

15 September 2025

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 Year 8, during PDL lessons will be looking at the following themes:

- Mental health and wellbeing
- The importance of having a positive body image
- Signs of child abuse and where to get help
- Anti bullying - including where to get help
- Healthy eating and why it is important
- Careers and employability
- Aspirations for the future and self-esteem
- How the labour market works
- Aspirations for careers
- Self-esteem and how to boost it

The PDL learning journeys for the academic year are also available to view on the school website:

https://springfield.uk.net/images/files/programmes_of_study/PDL_-_Lesson_Time.pdf
https://springfield.uk.net/images/files/programmes_of_study/PDL_-_Tutor_Time.pdf

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://kidshealth.org/en/teens/body-image.html>
<http://thisisabuse.direct.gov.uk/need-help>
<https://vinspired.com>
<https://www.oxfam.org.uk/education/who-we-are/what-is-global-citizenship/>

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

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 DE CURCI TRUST

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