



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 their PDL sessions.

This term, during PDL lessons Year 7 will be learning about:

- Their emotions and puberty
- How to be a good citizen
- Being safe

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.theyarethefuture.co.uk/teenage-friendship-problems/>

Yours sincerely

Mrs Mandrill  
Curriculum Leader for PDL (RSHE and Citizenship)

Springfield School  
Central Road, Drayton, Portsmouth, PO6 1QY

Headteacher Ms S F Spivey BSc, MA

Tel (023) 9237 9119

Email [contact@springfield.uk.net](mailto:contact@springfield.uk.net)

Web [www.springfield.uk.net](http://www.springfield.uk.net)

Twitter @SpfldUK

THE  
 DE CURCI TRUST

The De Curci Trust is a charitable company limited by guarantee registered in England and Wales with company number 10646541. Its registered office address is Springfield School, Central Road, Portsmouth, PO6 1QY, United Kingdom. Springfield School is a business name used by The De Curci Trust.

Trustees: C Batstone, H Bement, R Clewley, A Cufley, A Gannon, S Hamilton, A Kent, S Spivey  
Chief Executive Officer: Ms S F Spivey BSc MA