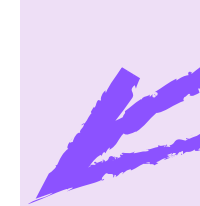




Create a login here!



TGMC at Green Lanes

Parent information morning



Green Lanes Primary School

At Green Lanes we create independent and resilient learners for life

Sarah Badger
Y1 teacher
TGMC lead

What is **TGMC**?

Backpacks: what are they? How do they help?

The **parent portal**:
the resources available to you at home.



The reality today...

- **1 in 5** children are experiencing mental health difficulties
- **15-20%** of children are Neurodivergent
- We are facing the highest % of **persistent absence** (20% of pupils)
- We are at an all time high for permanent exclusions and suspensions in the UK
- There is a significant challenge in teacher retention
- **21% rise** in homeschooling



Jen Foster



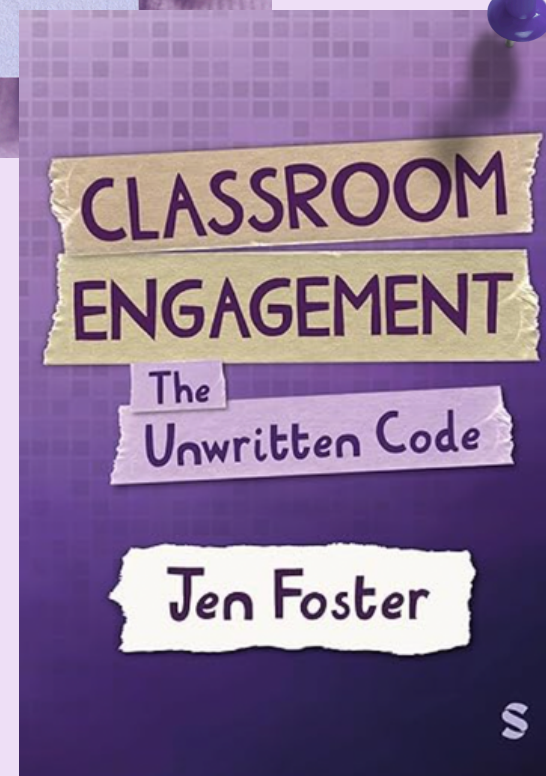
TGMC - The Good Morning Club



Educator for 12 years
From YR - Y6
In Leadership for 10 years



2 x best selling author



5 Star Podcast
Behaviour Besties



International trainer



Do the best you can until
you know better.

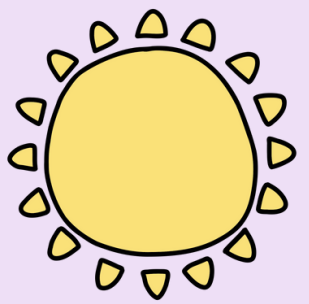
Then when you know better,
do better.

-Maya Angelou

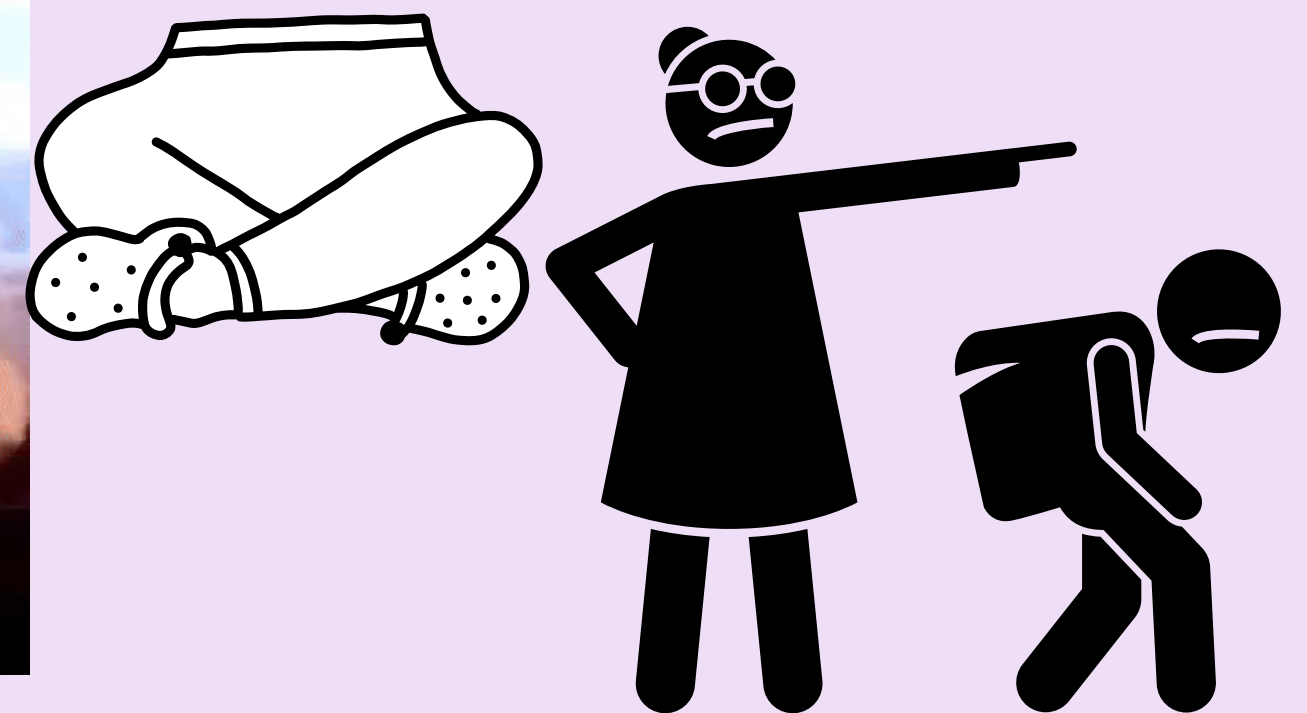
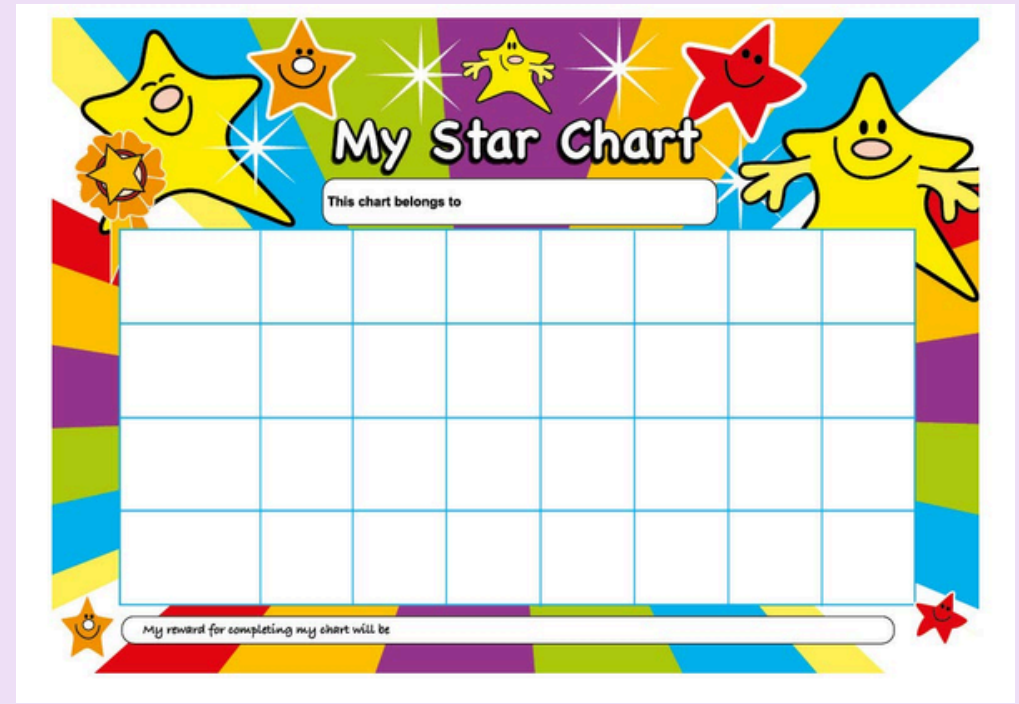
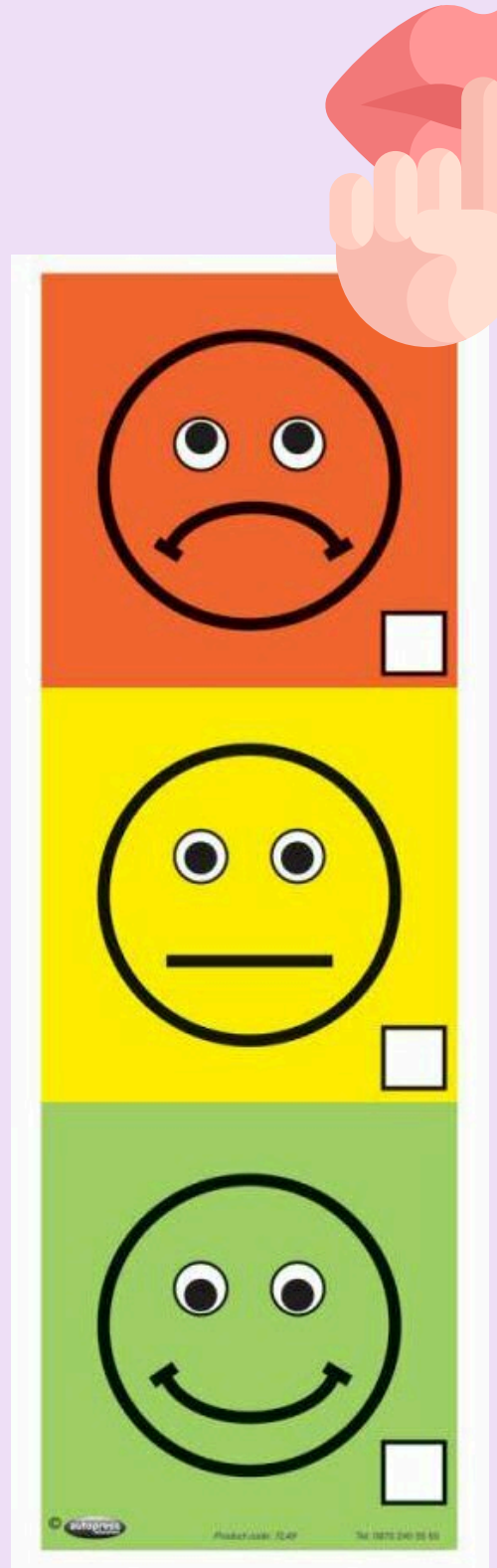


