



FRIDAY 27TH JUNE 2025

DEAR PARENTS

Yesterday we celebrated the feast of St. Josemaría Escrivá. I was reminded of something he said back in 1955:

"In thirty years' time you'll look back and you will be astonished. And you will feel impelled to spend the rest of your life giving thanks, giving thanks..."

As we come to the end of the academic year, **it is a fitting time to give thanks; first to God, and to everyone in The PACT community.**

It is also a great moment to reflect on The Cedars journey so far. While not yet thirty years old, our secondary schools have been thriving for over a decade. And already, one cannot help but be astonished by the wonderful results and achievements. We are about to embark on a fantastic new chapter with Fidelis College. For that, we are deeply grateful to all who have played a part (past and present) in making this adventure possible.

Gratitude is not just a virtue; it is a powerful way of living. Much has been written about the art of happiness and fulfilment. I once heard Harvard professor Arthur Brooks remarked that the worst way to be happy is to think about yourself.

This aligns with much of what psychology tells us today. In 2015, an Oxford lecturer wrote in *Psychology Today*: *"Cicero called gratitude not only the greatest of the virtues, but also the mother of all the other virtues. Today, science has*

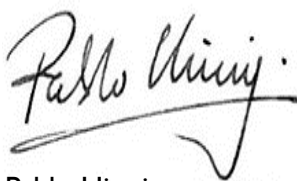
begun to catch up with Cicero. Studies have linked gratitude with increased satisfaction, motivation, and energy; better sleep and health; and reduced stress and sadness. Grateful people are much more engaged with their environment, leading to greater personal growth and self-acceptance, and stronger feelings of purpose, meaning, and specialness."

As we begin this next stage with Fidelis College, let us be grateful for the journey thus far. We would not be where we are today without everyone that toiled the soil over the years. For that, we give heartfelt thanks.

As St. Paul wrote in Romans: *"We know that in everything God works for good with those who love Him."*

Indeed, all is for the good, and all will lead to good.

Let us therefore close the year with hearts full of gratitude; for what has been and for all the wonders still to come. **May we continue to be astonished!**



Pablo Hinojo
Headmaster



PUPILS OF THE WEEK

WEEK 10



1st Form

Oscar Martin

3rd Form

Elijah Adams

2nd Form

Isaac Schofield

4th Form

Sam Mba

HARRIS'S 100KM RUN FOR TEENAGE CANCER TRUST

Harris in Upper 6th is running 100km from Putney to Henley along the Thames path to raise money and awareness for Teenager Cancer Trust and to promote trying things outside of your comfort zone.

Harris' has shown a great deal of dedication and kindness in raising money for such an important cause in such a challenging way so please show your support, if you can.

If you would like to show your support for Harris, please comment and donate on his Just Giving Page [HERE](#).



Last week a group of **sixth formers** attended a trip to see '**The Frogs**' at the **Southwark Playhouse**. This is a modern musical adaptation of the Greek comedy several Classics students are currently studying, about a god and his servant as they venture into the underworld to find a playwright that will reawaken the world. It was a wonderful day out and the sixth formers thoroughly enjoyed an unusual theatre experience!

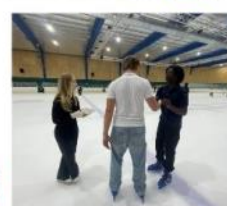
Miss Gallacher



Year 12 Iceskating



On the 25th of June Year 12 went to Streatham Leisure Centre for their activity afternoon. Everyone had a laugh, some fell and some raced. We spent 1 hour on the ice enjoying our day, trying new things (some had never skated before). It ended up being slightly chaotic but overall everyone had an enjoyable experience with one another.





The Cedars and Laurels are delighted to be showing a wide selection of Art work tomorrow as part of the Summer Fete.

Work from years 7-9 from both schools will be on show in
The Cube from 12.30-2.30pm

The Cedars GCSE and A level work will be on show in
The Studio between 12.00-1.00pm

We look forward to celebrating with you, the creativity of our students.