



WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead or Deputies straightaway.

Bedford Borough Integrated Front Door
(children's social services) 01234 718700
Out of hours – 0300 3008123

If a child is in immediate danger, call the Police on 999

Meet the Designated Safeguarding Team:

The Safeguarding Team oversee and coordinate all aspects of the school's work to ensure that children are kept safe
safeguarding@goldington.beds.sch.uk

Designated Safeguarding Lead

Mr Will Atkinson

atkinsonw@goldington.beds.sch.uk

Deputy Designated Safeguarding Lead

Head of Year Seven:

Mrs Anthea Jones

jonesa@goldington.beds.sch.uk

School Safeguarding Governor:

Mr Neil Davies

daviesn@goldington.beds.sch.uk

Special Educational Needs &/or Disabilities Coordinator:

Miss Claire Johnstone

jonstonec@goldington.beds.sch.uk

Head of Year Eight:

Mrs Louise McCarthy-Gardner

mccarthy-gardnerl@goldington.beds.sch.uk

Head of Year Nine:

Mr Michael Lincoln

lincolnm@goldington.beds.sch.uk

Head of Year Ten:

Mr James Pinkney

pinkneykj@goldington.beds.sch.uk

Head of Year Eleven:

Mr Liam Hall

halll@goldington.beds.sch.uk

All can be contacted via the school office on 01234 261516

For a copy of our school's Child Protection Policy, please visit the Safeguarding page on our [school website](#)

Dear Parents/Carers

Welcome to the eleventh edition of the safeguarding newsletter from the Goldington Academy safeguarding team. Our aim is to bring you all the latest, relevant help and advice on issues that we feel will be of importance to you.

In this issue, the main focus is on **sexting** and **supporting your child's mental health**. E-Safety is a major component in our computing curriculum and we regularly educate our pupils about how to look after their mental health.

Safeguarding children is everybody's responsibility. If you have concerns about the safety or welfare of any child, please do not hesitate to speak to a member of staff.

We hope that you will find the information in this newsletter useful. Please do not hesitate to contact us if you require any further information or support with any of the topics raised.

Yours sincerely

Mr W Atkinson

Assistant Headteacher

Designated Safeguarding Lead

Sexting

Sexting is the sending or posting of naked or semi-naked images, videos, or live streams by young people under the age of 18. This could be via social media, gaming platforms, chat apps or forums. The reasons for taking and sharing naked and semi-naked images and videos are not always sexual or criminal. These images can be created and shared consensually by young people who are in relationships as well as those who are not.

In the UK, the age of consent for sexual intercourse is 16. However, it is an offence to make, distribute, possess or show any indecent images of anyone aged under 18, even if the content was created with the consent of that young person.

Indecent images are defined as such if they meet the following criteria:

- nude or semi-nude sexual posing (e.g. displaying genitals and/or breasts or overtly sexual images of young people in their underwear)
- someone nude or semi-nude touching themselves in a sexual way
- any sexual activity involving a child
- someone hurting someone else sexually

Talking to your child about sexting

It is important that we talk to our children about the risks of sexting, although it can be difficult to start these conversations. 'Amaze' have created a useful video – 'Sexting: What Should You Do?' which offers some advice:

<https://www.youtube.com/watch?v=RWxAimnKupE>

7 WARNING SIGNS your child has a mental illness

Mood swings

Watch for severe changes in emotions lasting for several weeks that may affect relationships at home or school.

Difficulty concentrating

Look for signs of trouble focusing or sitting still, which can lead to poor performance in school.

Physical symptoms

Kids with a mental health condition might develop headaches and stomachaches, rather than sadness or anxiety.

Extreme feelings

Look for feelings of overwhelming fear or worry for no apparent reason, which may affect daily activities and interaction.

Physical harm

Sometimes a mental health condition leads to self-injury, such as cutting or burning yourself, and in severe cases, suicidal thoughts or behaviors.

Behavior changes

Be aware of drastic changes in behavior or personality, such as frequent arguing.

Substance abuse

Look for signs of drug or alcohol use to try to cope with their feelings.



Talk to your child's pediatrician if you suspect a mental illness.



Akron Children's Hospital

akronchildrens.org

Supporting your child's mental health

1. **Open dialogue:** create a safe space for your child to express feelings and concerns. Encourage open conversations about mental health, actively listen and validate emotions. Let children know that it is ok to seek help and support from trusted adults and friends when necessary.
2. **Promote self-care:** Encourage healthy habits that promote good mental health for example, regular physical activity, regular sleeping patterns, balanced nutrition, physical care and hobbies.
3. **Validate and empower:** Validate your child's emotions and experiences. Encourage them to express their feelings of creativity. Empower them to problem solve and make decision independently.
4. **Encourage connection:** Foster a network of supportive family, friends, mentors and positive role models for children. Encourage participation in social clubs, activities and community programmes that help to develop strong networks of people with similar interests and positive values.

Top Tips for Supporting Children to Build Emotional Resilience

Tips for Supporting Children to Build Emotional Resilience

Facing unpleasant feelings can be a challenge, even for adults, let alone for children and young people, whose minds are still developing. To many youngsters, a mistake in an exam, a hurtful word or even losing in a game can sometimes feel like the worst thing in the world, causing them to react accordingly.

However, this is not always an effective way to deal with difficult emotions or life's setbacks, so it is important that parents and educators are able impress a healthy approach to these feelings on the children in their care. This guide offers you expert tips on how to instil emotional resilience in young people, helping them to learn from unexpected feelings and situations and to process them in a mature, effective manner.

<http://nationalonlinesafety.com/enrol/goldington-academy>

Once you have registered, you will be able to access the "Online Safety for Parents and Carers course" and National Online Safety's Resources (which includes a wide range of online platform guides on the latest social media channels and games). This aims to help empower parents with the knowledge to protect their children from the dangers of the internet.

Early Help Service

The Early Help service is made up of six Early Help professionals who support schools to co-ordinate early help for pupils and their families. The Early Help service includes the following teams:

- Adolescent response team
- Early Help Hub
- Education Welfare
- Family Information Service
- Family Support Hub
- Inclusion Support
- Parenting Team
- Strengthening Families Team

For further information, please visit [Early Help Assessment - Overview | Bedford Borough Council](#) or speak to any member of the school's safeguarding team.