EMILY'S QUOTES BOOK

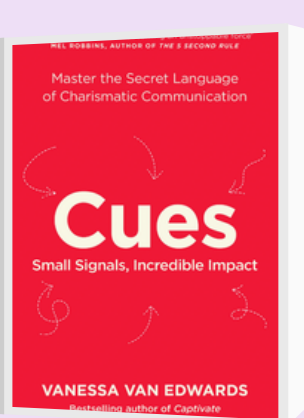
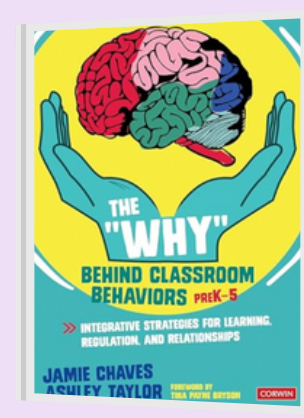
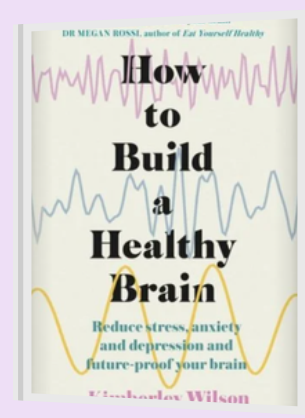
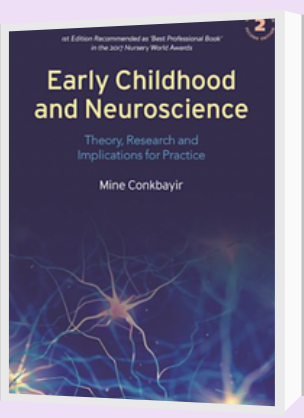
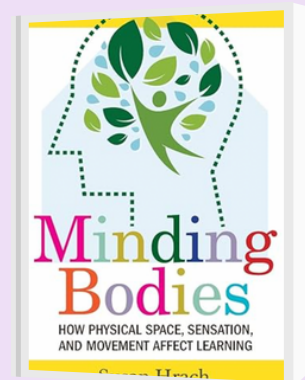
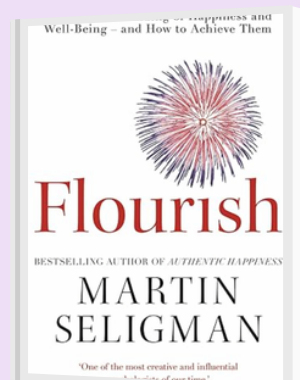
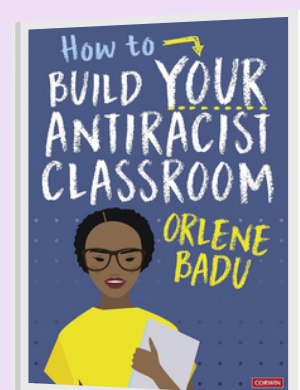
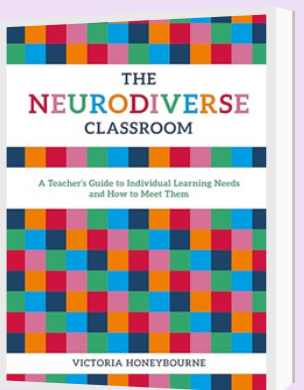
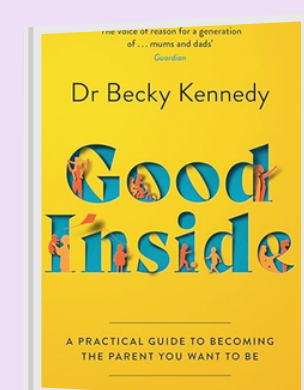
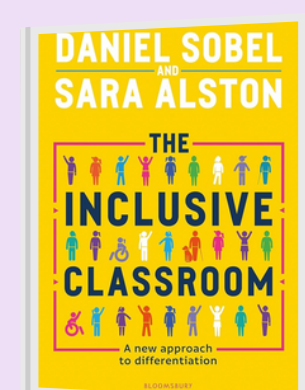
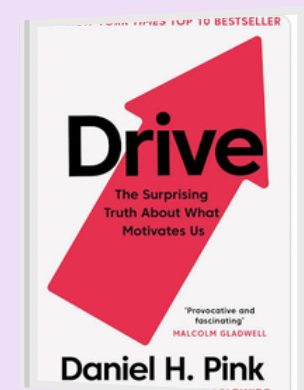
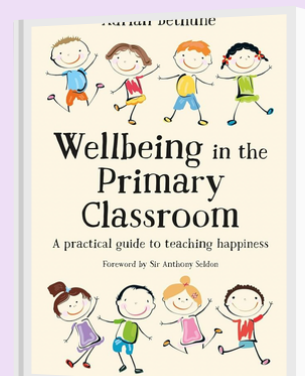
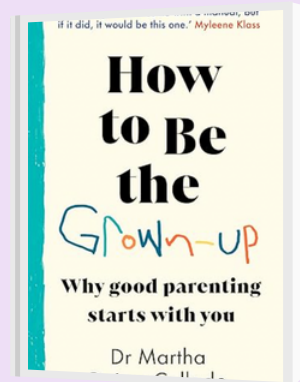
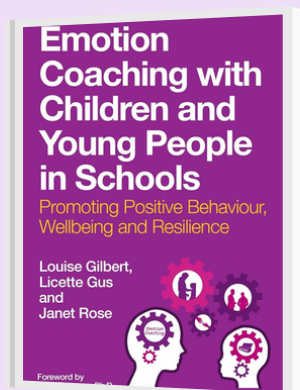
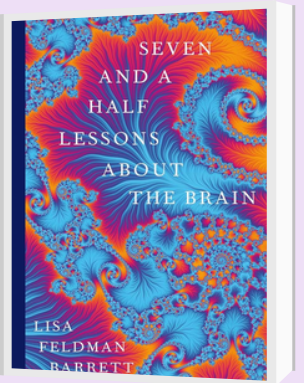
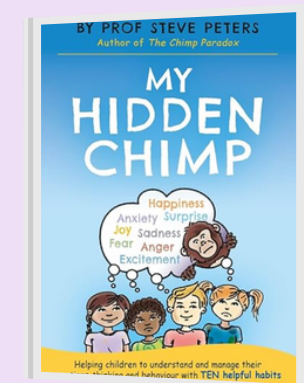
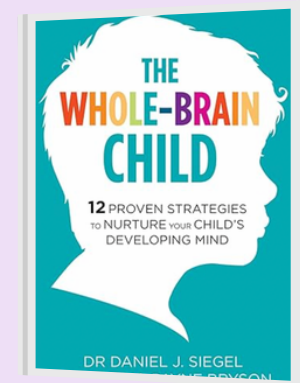
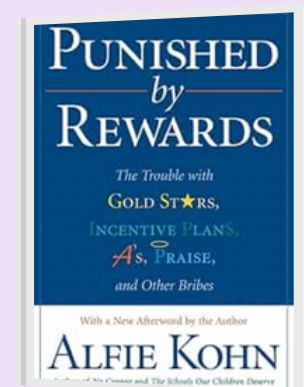
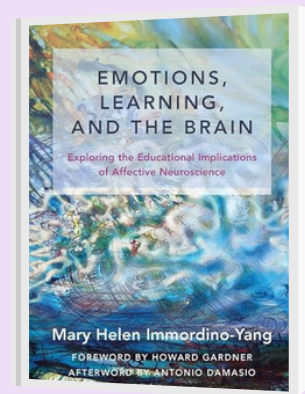
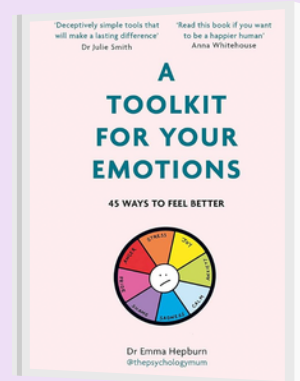
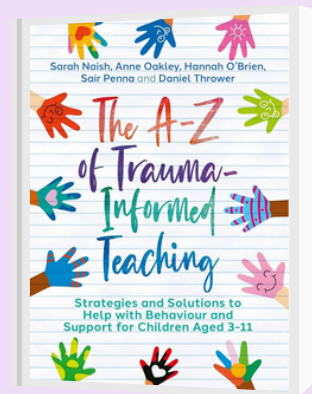
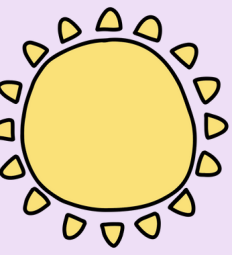
The problem was...



