

Dear [Student's Name],

I hope this message finds you well. As part of our commitment to fostering a supportive and understanding school environment, we would love to hear your thoughts about your recent mental health day.

We are seeking your feedback on the following:

- Your overall experience on the mental health day
- Activities you participated in
- How the day impacted your well-being
- Any suggestions for future mental health initiatives

Please take a moment to share your feedback by [insert feedback method, e.g., filling out this form/link or replying to this email]. Your insights are invaluable in helping us improve our programs.

Thank you for your participation and honesty. We look forward to hearing from you.

Sincerely,

[Your Name]

[Your Position]

[School Name]