**Paragraph (letter) to a friend about permissions and prohibitions**  
Hi John,  
how are you? I'm not very well, because I'm a little bit tired and I have a cold.  
I know that you are at a British school and I would like to know what the rules are.  
At the moment I attend the High school and there are different rules, for example we aren't allowed to use the mobile phone during the lessons, but we can use it at the break.  
We can't smoke, because it's banned and I think it's right because smoking impairs to the other people.  
Moreover we aren't allowed to go home early, but we have to have a permission by our parents because we are underage.  
And you? What rules do you have to follow in your school?  
I also know that now you live in a house with a British family, and it gets me curious. In fact I would like to know how do you feel with them and how you live there, for example are people allowed to smoke?  
Well I can tell you that in my home nobody can smoke, first of all because no one in my family smokes, but also because it's dangerous for our health.  
At home I can choose when to go to bed, because I normally go to bed not very late.  
I can also watch TV whenever I like, but if I spend too many time on TV, my mum always tell me to study.  
I'm waiting for your answer, so write me a letter! See you soon my friend.  
Love,  
Sara