

13 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 during PDL sessions.

This term, in tutor time Year 11 will be looking at growing up including:

- Adult health issues
- Male and female cancers
- Pregnancy choices and consequences
- Online safety in the modern world
- Keeping safe at festivals
- Substance misuse and addiction

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. We have ground rules embedded during these sessions to encourage a 'safe space' for students 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://kidshealth.org/en/teens/drug-alcohol/>

<https://www.talktofrank.com>

<https://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/drugs/>

<https://www.nhs.uk/live-well/healthy-body/the-effects-of-drugs/>

Yours sincerely

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