Hi Professor [Insert Name of Professor],

My name is [Insert Your Name], and I am a [Grade Level] year high school student at [Insert School Name]. I have a very strong interest in [specific field, e.g., molecular biology, robotics, etc.]. I recently came across your work on [specific topic of research] and found it both very interesting and inspiring, especially [mention a specific paper/project if applicable].

I am very eager to learn more about [the research area of the professor] and was wondering if there might be an opportunity to intern in your lab. Currently, I have skills in [mention relevant skills or experiences, e.g., programming, lab techniques, etc.] and I believe I can expand my knowledge through hands-on experience.

I have attached my curriculum vitae to this email for your consideration and would be happy to provide any additional documents you might need from me. Thank you so much for considering my request, and I hope to get the opportunity to contribute to your research.

Best regards,
[Insert Your Name]
{Insert Your Contact Info]
{Insert Your Curriculum Vitae File}