't notice it happening. Slowing your breath can send a message to your brain that you are safe. Try inhaling for 4 seconds, holding for 4, and exhaling for 6. Repeat this several times. This technique helps relax your nervous system and can be used anytime – before a test, during a stressful moment, or even at home when your mind feels busy.

**Stay Present-** Anxiety often lives in the future – worrying about things that *might* happen or imagining worst-case scenarios. Grounding techniques help bring your attention back to what's happening right now. You can try naming five things you see around you, feeling the texture of something nearby, or noticing the sounds you hear. These small actions help interrupt spiraling thoughts and give your brain a moment to reset.

**Check Your Thoughts-** Sometimes anxious thoughts feel like facts, even when they're not. Ask yourself, "Is this something I know for sure, or is it a fear?" You can also try thinking about what you would say to a friend who felt the same way – you'd probably be supportive and understanding. Offering that same compassion to yourself helps create a more balanced point of view.

**Lean on Healthy Habits-** Routines can make life feel more predictable and manageable. Getting enough sleep, eating regular meals, staying active, and keeping track of assignments can all help reduce stress. Even small habits, like organizing your backpack the night before, can make a big difference.

**Talk It Out-** You don't have to handle everything alone. Reach out to someone you trust – a friend, family member, teacher, or your school counselor. Sharing your feelings can help lighten the emotional load and remind you that support is available.

**Be Kind to Yourself-** Everyone experiences anxiety. Treat yourself with patience, understanding, and kindness as you navigate stressful moments. You deserve it.

## Upcoming Events

- February 11 – Varsity Boys Soccer in CIF Play vs. Norwalk High School starting @ 3:00 PM
- February 11 – Esports vs. Milpitas High School starting @ 4:15 PM
- February 12 – Varsity Girls Soccer in CIF Play vs. Edgewood High School starting @ 5:00 PM
- February 12 – Varsity Girls Basketball in CIF Play vs. Newport Christian H.S. 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.

|                | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>  |
|----------------|---|--|--|---|--|
| <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>Mrs. 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>Mr. Bravo (M-16): 3:30-4:40 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<br>Mrs. VanBuskirk (M-9): 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>Mr. Bravo (M-16): 3:30-4:40 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>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 |
| <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. Vamvakas (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. Vamvakas (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   |
| <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  |  |
| <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  |