What we are taught about behaviour doesn't work



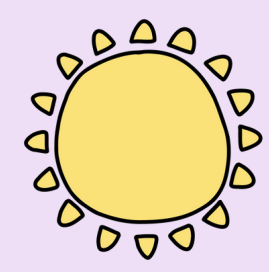
The approach is always based in research, never hearsay!



Deposits

The body budget

Withdrawals



Connection

Isolation

Sleep

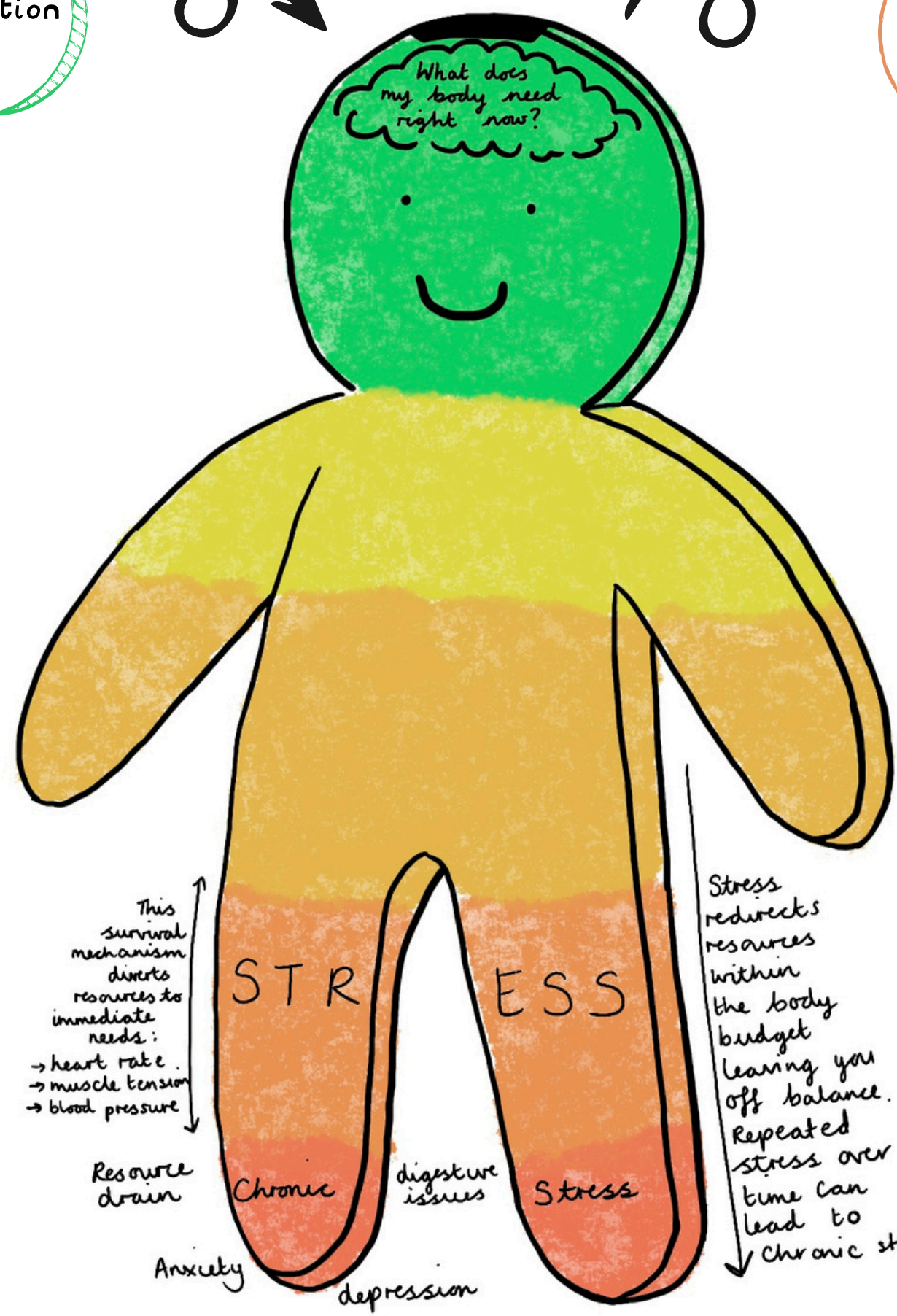
Exercise

Nutrition

Emotional Literacy

Hydration

Natural light



Supressing emotions

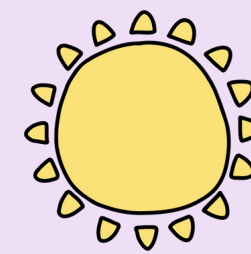
Trauma

Poor sleep

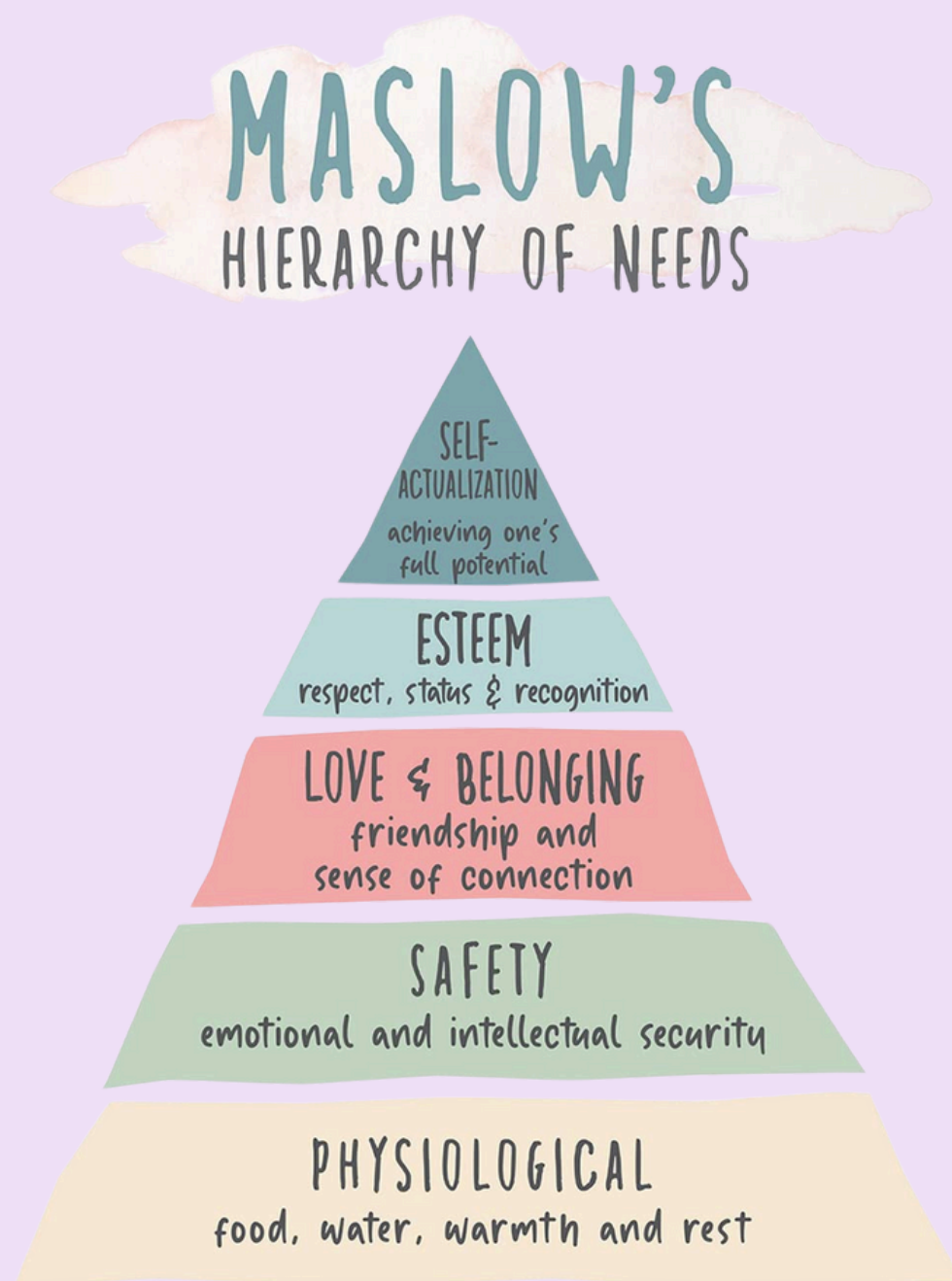
Poor nutrition

Illness

Why can't they JUST behave?!



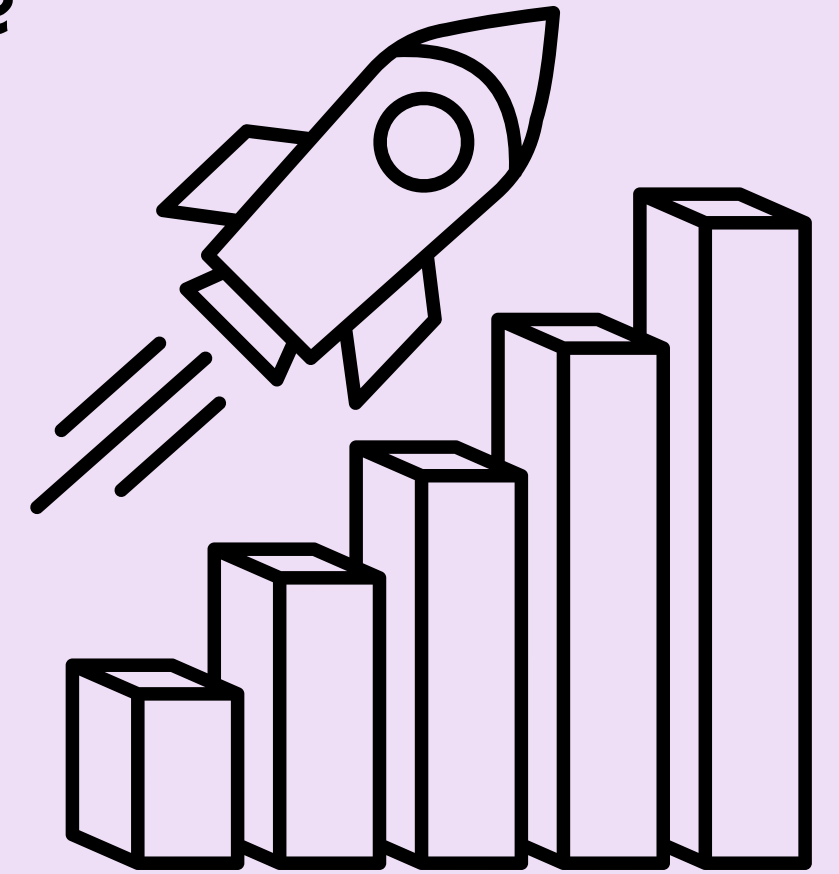
