

August 24, 2026

Dear Parent/Caregiver,

Fairfax County Public Schools is committed to fostering a caring culture where each and every student can thrive in an educational environment where they feel welcome and a sense of belonging. Your student has indicated the need to be excused from a portion of at least one class on a daily basis to access the Mediation and Silent Reflection room.

FCPS supports students who need to take time during the school day to engage in prayer, meditation, or silent reflection, inclusive of their religious or non-religious beliefs. We want you to be aware that your student will regularly miss instructional time. By doing so, your student agrees to be responsible for all work that needs to be completed or made up.

If you have any concerns or need to discuss your student's stated requirement, please contact your sub school principal.

Student Name: _____

Student ID number: _____

Parent Signature:

_____ Date _____