

School Absence Request for Mental Health Days

Date: [Insert Date]

To: [School's Name]
[Teacher's/Principal's Name]
[School's Address]

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

I hope this message finds you well. I am writing to formally request a leave of absence for my child, [Child's Full Name], who is in [grade/class name]. We are seeking to take some mental health days to support their well-being. We believe that this time will be beneficial for their emotional and psychological health.

We kindly request that [he/she/they] be excused from school from [start date] to [end date]. We will ensure that [he/she/they] stays updated on any assignments and homework during this period.

Thank you for your understanding and support in prioritizing [Child's Name]'s mental health. If you require any further information, please feel free to reach out.

Sincerely,
[Your Name]
[Your Relationship to the Child]
[Your Contact Information]