

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

- Self-esteem and how to boost it
- Anti bullying - including where to get help
- How to deal with grief
- Airbrushing and how it changes perceptions
- Lifestyle choices that can help reduce the risk of cancer
- Mindfulness

We will then go on to look at:

- Flexi-working
- Being financially savvy
- Family and finance decisions
- Finance - Loans and mortgages

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://www.mind.org.uk/for-young-people/feelings-and-experiences/dealing-with-anger/#:~:text=If%20you%20feel%20angry%20for,support%20with%20these%20things%20sometimes>

Yours sincerely



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THE
 DE CURCI TRUST

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