A child does not choose their behaviour. They are tiny humans with BIG emotions. Behaviour is a communication of an unmet need - sometimes it can be really tricky to figure out what it is, but it will always be about an unmet need/ overwhelming feeling



This is dysregulation!

So what **can** we do?

We use researched backed strategies - because they are proven to work! TGMC is the place to go...



Behaviour duolingo

-translate the behaviour into the communication

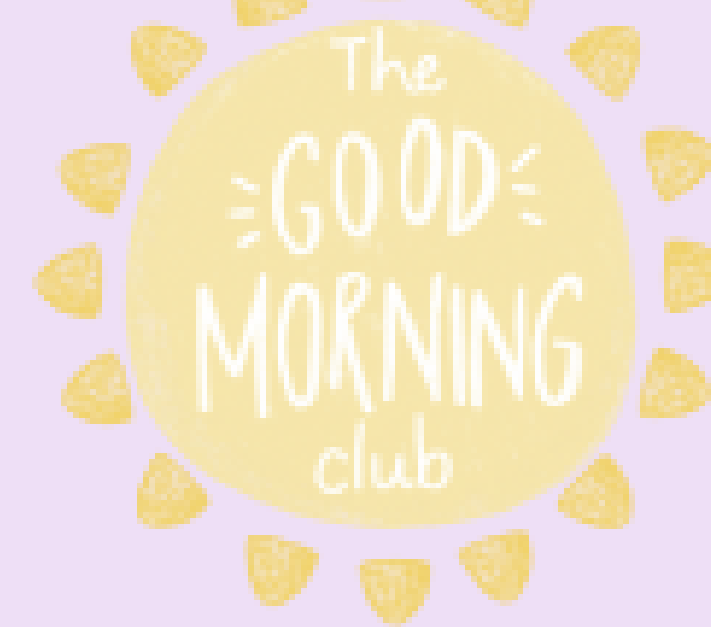
-apply strategies

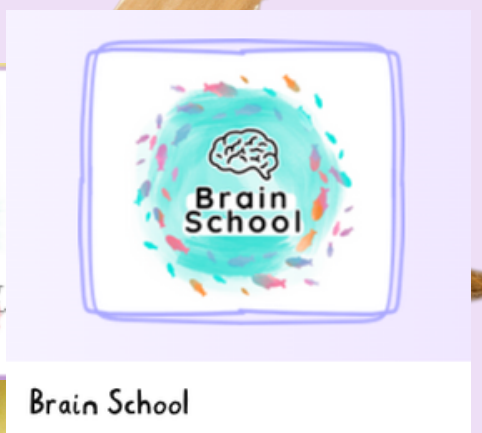
Implement research into daily strategies.

You might think it's this...



Pssst - it is not this!



