

# Rebel Reflections

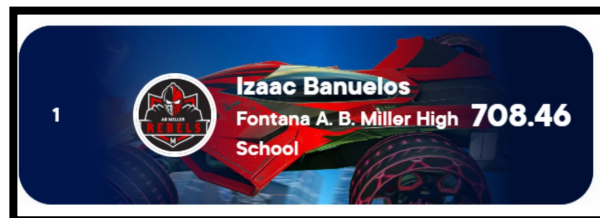
What a great week we had at A.B. Miller! Our students had the opportunity to participate in the No Hate Rally on Thursday where a BMX stunt group came in to share an anti-bullying message, while wowing the crowd with jumps, tricks, and spins.

On Saturday, our MEChA Club hosted their inaugural Car Show. There were over 100 cars and motorcycles on show on the main campus and many more in the parking lot. Several other clubs were on hand to ensure that everyone's snack needs were met. Lastly, we were honored to have Mr. Richard Yniguez, the star of Boulevard Nights amongst many film, television, and directing honors. Kudos to Ms. Aguayo and the MEChA Club for all their work to make the event successful.



I am also super excited to share that our Varsity e-Sports team is still undefeated. Their league spans Arizona, Nevada, and California. Currently our team is in 8th place overall, but more so we have the #1 player in the league in Izaac Banuelos. We are so proud of Coach Diaz and Coach Cortes Servin and our e-Sport team.

Pos	Team	Match WIN-LOSS	OMW%	OOMW%	Games WIN-LOSS
8	<b>Rebels Varsity</b> Fontana A. B. Miller High School	6 - 0	29.03%	76.56%	18 - 1



This coming week I am super excited to be joining our junior AVID students and staff, as we embark on a college tour of California. Our students will get the opportunity to visit numerous campuses, including: CSU Channel Islands, UC Santa Barbara, Cal Poly San Luis Obispo, CSU Monterey Bay, UC Santa Cruz, Santa Clara University, San Jose State University, CSU San Francisco, UC Berkeley, CSU Stanislaus, and UC Merced. Along the way they will also be exposed to numerous local attractions and cultural events. This is a great opportunity for our students to see what their next step in their education will look like.

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

### **Social-Emotional Well-Being Tips for Students**

High school can feel exciting, overwhelming, and unpredictable all at once. That's why strengthening your social-emotional well-being is one of the most powerful ways to stay grounded. Here are a few things that can truly help you during this time of year:

#### **1. Give Yourself Permission to Start Fresh**

New beginnings are meant for reflection, not pressure. Think about:

- What you want to do differently
- What habits supported you last semester
- What habits made life harder

Even small adjustments, like checking your grades weekly or keeping a simple planner, can make a big impact.

#### **2. Check In With Yourself Regularly**

Your emotions matter. When school gets busy, it's easy to ignore how you're really feeling. Try asking yourself:

- "What's one emotion I felt strongly today?"
- "What's one thing I need right now?"
- "Who can I talk to if I'm struggling?"

Self-awareness is the first step toward feeling more in control.

#### **3. Strengthen Your Support Circle**

No one gets through high school alone. Lean into friendships that make you feel valued, not stressed. Surround yourself with people who celebrate your wins and support you during challenges. And remember: adults at school are part of your support circle too. Counselors, teachers, coaches, and mentors genuinely want to help you succeed.

#### **4. Be Realistic With Your Goals**

You don't need a long list of resolutions to make progress. Start with a few meaningful goals:

- Improve one class
- Join a club or activity
- Get more sleep
- Communicate more openly with your teachers

Small, steady steps beat unrealistic expectations every time.

#### **5. Stay Open to Growth**

You are not the same person you were last semester. You're learning, changing, and figuring out who you are – academically, socially, and personally. Give yourself grace and space to grow.

## Upcoming Events

- March 3 – Boys Volleyball vs. California Military Institute starting at 5:15 PM.
- March 4 – Baseball vs. Palm Springs High School starting at 3:15 PM.
- March 4 – Softball vs. Sultana High School starting at 3:15 PM.
- March 4 – Boys Golf @ Notre Dame High School starting at 3:00 PM.
- March 4 – E-Sports vs. San Gabriel High School starting at 4:15 PM.
- March 5, 6, and 7 – Spring Play 7:00 PM, with an additional matinee on Saturday at 2:00 PM.
- March 5 – Softball @ Fontana High School starting at 3:15 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 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 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
<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. 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
<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 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