



What is TGMCM?

An introduction to The Good Morning Club and how it helps us support your child at Holy Cross & All Saints.

TGMCM STANDS FOR

The Good Morning Club

TGMCM describes itself as **the world's first online behaviour encyclopedia**, used in 84 countries. It turns complex research about children's behaviour, brains and wellbeing into **simple, practical strategies** for school and home.

We are proud to be a **TGMCM school**.

IN 10 WORDS

A digital encyclopedia for research-backed strategies focusing on behaviour.

Think of it as **"behaviour Duolingo"**: it helps us translate behaviour into what a child is really trying to tell us.

Why can't they just behave?

A child doesn't choose their behaviour: **they are tiny humans with BIG emotions**. Behaviour is communication. It is always about an unmet need or an overwhelming feeling, even when it is tricky to work out what that is. When a child feels unsafe, their brain's alarm goes off and they may react in one of five ways:



Fight FOR SAFETY

- Shouting or threatening words
- Throwing, hitting out
- What looks like defiance



Flight FLEE FOR SAFETY

- Leaving the area
- Unsettled, can't sit still
- Tight, tense muscles



Freeze SHUT DOWN

- Seems unable to follow requests
- Blank expression
- Hard to communicate



Flop SURRENDER

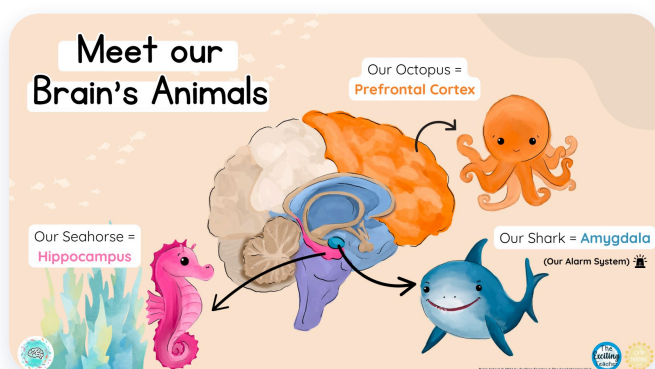
- Floppy, loses body control
- Disorientated
- Feels faint



Fawn ATTACH FOR SAFETY

- Seems very agreeable
- Pleading, bribing, negotiating
- A desperate sense of urgency

Meet our Brain's Animals



- **The Octopus (prefrontal cortex)** is our thinking brain: it helps us plan, listen, learn and make good choices.
- **The Shark (amygdala)** is our alarm system. When it senses danger or big feelings, it takes over.
- **The Seahorse (hippocampus)** helps us store and find our memories.

When the shark's alarm is ringing, the octopus can't do its job. That's why we help children calm down first, and then talk and learn: **regulate to educate**.

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What works isn't teaching self-regulation. It's giving children **experiences of co-regulation** over and over and over again.

From our TGMCM parent talk

Co-regulation means a calm adult lending a child their calm until the child can find their own. That's why looking after our own calm matters just as much!

TGMC in 5 lines

1

Curious, not furious

We stay calm and wonder, "What is this behaviour telling me?"

2

Regulate to educate

Calm first. Children learn and listen once they feel safe.

3

Connection over correction

Relationships come first, with clear, kind boundaries.

4

Connect the dots

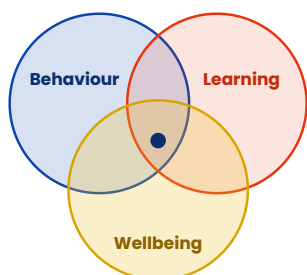
We look for patterns and the need underneath the behaviour.

5

Theorise, then systemise

We understand the *why*, then build it into everyday routines.

It's not just about behaviour



Traditionally, schools have often treated **behaviour**, **learning** and **wellbeing** as separate things. TGMC sees them as **deeply connected**.

When children feel safe, understood and regulated, their behaviour, their learning and their wellbeing all improve together. That's the sweet spot in the middle, where everyone thrives.

Backed by research in:

Growth mindset

Positive psychology

Cognitive load theory

Neuroscience

Social science

Clinical psychology

How it looks in our school

EVERY DAY

Relational strategies

Building the foundations

- Strong, trusting relationships
- Clear, predictable routines
- Calm, supportive classrooms
- Engaging lessons
- Learning about feelings (emotional literacy)
- Neuro-affirming practice

IN THE MOMENT

Responsive strategies

When things get tricky

- Calm, consistent scripts
- Positive redirection
- Clear, kind boundaries
- Helping children regulate

AFTERWARDS

Restorative strategies

Repairing and moving forward

- Restorative conversations
- Reflection and putting things right
- Visual support plans
- Connecting the dots to plan support
- Resolving friendship fall-outs

This all sits alongside our **Golden Rules**, rewards such as the **Proud Cloud** and **Star of the Week**, and our **Behaviour & Relationships Policy**: high expectations and a calm, caring approach, hand in hand.

Questions parents often ask

Does being a TGMC school mean there are behaviour problems?

Absolutely not. TGMC schools are forward-thinking schools that choose research-based ways of supporting every child.

What do we get as parents?

Free access to the **Parent Portal**: short videos on everyday challenges and the **Digital Backpack** to use with your child. See our **"How to Sign In"** guide to get started.

Who is behind TGMC?

TGMC was founded by **Jen Foster**, who taught from Reception to Year 6 for 12 years, 10 of them in school leadership. She is a best-selling author, international trainer and part of the **Behaviour Besties** podcast.

Want to know more?

Share any questions with our **parent reps** or **TGMC leads**, or follow **@_thegoodmorningclub** on Instagram.