

Dear [Student's Name],

I hope this message finds you in moments of peace. I want you to know that we are thinking of you during this difficult time. It's completely natural to feel a range of emotions right now, and I want to remind you that you are not alone.

Your feelings are important, and it's okay to express them. Please remember that our school community is here to support you. Whether you need someone to talk to, have questions, or just need a quiet space, we are here for you.

If you would like to meet or talk with someone, please don't hesitate to reach out. Your well-being is a priority for us, and we want to ensure you have the resources and support you need.

Thinking of you and sending you strength during this time.

Sincerely,  
[Your Name]  
[Your Position]  
[School Name]