

TGMS Habits & Attention: A Parent Guide to How We Learn



🎯 Why “Habits and Attention” Matter

This year, TGMS is focusing on strengthening pupils’ **habits of attention** — helping every child to stay focused, listen actively, and participate purposefully so that learning really sticks. Research in cognitive science shows that calm, structured classrooms free up children’s *working memory*, allowing them to concentrate on understanding rather than managing distractions.

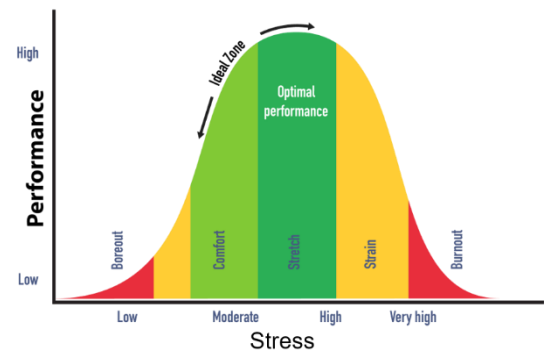
At TGMS, we use **Teach Like A Champion (TLAC)** techniques to build these habits step by step. These small, consistent routines make a big difference to how confidently children learn and contribute.

🧠 The Yerkes–Dodson Curve: Healthy Stress Builds Growth

A little challenge goes a long way! Psychologists call this *healthy stress* - just enough pressure to focus and perform well. The *Yerkes–Dodson Curve* helps pupils see that:

- 🟡 **Too little challenge** = boredom and low effort.
- 🔴 **Too much challenge** = anxiety and overload.
- 🟢 **The healthy middle** = focus, motivation, and optimal learning.

At TGMS, we aim for this “*healthy middle zone*” every day: where learning feels challenging, exciting, and achievable.



💡 The TGMS “Fab 5” in Action

These five TLAC techniques shape how we teach and how pupils learn at TGMS, and every member of staff uses these terms for consistent understanding. Here’s what they mean, and how you can help reinforce them at home.

🗣️ 1. Cold Call

In class: Teachers can ask any pupil a question at any time, keeping everyone listening, thinking, and ready to share.
Why it matters: Builds confidence, readiness, and focus.

At home: Try saying, “*I’d love to hear your thoughts first*” during family conversations or after watching/reading something together.

💬 2. Turn and Talk

In class: Pupils briefly discuss an idea or question with a partner before sharing with the class.

Why it matters: Gives everyone a voice, builds speaking and listening confidence.

At home: Try paired discussions after doing something — take turns listening and responding in full sentences.

👂 3. Track the Speaker

In class: Pupils turn their heads/bodies to keep their eyes on whoever is speaking, showing focus and respect.

Why it matters: Encourages attentiveness and active listening, leading naturally into healthy class discussions.

At home: Model this by putting devices down and maintaining eye contact when talking together.

🧘 4. Silent Solo

In class: Calm, independent focus time, normally linked to writing a sentence or two — no talking or distractions.

Why it matters: Builds stamina, independence, and deep focus.

At home: Try “quiet time” for reading, writing, or creative tasks. Praise focus and effort — not speed!

🗨️ 5. Habits of Discussion

In class: Pupils use clear, respectful language to agree, disagree, or build on others’ ideas.

Why it matters: Develops reasoning, empathy, and emotional intelligence.

At home: Encourage phrases like “*I agree with you because...*”, “*I see it differently because...*”, or “*I’d like to add...*” to model constructive conversations.

🏠 Building Strong, Shared Learning Habits Together

These simple routines may sound small, but together they make classrooms calm, focused, and full of purposeful energy. By practising good listening, thoughtful conversation, and short periods of independent focus at home, you’re helping your child strengthen the same habits we are promoting at TGMS, supporting success in school (and in life!).