Dear [Teacher's Name], I hope this message finds you well. I am writing to sincerely apologize for my recent behavior in class. I understand that my actions disrupted the learning environment, and I deeply regret any inconvenience I caused. It was not my intention to be disrespectful or distracting, and I am truly sorry for not meeting the expectations you set for us. Going forward, I am committed to making sure this doesn't happen again. I have reflected on my actions and have taken steps to ensure I am more considerate and focused in class. Thank you for your understanding and patience. I appreciate the effort you put into teaching us, and I am eager to learn and improve. Sincerely, [Your Name]