



A.B. Miller High School
6821 Oleander Avenue
Fontana, CA 92336
(909) 357-5800
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This past week, our Counseling Department, in partnership with our Peer Leaders, helped launch Suicide Awareness Month at A.B. Miller High School. Through lunchtime activities, informational displays, and student outreach, they shared important information about recognizing warning signs, supporting peers, and accessing available resources. These efforts will continue throughout September with additional activities and educational opportunities designed to promote mental health awareness and support student well-being.

As we move further into the semester, I encourage all families to take a moment to review Quarter 1 Progress Report grades in Student/ParentQ. Grades can be found under the Marks tab in the application. Please remember that the next grading period ends on October 9, and those grades will be used to determine eligibility for Quarter 2 participation in athletics, performing arts groups, and other activities in which students represent A.B. Miller High School.

I would also like to address an important concern affecting schools and communities across the nation: the responsible use of social media. Social media can be a powerful tool for communication, connection, and relationship building. It allows students to stay connected with friends, share experiences, and support one another. However, when social media is used to target, harass, intimidate, or threaten an individual or group, it becomes harmful and unacceptable.

Any online behavior that disrupts the educational environment, threatens the safety of others, or interferes with a student's ability to learn may result in school disciplinary consequences in accordance with the California Education Code. In situations where online conduct violates the law, law enforcement may become involved. It is important for students to understand that reposting, sharing, commenting on, or promoting harmful content can carry consequences just as creating the original post can. Digital actions leave permanent footprints that can have lasting impacts on future educational and career opportunities.

As parents and guardians, we play a critical role in helping our children navigate the digital world responsibly. Open conversations about online behavior, empathy, and accountability can make a significant difference. Cyberbullying and online harassment can have serious emotional consequences for those targeted, including increased risks of anxiety, depression, and thoughts of self-harm. During Suicide Awareness Month, let us recommit ourselves to creating a culture of kindness, respect, and support both online and in person. Together, let's remind our students: before posting, sharing, or commenting, choose kindness, choose respect, and choose to make a positive difference.

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



Meeting Graduation Requirements the First Time Matters

September is National Suicide Prevention Month, a time to raise awareness, encourage open conversations about mental health, and remind everyone that help is always available. As counselors, we want every student, family member, and staff member to know that seeking support is a sign of strength, not weakness.

The high school years can bring many challenges, including academic pressure, relationship difficulties, family concerns, social media stress, and feelings of loneliness or uncertainty. While feeling sad or overwhelmed from time to time is normal, prolonged emotional distress should never be ignored.

There are several warning signs that may indicate a student is struggling and may need support. These include persistent sadness, hopelessness, withdrawal from friends and activities, significant changes in sleeping or eating habits, a decline in academic performance, increased irritability, giving away personal belongings, self-harm behaviors, or talking about death, feeling trapped, or being a burden to others. Any mention of suicide, even if it seems like a joke, should always be taken seriously.

If you notice these warning signs in yourself or someone else, reach out immediately to a trusted adult, school counselor, teacher, administrator, family member, or mental health professional. Listening without judgment and showing genuine care can make a tremendous difference in someone's life.

Locally, students and families can access support through the A.B. Miller High School Counseling Department and the Fontana Unified School District wellness and mental health services. San Bernardino County residents may also contact the County Behavioral Health Access Unit at (888) 743-1478 for mental health support and referrals.

National resources are available 24 hours a day, seven days a week. The 988 Suicide & Crisis Lifeline can be reached by calling or texting 988 for free and confidential support. Students may also contact the Crisis Text Line by texting HELLO to 741741. Additional resources are available through the National Alliance on Mental Illness (NAMI) at 1-800-950-NAMI (6264) and through the Trevor Project for LGBTQ+ youth at 1-866-488-7386 or by texting START to 678678.

Remember, no problem is too small, and no one should face life's challenges alone. Together, we can create a culture of compassion, connection, and hope. If you need support, reach out. Help is available, and your life matters.

Upcoming Events

- ❖ September 7 – No School---Labor Day
- ❖ September 8 – Girls Volleyball @ Ramona High School starting at 3:45 PM
- ❖ September 9 – Boys and Girls Cross Country @ Big Bear starting at 3:15 PM
- ❖ September 10 – JV Football @ Fontana High School starting at 3:45 PM
- ❖ September 10 – Girls Volleyball @ San Bernardino High School starting at 3:45 PM
- ❖ September 10 – Girls Tennis vs. Chaffey High School starting at 3:45 PM
- ❖ September 10 – Girls Flag Football @ Fontana High School starting at 5:00 PM
- ❖ September 11 – Varsity Football vs. Fontana High School starting at 7:00 PM

Athletic Director's Message

Fontana A.B. Miller High School is one of ten member schools that comprise the River Valley Conference.

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

A.B. 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 8:35 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 student's learning loss.



