

Personal Development @ De La Salle

Spring 1 2026



Mr Beezy CPD

It was great to welcome **Mr Beezy** back to school this term. Year 10 and 11 students enjoyed a motivating session on getting the most out of school, while staff were inspired by his enthusiasm and insights during a Twilight session.



Year 7 Towngate visit & Drama Workshop

After their panto visit in December, some Year 7 students participated in a tour of the theatre followed by a drama workshop. Students worked on their pitch and narrative skills. Many thanks to Tom Mason and Towngate Theatre for providing such a memorable experience for our students.



We have had another couple of exciting months in the Personal Development Programme!

Please read the student feedback on all the great things that have been happening.

A special mention goes to Mrs. Starling for illustrating how not to wear PPA during the Ground Control visit to the school last December.



MR BEEZY



Year 10

This was a really great workshop. Mr Beezy did a wonderful job. It has made me reflect on myself and what I have to do to become better, such as cutting off distractions, basically a reality check. He was really funny, entertaining and wasn't boring, so I was actually able to focus on what he said. It feels like I can succeed with School and outside activities.

Lenny



Today's session with Mr Beezy was a great eye-opener and a reality check regarding how our actions and way of thinking will affect our future. He approached us in a unique way for an assembly, which engaged the students interactively by simply asking questions. He spoke to us in a way that made us feel more comfortable expressing how we feel. He shared experiences from his own young life during school and related to each of us in different ways. He discussed how his actions affected him when he received his GCSE results and tried to express, as clearly as possible, how your behaviour in school will lead to your reaction when you open those results. The main message he conveyed to us was to remain focused and keep trying because, at the end of the day, you're not just trying to make your friends proud; it's for yourself and your family that you're doing it.

Amelia & Mia



Mr Beezy was inspiring, his energy motivated me, and he gave a good talk. I enjoyed it, and it taught me some things I felt were important

Mr Beezy was so inspirational, and he was a hilarious guy. And gave me a reason to go to school today. I think we need him again.

Kwesi

In my opinion, the workshop yesterday regarding Mr Beezy was very motivating. It is very important and useful that we have people like Mr Beezy come in and talk to young people like us, as many people our age tend to follow the wrong path. Therefore, it is important that we have motivation from people like Mr Beezy, as he himself failed his GCSEs but now chooses to help young people achieve what he knows we can. He told us various stories about people he knew who failed their GCSEs and became homeless. He spoke nothing but the truth about how we should spend the next two years of our school life and to focus on our future in positive ways. Overall, I think that Mr Beezy's presence will have an effect on us young people and has personally motivated me to want to do better in school.

Kai

MR BEEZY

Year 11



The workshop was very inspirational and made me motivated to work to my full potential. His presentation made me feel happier and gave me more confidence to do better.

Andrew



The assembly was very inclusive and funny. He really made an effort to send a big message across to us, and it was a good message he was spreading.

Poppy

My Beezy motivated me to do better and try my hardest in school and outside of school. He helped me understand the importance of revision, and how serious school really is.

Alesia

In my opinion, Mr Beezy started the presentation, which motivated me to do better and work harder. He created a very good environment, making people laugh and changing their perspective on school and GCSE exams. I loved the way he started the assembly with music, which gave people a sense of rhythm while walking in. After he shared his GCSE results and how he felt about them, that changed my perspective on my revision and how people should start thinking about the future and how the future is affected by the present. The one thing that keeps me thinking is "No Grind, No Glory." This is going to stick with me to motivate myself to do well in school and in the future.

Julia Marszalek

Mr Beezy's workshop was an interactive, fun way to give us information on revision and our mocks. It helped us understand the time we have for our mocks and our real exams, and how to prepare for them mentally.

Joshua



My favourite part about Mr Beezy's presentation was how passionate his speaking was and how much he related to us. I loved all his quotes like "No Grind. No Glory". And how straightforward he was, as well as how completely right he was with every word he said. Personally, I find it hard to revise, but what Mr Beezy was right about is how I see revision as a negative thing. However, after his talk, he has made an impact and changed my view on revision. This is because Mr Beezy explained how everything involves hard work and is also a struggle, but he asked, "Would you rather do the hard work now and gain the reward, or wait for the hard work to hit you later on in life?" Another favourite thing of mine is how much he related to us and how easily he read our minds and understood us. After this talk, it's helped motivate me to revise and opened my eyes.

Raie

Unconscious Bias Workshops

Year 8



I LOVED this workshop because it not only showed us how to work together but also to talk out loud and problem solve. I think it was such a good example of leadership and that the activists were good overall. I loved this workshop a lot and would 100% recommend and would want to do it again. I think that there many should be more activities and fewer people in the room.

