

Dear Professor,

I am writing to explain my absence from class yesterday and to apologize for missing the lecture without notice. Unfortunately, I came down with a severe stomach flu Tuesday night that kept me up through the night. By yesterday morning, I was still feeling incredibly ill and did not think I could make it through class without disruption. In hindsight, I should have emailed you beforehand to explain the situation. Please accept my sincere apologies for not informing you ahead of time before missing class.

I want to take responsibility for this absence. If there are any handouts or notes from the lecture I missed, I would greatly appreciate if you could provide them or point me to where I can obtain them online. Also, please let me know if I need to make up any in-class activities or assignments because of the missed session. I am fully committed to completing any required work.

My goal is to not fall behind as we head into midterms soon. I appreciate you working with me on this matter. Please let me know if I need to provide a doctor's note or any other documentation for verification. Thank you for your understanding, and again, I apologize for the inconvenience.

Regards,

[Your name]