AB MILLER REBELS

TUTORING SCHEDULE



**GET HELP.
STAY ON TRACK.**



**BUILD SKILLS.
GAIN CONFIDENCE.**



**PREPARE TODAY.
SUCCEED TOMORROW.**

Teacher Name	Subject	Room	Day(s)	Hours
Ms. Aird	Math	BC-1	Monday and Wednesday	7:30-8:00 AM
Mr. Tijerina	Spanish	F-2	Monday, Tuesday, Wednesday, Thursday Friday	7:30-8:00 AM
Ms. Newell	Social Science	F-7	Monday	3:30-4:30 PM
Mrs. Lopez Gutierrez	Spanish	FL-10	Monday, Tuesday, Thursday, Friday	3:30-5:00 PM
Mrs. Trad	French	FL-11	Monday, Tuesday, and Thursday	3:30-4:00 PM
Dr. Acevedo	Spanish	FL-6	Monday, Tuesday, Thursday, Friday	3:30-4:00 PM
Ms. Stanhope	English and Dual Enrollment	FL-9	Thursday	3:30-4:30 PM
Mrs. Richier	English	H-16	Thursday	3:30-4:30 PM
Mrs. Maxwell	English	H-18	Thursday	3:30-4:30 PM
Mrs. Bogdan-Olaru	Math	M-10	Monday, Tuesday, Wednesday, Thursday, Friday	7:45-8:30 AM
Mrs. Schlieff	Math and English	M-11	Monday, Tuesday, Wednesday, Thursday Friday Monday, Tuesday, Thursday	7:30-8:00 AM 3:30-4:00 PM
Ms. Flores	Math	M-12	Tuesday	3:30-4:30 PM
Mr. Kim	Math	M-13	Monday and Friday	3:30-4:30 PM
Mr. Stoica	Math	M-15	Monday, Tuesday, Wednesday, Thursday Tuesday	8:00-8:30 AM 3:30-4:30 PM
Mr. Bravo	Math	M-16	Tuesday	3:30-4:30 PM
Mrs. Orosco	Math	M-17	Monday and Friday	3:30-4:30 PM
Mr. Biorchak	Math	M-18	Tuesday and Thursday	7:30-8:00 AM
Mrs. Elder	Math	M-3	Monday, Tuesday, Wednesday, Thursday Tuesday	8:00-8:25 AM 3:30-4:30 PM
Mrs. Chaudhary	Math	M-7	Tuesday	3:30-4:45 PM
Dr. Abba	Math	M-8	Monday, Tuesday, Thursday, Friday	3:30-4:30 PM
Mrs. Van Buskirk	Math	M-9	Monday, Tuesday, Thursday, Friday	3:30-4:30 PM
Mr. Sandler	Science	Q-209	Monday, Tuesday, Wednesday, Thursday, Friday	7:30-8:00 AM
Mrs. Braga	Biology and Marine Biology	Q-212	Thursday	3:30-4:30 PM
Mrs. Umandap	Biology	S-1	Monday, Tuesday, and Thursday	3:35-4:35 PM
Mrs. DeSart	English	S-5	Wednesday and Thursday	7:30-8:00 AM
Mr. Vamvakas	Biology	S-8	Tuesday and Thursday	3:30-4:30 PM



TUTORING IS FREE
★ OPEN TO ALL REBELS! ★



SHOW UP. PUT IN THE WORK. BE A REBEL.

PASSWORD RESET? NO PROBLEM!

GETTING BACK INTO YOUR ACCOUNT IN JUST A FEW EASY STEPS!

1

TRIGGER THE PASSWORD REFRESH

Have your Teacher use the Process Manager to trigger the refresh of your password.



Then wait
15 minutes

before attempting the steps below.

FORMAT:



+



BIRTHDAY
(MMDDYYYY)

+



FIRST 2 LETTERS
OF YOUR
FIRST NAME



Remember: The first two letters of your first name should use **proper capitalization**.

EXAMPLE:

Evelyn

Birthday:
June 8, 2018

Temporary Password:

=06082018Ev

2

LOG IN



Sign in with your temporary password.

IF YOU NEED TO
CHANGE IT:



PRESS

Ctrl + Alt + Delete



SELECT

Change a Password



CREATE

A new password

3

CREATE A STRONG PASSWORD

DO THIS:

- ✓ 8+ CHARACTERS
- ✓ USE 3 OF THESE:

A

UPPERCASE
(A-Z)

a

LOWERCASE
(a-z)

1

NUMBER
(0-9)

!

SPECIAL
CHARACTER
(!@#\$% etc.)

DON'T DO THIS:

- ✗ Your name
- ✗ School or team name
- ✗ "Fontana"
- ✗ Easy passwords like:

12345678
abcdefghi

4



YOU'RE ALL SET!

STRONG PASSWORDS KEEP
YOUR ACCOUNT SAFE.

Make it easy for **YOU** to remember
and hard for others to guess!



★ BE SMART. BE SAFE. BE SECURE! ★