

School Absence Notification

Date: [Insert Date]

Dear [Teacher's Name/Principal's Name],

I am writing to inform you that my child, [Child's Name], a student in [Grade/Class Name], was unable to attend school on [Date of Absence] due to mental health reasons.

We believe that taking this day to focus on their mental well-being was necessary, and we appreciate your understanding in this matter.

Please let us know if any assignments or make-up work will be required to support their return to class.

Thank you for your understanding.

Sincerely,

[Your Name]

[Your Contact Information]