



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.

This term, in PDL lessons, Year 9 will be learning about:

- Substance addiction and classification
- The dangers of smoking E-Cigs and vaping
- The effects of drinking energy drinks and caffeine
- Consumer and employment rights and responsibilities
- How to use social media safely
- Employment and consumer rights

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.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/young-people-and-vaping/#:~:text=Vaping%20is%20substantially%20less%20harmful%20than%20smoking%20but%20that%20does,using%20once%20you%20have%20started.>

<https://www.bda.uk.com/resource/energy-drinks-and-young-people.html>

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

Web 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