Maria L

The workshop I went to was really fun and including for me and it was way more better than period 1 and 2. So first we sat down in groups with our friends and then we were told to stand in a first name line. Then we sat with a whole different table of 6 then we had to guess a singer on a paper and get most of the good ones.

Jeremy

I think the workshop was very interesting and helps lots of jobs in the world, and it is also fun. I think we should get a little bit more information, but the rest was amazing, and I learned that I can use my hobbies to tell if I go to an interview.

Jorgie



I found this workshop entertaining. I think this workshop was educational, but I personally think that we had a little bit too much time to discuss. It taught us that you shouldn't judge someone for whatever they may look like, as they can turn out to have a lot of inner potential.

Sophie



I think that the workshop was very helpful and interesting because we learnt about how to work as a group and make sure that everybody was included but we also completed a sheet, that asked questions, like when we have worked as a group. It also gave us words and we had to explain when the situation was and we did it also how we saw it. Which I thought was very good and useful for us to do.

Maci-Anne

I liked the workshop since it was very interactive and enjoyable to do. I liked that we had a fun activity, including singers, footballers and actors. However, I would have liked to be in our own groups, as we could talk more and interact more in the activity, since only two of the people in my group actually did the work and the other four just watched. Overall, it was very fun to do, and I hope more things like this happen in the future.

Tajus

This workshop was enjoyable, fun and taught good values. The values we were taught were not to judge a person at first glance. They used examples on a piece of paper and showed people who had difficulties, such as disabilities, and people judged them in a respectful-ish way. But in the end, they were celebrities! I liked this workshop.

Reggie K

What we did was we talked about jobs, and as a group, we picked 6 people on a piece of paper after we got information. Then we got to know who they were, and we created a two-sided sheet. We also played a game with true or false jobs.

Olivia Mae

NHS Workshop

Year 8



I like it a lot because we got to interact a lot not just with voices but pens, whiteboards, coins and letters. It was fun because we also got to choose our groups and vote who had the best healthy meals and treat day meals.

Sapphira



I found this workshop incredibly fun and interesting. I learnt different jobs and careers linked to the NHS and many more things. I liked how it was interactive and that we had different cards for answering the questions, and a whiteboard to write on. I enjoyed that we worked in groups so we could have more thought in our answers and have a more enjoyable time overall. I really enjoyed it and I hope more things like this happen in the future. **Tajus**

I found this workshop very interesting and fun! I learnt a lot of new things from this workshop like how many amazing but important roles there are in the NHS.

I really liked how it was fun but still very educational at the same time! As we learnt about the population under the NHS working department (1.5 million), and all the different roles you may play in the NHS. We also learnt in a fun way so we wouldn't get bored! So I personally like this technique.

Sophie

In the NHS workshop, it was extremely fun because from the start, we were allowed to get into groups and work together. We were led into some guessing games about different jobs, and we had to hold up a letter card corresponding to the answer that would be shown on the board. This showed our knowledge and what we already know about the NHS and the jobs. This game was to show us what to do when you have mental health issues or are struggling with diabetes, to encourage you to go and visit your GP and the impact it could have on yourself.

We were given a sheet of paper and had to choose healthy meals, and Saturday treat meals that were between 55g and 60g. Then Kate went around the room asking different groups what they chose, and everyone had to rate their meals out of 10, which gave them a score out of 100. This was really funny because people were giving very low scores and battling to get first place.

Beverly



The workshop was very interactive and I liked and learnt a lot of things today like that the NHS isn't just about being a doctor or a nurse; it's other things as well. **Amelia M**

I enjoyed the workshop today; I found it fascinating how many job titles there were and how each one is different and it was interesting how one person had to go through a range of people to figure out what was wrong with them. I liked the team work and and game. **Kyra**



What I liked about the workshop was how interactive it was along with the concept of teaching us the different jobs that can be taken in the NHS.

Gabriela T

In the workshop, I learnt how to make a healthy meal. I liked all of it. **George**

YEAR 9

DRAMA PRESENTATION



Working in Partnership with Make Happen



The theatre show was very informative and showed me a lot about the things you can do after school and after GCSE's. I learned about A Levels, V Levels and Apprenticeships. A-levels are for people who work best in a classroom setting. Apprenticeships are for more hands-on people, and they can do them in an actual workplace. V levels is for both. This is very informative and educational on future things.

Papa



I enjoyed the drama workshop because it taught me the importance of my future and how what I do in school now will affect the path I take in the future. This performance also helped me gain knowledge about apprenticeships, V Levels, and A levels. It will also help me with what choice will suit me best. I liked the workshop as it was academic and fun at the same time. It was also very engaging.

Evie



The Future Forward Act was very helpful for people who don't know what to do after secondary school, and what you have to do. It was interactive as well. The actors did well portraying students and how they would act. They helped me understand T Levels, V levels, A levels and apprenticeships. They helped understand what jobs you can get with those options as well.

