

HEADTEACHER'S CURRICULUM TALK

Thank you to everyone who came to last night walk on the changes to the curriculum. I have had a considerable amount of feedback already, which I'm delighted about and many extremely good ideas, but I hope to be able to take forward in my next talk, so thank you to those. Once all the feedback is seen, I will add to this site any other bits and pieces that people feel would be useful (I have been already asked to include the data on sleep, which is why you should find that below).

The book by Sue Palmer is called Toxic Childhood - How the Modern World Is Damaging Our Children And What We Can Do About It. Orion Books 2006...ISBN 978-0-7528-8091-4

Recommended sleep in 24 hours.

Infants (3 to 11 months)	14 to 15 hours
toddlers (12 to 35 months)	12 to 14 hours
preschool and infants (3 to 6 years)	11 to 13 hours
Junior School (7 to 11 years)	10 to 11 hours

2004 US National Sleep Foundation research

I heard another great tip from Norway regarding children watching TV and not reading enough. There, they have had excellent results in fixing the subtitles on all TV channels permanently. Apparently this has had significant results, but is only hearsay at present. I have not seen the research, but was told by a Headteacher I have high regard for, so I trust the validity and will try to verify later.

I would obviously not see this as an alternative to listening to your child read, but if they are watching television, at least there are words up there as well!

Once again thanks to everyone who has given me such useful (and kind) feedback from the talk last night. I will release another date as soon as I can.

Yours,

Rupert Snow