



**Headteacher:** Mr David Graham

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DG/AP  
PA Office

27<sup>th</sup> March 2020

Dear Student,

As we approach the end of our first full week away from school, I felt it was the right time to get in touch. So many of you have approached this situation with such maturity; I am impressed with the stories that have been shared and the comments that have been made about our student community.

It is a tough time for you, there is no doubt about that. By observing the social distancing rules you are helping yourself stay healthy and helping to protect others, including the ones you love so much. Do not be tempted to see friends or mix with others, except those in your household. You are lucky to have an array of social media opportunities, particularly video conversations where you can see and chat with each other together. Think about those who might feel a little more isolated than others and get in contact with them.

Protect some time each day to complete your school work. I suggest you work in the mornings and then relax for the rest of the day. All of your resources are arriving through ShowMyHomework. If you are unsure then use email to contact your teacher. For the rest of the day please make sure you get some form of exercise, this will have a surprisingly positive impact on your wellbeing. You may need to be creative, but it will be worth it. Spend some time on learning a new skill, perhaps something you can do with another family member who you don't usually see this often.

Next week your Head of House will be in touch, we feel it is important that we have regular contact with you and your family so we are writing more than we normally do. Please do follow, post and interact with the school social media. We are keen to ensure everyone feels part of Putteridge High throughout this challenging time.

At the moment the new build is continuing and I hope to share some videos on my Twitter site soon (@DavidGraham\_PHS). Finally, I would like to wish you a healthy and safe time ahead. Look after yourself and those around you.

Yours faithfully

Mr D Graham  
Headteacher