

Dear [Teacher's Name],

I hope this message finds you well. I am writing to inform you that my child, [Child's Name], a student in your [Grade/Class Name], was unable to attend school on [Date(s) of Absence] due to a mental health day.

We believe it is important to prioritize mental wellness and take necessary breaks to ensure overall health. [Child's Name] is now feeling better and is eager to catch up on any missed assignments and lessons.

Thank you for your understanding, and please let us know if there are any specific tasks or homework that need to be completed.

Sincerely,

[Your Name]

[Your Contact Information]