

6 January 2026

Dear Parent/Carer

Welcome to your termly Personal Development Learning (PDL) letter. Each term you will receive information about what your child(ren) will be learning about in the PDL sessions.

In PDL lessons we will be exploring:

- Child abuse and its consequences
- How screen time effects your mental health and tips on how to limit screen time
- Self-harm and suicidal thoughts and where to get help
- Family structure and relationships
- Study skills

The year group will also be having a Focus Day on anti-crime.

The PDL learning journeys for the academic year are also available to view on the [school website](#).

Please be assured that during our PDL sessions the topics are covered with an age-appropriate approach and that we have ground rules embedded as part of the session to ensure that it is seen as a safe space to ask questions, whilst ensuring the safeguarding of all.

You may find the following link(s) helpful if you wish to discuss these topic areas with your child(ren).

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-esteem/>

Yours sincerely



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