Joseph J

Year 9 Industry Day

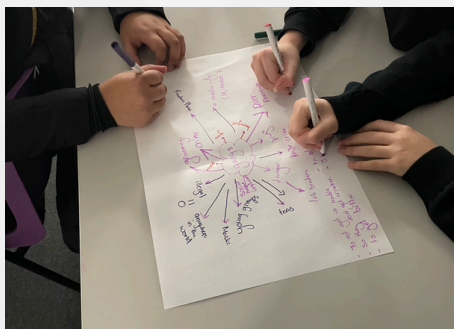


NHS

The sessions I did were criminology, theatre and film studies. I think the most helpful session was criminology because I learnt more in criminology about what it is. The sessions have helped me create an idea of what career I want to do when I am older. I think I would have more sessions like these because I think it would help us to learn about more careers that are in the topic that you are learning about, and what idea you have if you pick it. **Taiylah**

The sessions I had were film studies, Leonardo (robotics) and criminology. I answered loads of questions and took part in activities. Film studies was about how sounds are put into films and about Foley sounds, which was very interesting. Leonardo was good as we learnt how to analyse and put things in place to make a car. Last of all, we had criminology, which was also good. We were talking about how to stop gangs and what you need to do that. I think criminology & robotics were the best, as Leonardo had good apprenticeships, and criminology had a good amount of understanding of why people join gangs and why people also quit gangs. Film studies was interesting too. **Julian.**

Criminology & Gangs



I did Insurance, NHS and Aircraft I think that the most helpful one was the NHS because it gave me more of an understanding of what they do. **Mckhye**

In the last session, I learnt a lot about insurance and how it's not all about money, houses and cars. I enjoyed this session the most. What I enjoyed about the morning was that I learnt a lot about different things, but I enjoyed insurance because I learnt a lot in it. **Leo**



Ipeco Challenge

The first session I attended was NHS. Kate, who taught us, was very descriptive and in depth with some of the processes we practised. We were introduced to surgery, CPR, vision under influences and how we can help people. This session was very affective and gave great insight to careers in the NHS. **Maisie**

Morgan Sindall



The sessions I did were Morgan Sindall-construction, Leonardo-robotics and theatre. I think that Morgan Sindall-construction taught me that there are a lot more Jobs/careers in it. The sessions helped to narrow down that I want to be an actor because there's much more than acting. Yes, I would want more sessions like today in the future. **Olly**



I learned lots about the industries and what GCSEs and A levels would be helpful if I were to go into them. **Cody**

Year 9 Industry Day



DWP & MINISTRY OF JUSTICE

I attended a session about insurance. It was my third session of the day. It was the best because they explained what it was and what you do in their job. It was very engaging, and it was very well presented. We played a spot the difference game, looking at differences between cars.

Frankie

Today I did Criminology, Theatre and Film Studies. I think my favourite was Criminology because it gave me a better understanding of what it is and what jobs you can do with it. I also really enjoyed learning about gangs and how it affects people's lives.

Evelin

Listening challenge



I did insurance, civil service and criminology. I think the most helpful session was either civil service or Criminology. The civil service helped me to understand what I want to do when in older. I would like more criminology sessions.

Summer

For my sessions IPECO construction and criminology. I thought that Ipeco (aircraft) was important; it taught me all about apprenticeship and GCSE's to take at college. I would maybe like some sessions like that in the future because it helped me have a better understanding.

Jaden



The three Sessions I picked were theatre, Criminology and film studies. I think that the theatre was the most helpful session for me as I really enjoy anything to do with the stage. We learnt about many aspects of theatre like staging, improvising, timing and more. The session helped me confirm the road I want to go down after school, and I would most certainly like to do something similar in the future.

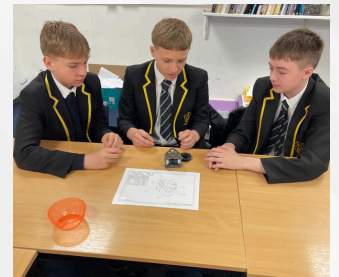
Liza



Theatre

I attended the NHS session, it was fun and interactive. In it we learnt about lots of different medical devices and conditions. My personal favourite thing in it was the drunk goggles as they were very fun and trippy to wear.

Christopher



A friendly team

Today, I have done the sessions on NHS, criminology and theatre. Personally, I think that the NHS was very helpful - for my future career - and the theatre was also very helpful for speaking confidently-. But I think that it did help narrow down my choices. And I would like to have more sessions in the future.

Maisy



I found construction most helpful because it allowed me to know more about the options I had for apprenticeships.

Sean

SPRING 2 HIGHLIGHTS



Year 8 Enterprise Challenge



Unifrog sessions



Year 10 Work Experience



Year 9 Future Thinking Group



Year 9 Brilliant Club



Year 9 Essex University Visit