

Name \_\_\_\_\_ Date \_\_\_\_\_

**Letter to Family**

Dear Family,

I would like you and your child to look at the clock when your child goes to bed. For this one night, try to have your child go to bed on the hour or as close to the hour as possible, for example, 7:00 P.M., 8:00 P.M., etc. On a piece of paper write down the time your child went to bed to the nearest hour. For example, if your child went to bed at 7:45 P.M., you would write down 8:00. Have your child bring the piece of paper with the bedtime written on it to school.

In school I will collect the slips of paper and we will make a chart that shows the bedtimes of the children in our class.

Your child needs to bring this to school by \_\_\_\_\_.  
(date)

Thank you for your help.

Sincerely,