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Dear [Teacher's Name],

I want to take a moment to acknowledge the incredible dedication and hard work you put into teaching. It doesn't go unnoticed. Your ability to juggle countless tasks, support your students, and continue to inspire them is truly remarkable.

I understand that this profession comes with its challenges and that the demands can sometimes lead to feeling overwhelmed. Please remember that it's okay to take a step back and prioritize your own well-being. Self-care is not selfish; it's essential.

You have a profound impact on your students, touching their lives in ways you might not even realize. Your resilience during tough times is an example to us all, and I am here to support you in any way I can. Whether it's offering a listening ear or providing resources to help balance your workload, you're not alone.

Thank you for your passion, dedication, and the positive difference you make every day. Let's work together to ensure you remain uplifted and supported. You deserve it.

With gratitude and support,

[Your Name]