

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](https://twitter.com/SpfldUK)