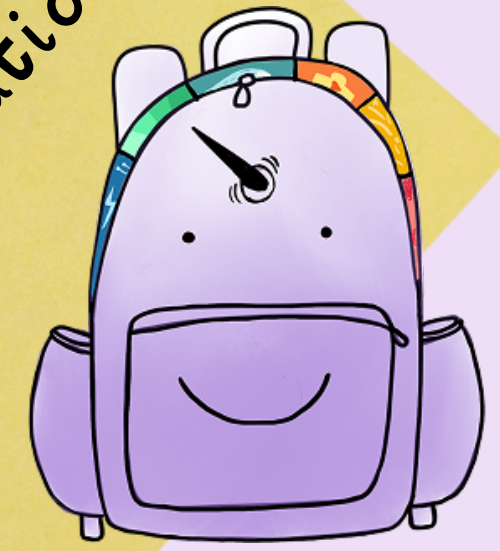


Brain School

Emotional Literacy

Engagement

Co-regulation

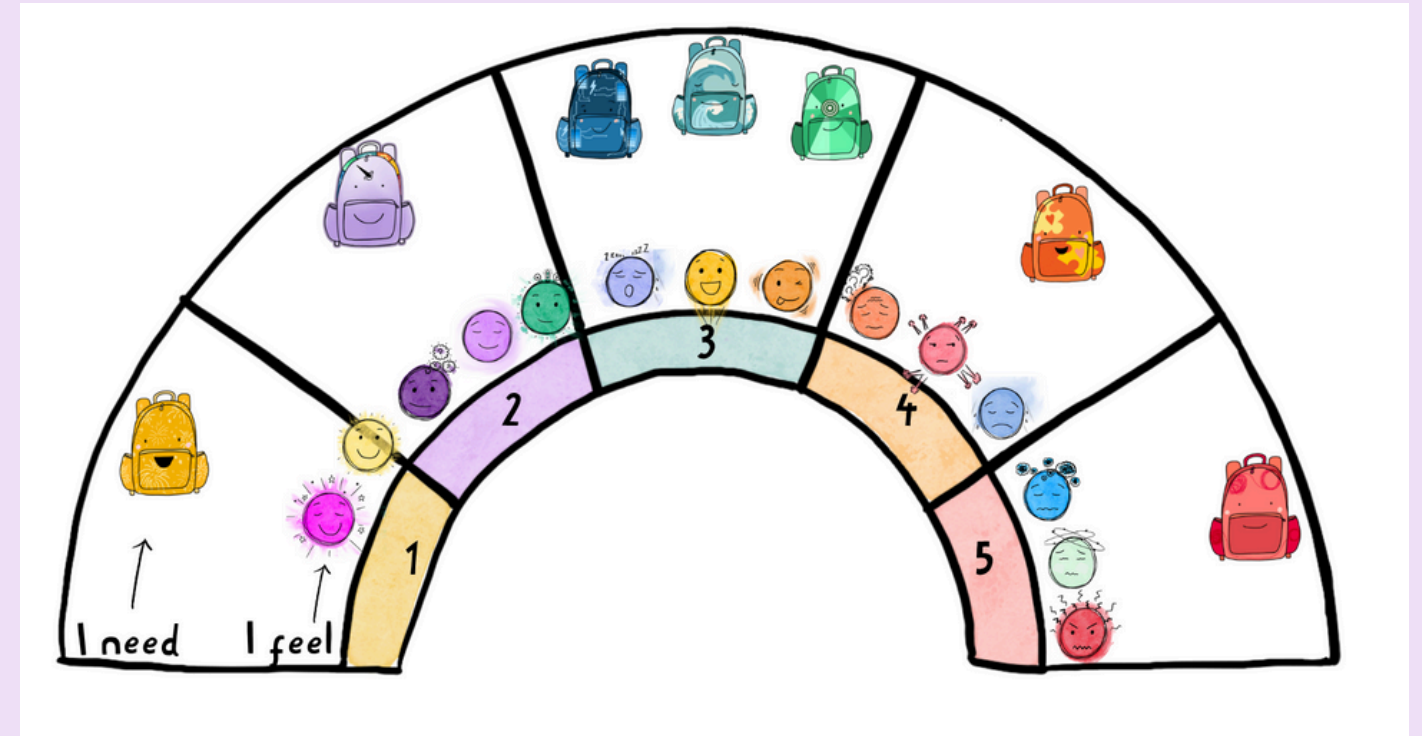
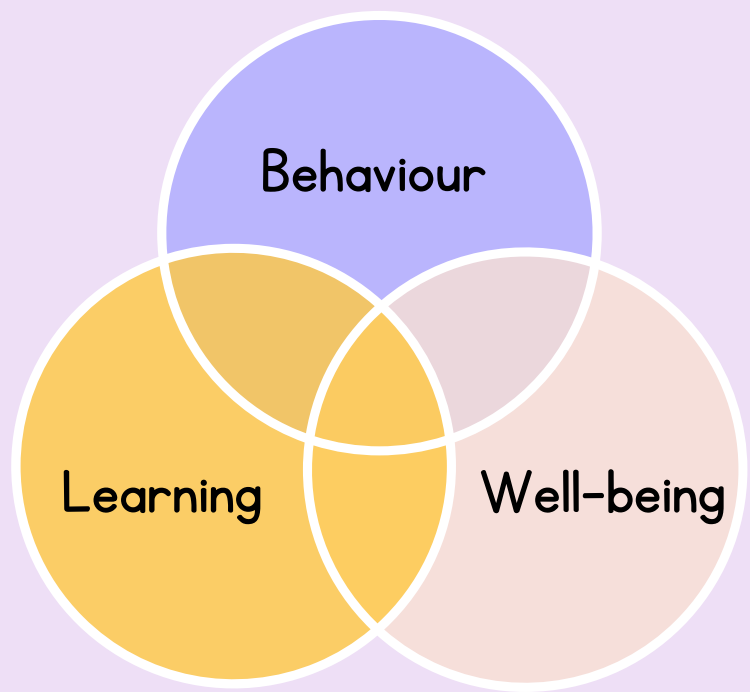


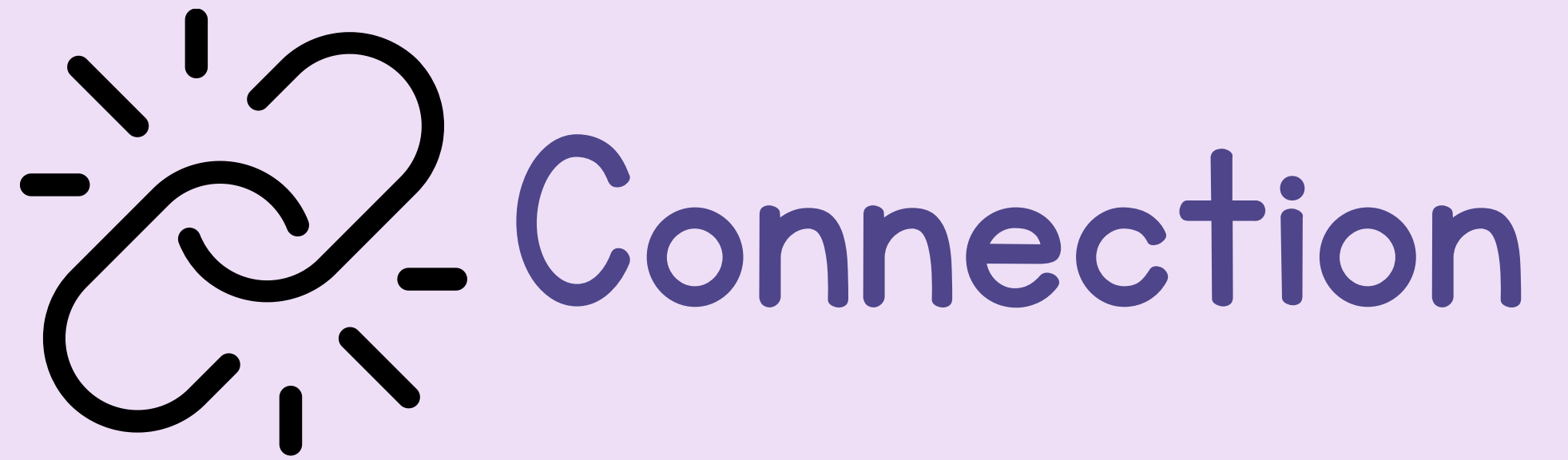
Traditional vs TGMC

Behaviour

Learning

Well-being



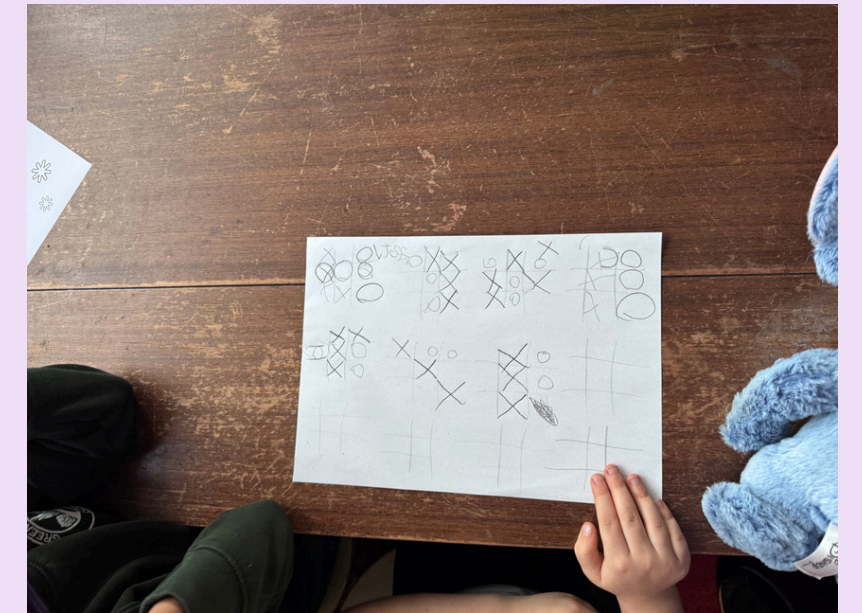


Connection

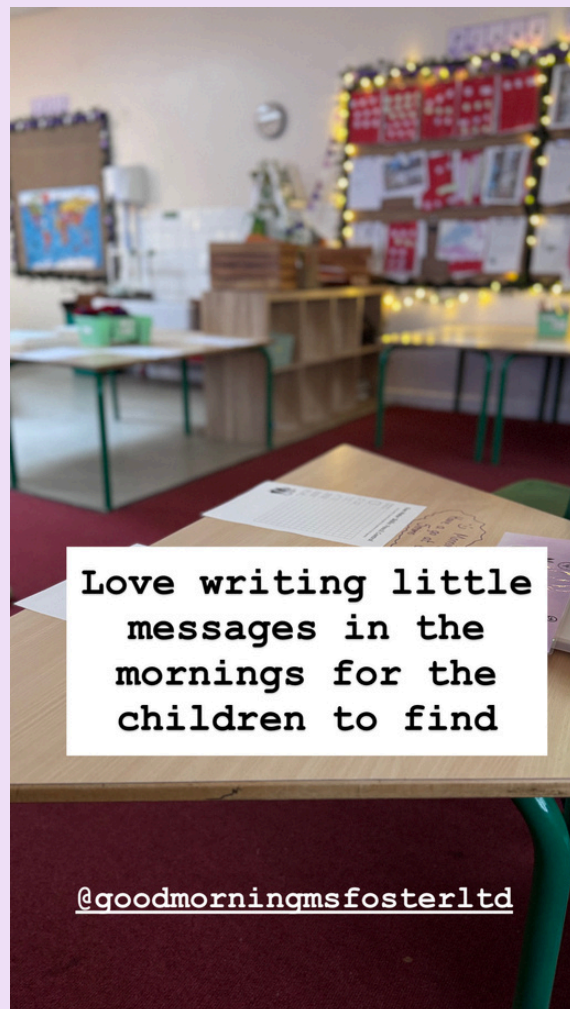


Connection

Opportunities for connection with peers and staff.



