Dear [Teacher's Name],

I hope you're doing well. I wanted to take a moment to sincerely apologize for my recent behavior in class. I realize that I was disrespectful and did not uphold the level of responsibility expected of me.

I deeply regret my actions and any disruption they may have caused. I understand the importance of maintaining a positive learning environment for everyone, and I fell short of that standard. Please know that it was not my intention to undermine your authority or disrupt your teaching. I am committed to making amends and ensuring this doesn't happen again. I value the education and guidance you provide and promise to be more attentive and respectful going forward.

Thank you for your patience and understanding.

Sincerely,

[Your Name]