

Absence Request for Mental Wellness Day

Date: [Insert Date]

To: [Teacher's Name]

[School's Name]

[School's Address]

Dear [Teacher's Name],

I hope this message finds you well. I am writing to formally request a day of absence for my child, [Child's Name], who is a [Grade/Class Name] student at [School's Name]. We believe that it is important for [him/her/them] to have a day dedicated to mental wellness and self-care. As such, we would like to request that [he/she/they] be excused from school on [Date of Absence].

We appreciate your understanding and support regarding this matter. If there are any assignments or coursework that [Child's Name] should focus on during this time, please let us know.

Thank you for your attention to this request. We look forward to your kind response.

Sincerely,

[Your Name]

[Your Contact Information]