Proud cards - discreetly given

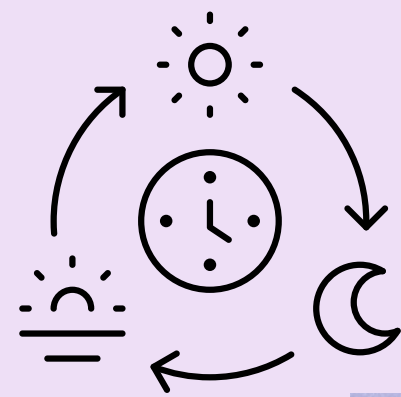
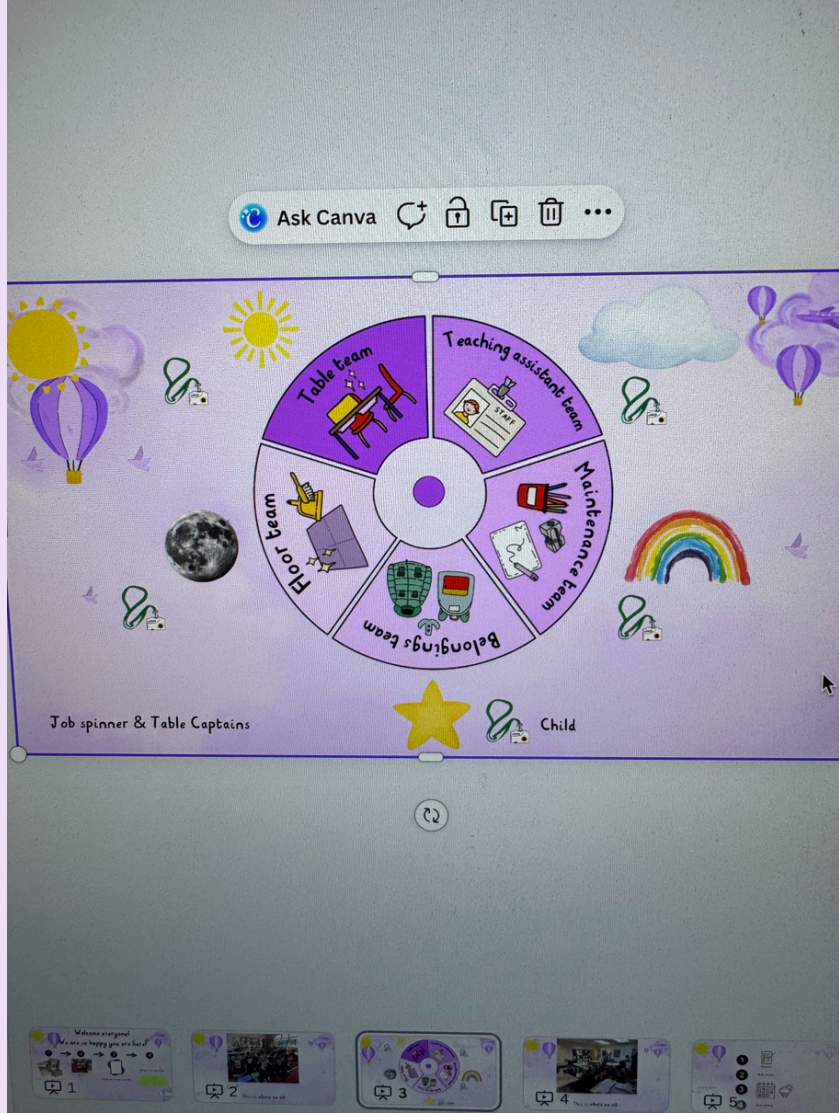


Love writing little messages in the mornings for the children to find











[@goodmorningsfosterltd](https://www.instagram.com/goodmorningsfosterltd)

Daily check ins.
These are done multiple times a day.
A copy are available to all children.





Routines

	First 15 minutes of the day - Soft Start	
	First 5-10 minutes after break	
	First 10-15 minutes after lunch	
	In between afternoon sessions	
	End of the day last 10 minutes	



1 2 3 4

Welcome everyone!
We are so happy you are here!

Put your reading book into the box.

Check in

Complete your activity on your table.

Find your space on the carpet.

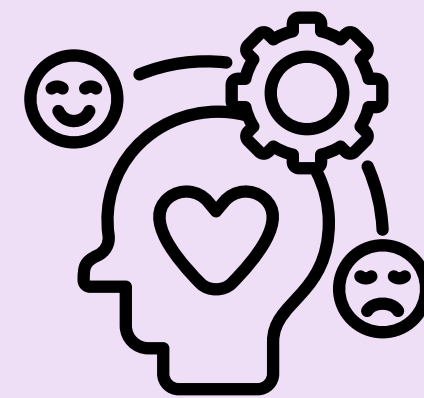
VOICE-O-METER





Connection: greeted at the door

**Regulation: Focus backpack,
regulating ready to begin a lesson.**



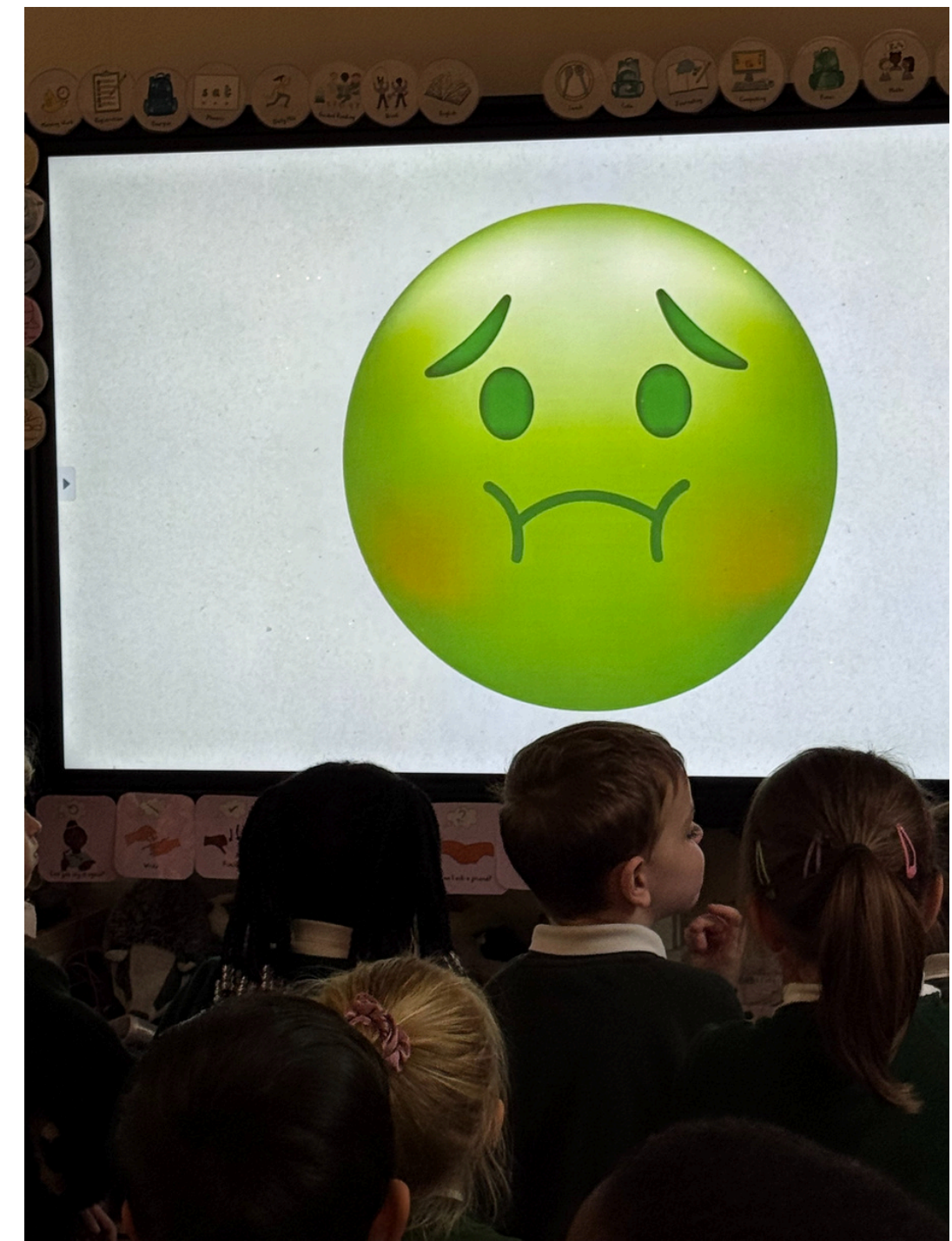
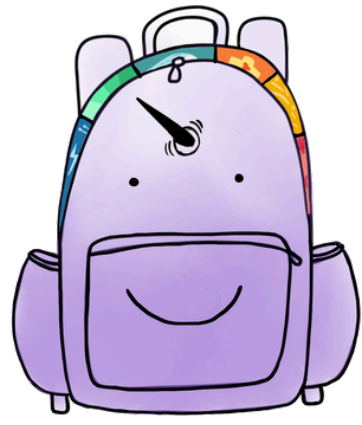
Regulation

Connect it

Live it

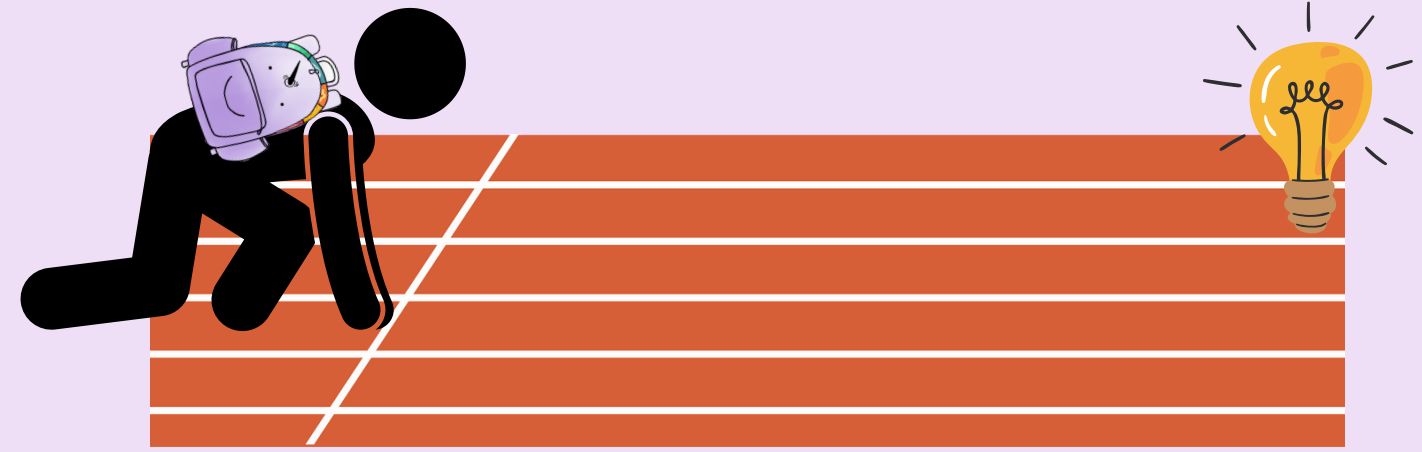
Lock it in

Regulation Backpack and me...





Being regulated means being ready to learn



As a TGMC school we (and YOU!)
have access to...

It's not a behaviour problem,
it's a regulation solution.



In 10 words

Research backed,
practical needs focused
approach supporting
everyone to thrive.



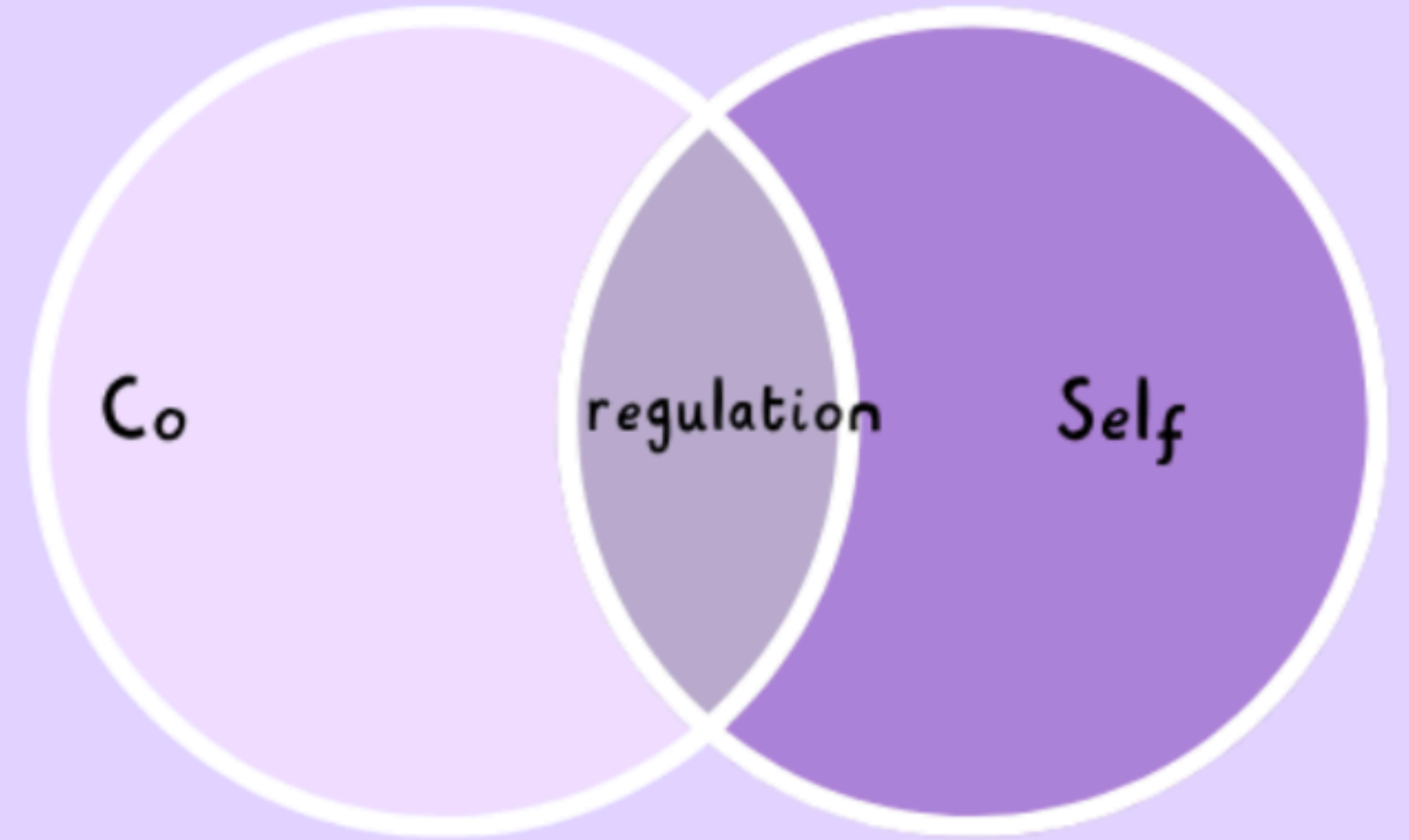
Aligned research

- Growth mindset
- Positive psychology
- Cognitive Load
- Visualisation
- Motivation Drives
- Embodied Cognition
- Neuroscience
- Trauma Informed



How we build

Children are able to practise regulation collectively. The downloadable resources support independent practise which, in turn leads to confident self regulation



The digital backpack enables children to actively experience skill development multiple times a day. This then supports neural wiring where children can embed the skills into their everyday life.

Connect it

Live it

Lock it in



Meet the backpacks...



I need to energise



I need to focus



I need to celebrate!



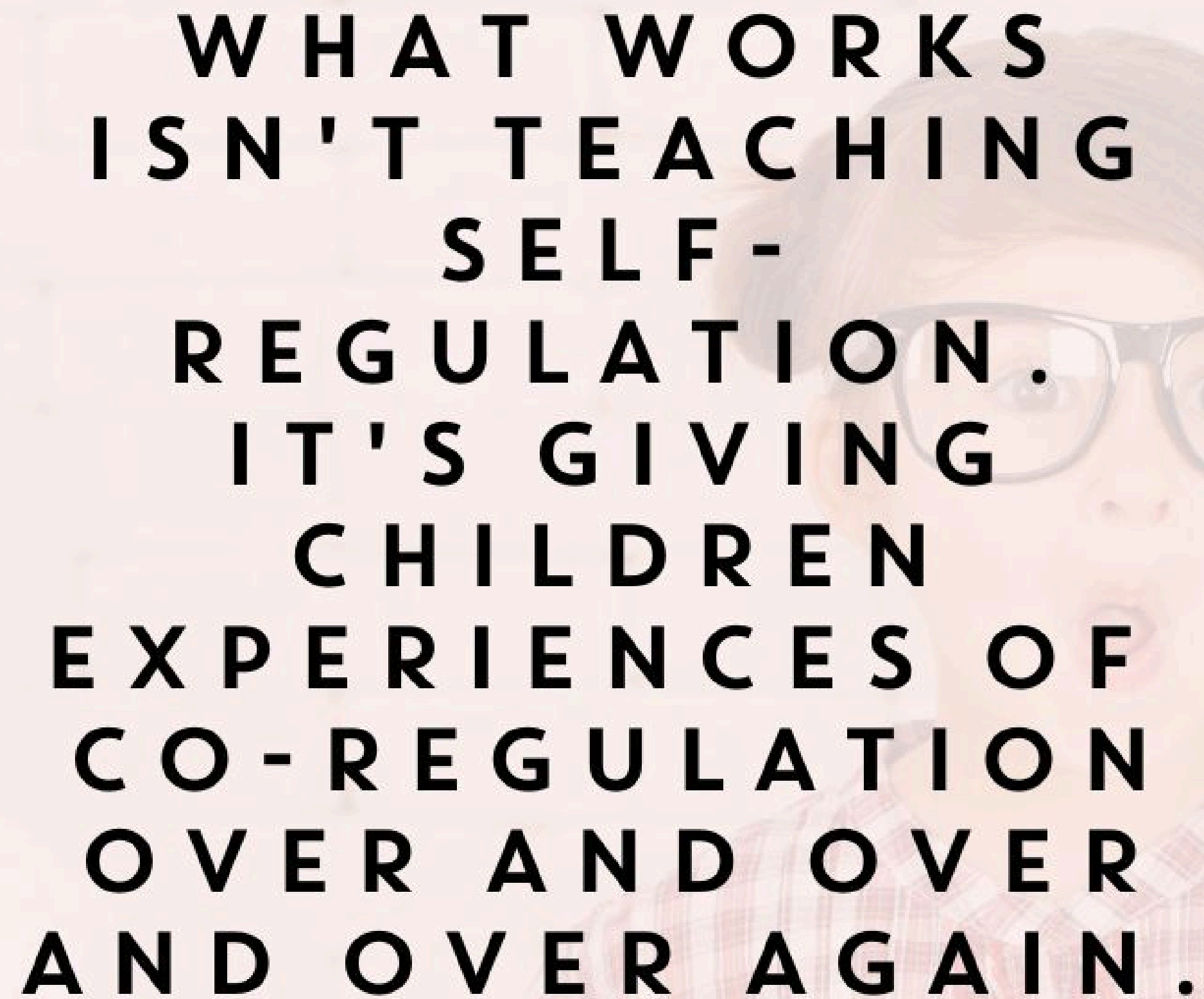
I need to connect



I need calm

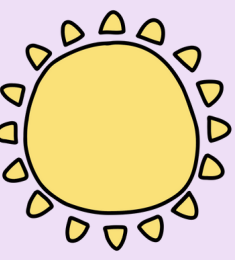


I need help



**WHAT WORKS
ISN'T TEACHING
SELF-
REGULATION.
IT'S GIVING
CHILDREN
EXPERIENCES OF
CO-REGULATION
OVER AND OVER
AND OVER AGAIN.**

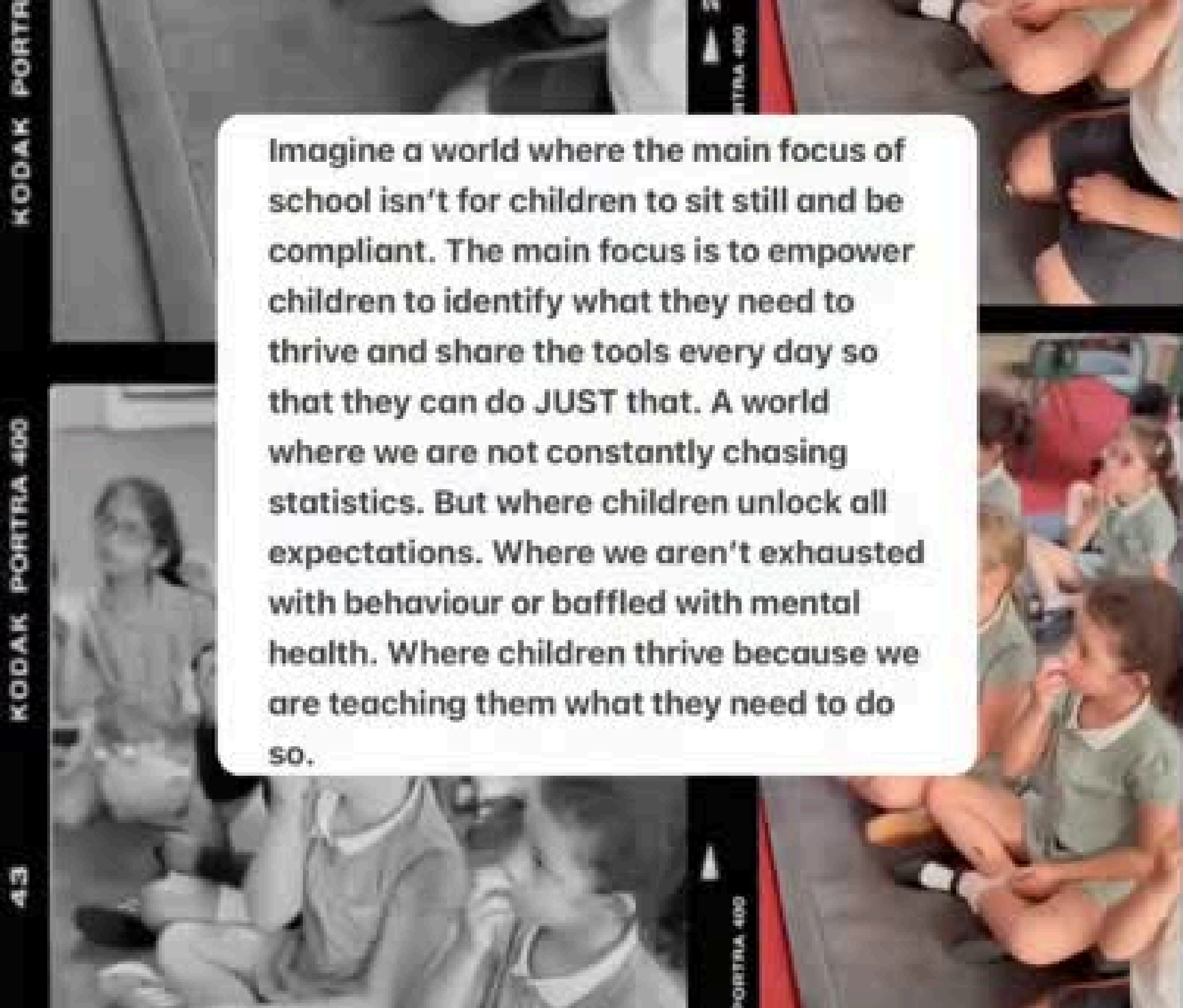
As a TGMC school our parents also have access to...



Welcome to the Parent Portal

What are you looking for today?

- Start here
- Foundational Habits
- Big Feelings
- Boundaries
- Change
- Daily Play
- De-escalation
- Listening
- Repair
- Self-Esteem
- Siblings



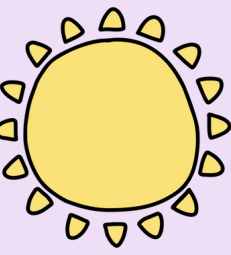
Imagine a world where the main focus of school isn't for children to sit still and be compliant. The main focus is to empower children to identify what they need to thrive and share the tools every day so that they can do JUST that. A world where we are not constantly chasing statistics. But where children unlock all expectations. Where we aren't exhausted with behaviour or baffled with mental health. Where children thrive because we are teaching them what they need to do so.

**Welcome
to the
movement!**




Create a login!

What next?



Please feel free to ask any questions or share reflections on today's information evening.

SHARE any successes you have - we'd love to hear them.

Follow along

Instagram: @goodmorningsfosterltd @_thegoodmorningclub

Listen in to: Behaviour Besties

TGMC parent information feedback - 23.10.25

Was the parent session useful? What more would you like to have shared with you?

Would you be interested in further TGMC/Backpack sessions?

Yes please - I would like to find out more about:



Celebrate corner!

Have you noticed any positive impacts of TGMC with your child? We would love to hear about them.