



## 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](mailto:safeguarding@goldington.beds.sch.uk)

#### Designated Safeguarding Lead

Mr Will Atkinson  
[atkinsonw@goldington.beds.sch.uk](mailto:atkinsonw@goldington.beds.sch.uk)

#### Deputy Designated Safeguarding Lead

##### Head of Year Seven:

Mrs Anthea Jones  
[jonesa@goldington.beds.sch.uk](mailto:jonesa@goldington.beds.sch.uk)

#### School Safeguarding Governor:

Mr Neil Davies  
[daviesn@goldington.beds.sch.uk](mailto:daviesn@goldington.beds.sch.uk)

#### Special Educational Needs &/or Disabilities Coordinator:

Miss Claire Johnstone  
[johnstonec@goldington.beds.sch.uk](mailto:johnstonec@goldington.beds.sch.uk)

#### Head of Year Eight:

Mrs Louise McCarthy-Gardner  
[mccarthy-gardnerl@goldington.beds.sch.uk](mailto:mccarthy-gardnerl@goldington.beds.sch.uk)

#### Head of Year Nine:

Mr Michael Lincoln  
[lincolnm@goldington.beds.sch.uk](mailto:lincolnm@goldington.beds.sch.uk)

#### Head of Year Ten:

Mr James Pinkney  
[pinkneyj@goldington.beds.sch.uk](mailto:pinkneyj@goldington.beds.sch.uk)

#### Head of Year Eleven:

Mr Liam Hall  
[halll@goldington.beds.sch.uk](mailto: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](http://school website)

## Dear Parents/Carers

Welcome to the fifteenth 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 '**Edibles**' and '**self-harm**'. We educate our pupils on the dangers of edibles through our Life Skills curriculum and we offer pastoral support/guidance in school for pupils through our Student Support Hub.

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**

## Edibles

### What are Edibles?

Edibles is the term used to refer to any type of food products that contain cannabis (THC). Cannabis can be infused in chocolates, gummies and juices. While these products are usually marketed at adults, they are both visually appealing and pleasant tasting to children and adolescents.

Parents should be vigilant for any packages that may be delivered to home, or empty wrappers found in bags or clothing. Unfortunately, Edibles can be easily obtained online in often very similar packaging to everyday sweets/chocolate.

### What might happen if my child eats an Edible?

If your child consumes a product containing THC, they may develop symptoms such as:

- Excessive sleepiness
- Fast heart rate
- Difficulty breathing
- Feelings of anxiety, panic, or paranoia
- Nausea or vomiting
- Dizziness or weakness
- Poor co-ordination
- Seizures or coma (in rare cases)

Please click link below which will take you to the Talk to Frank website.

<https://talktofrank.com/get-help/concerned-about-a-child> In an emergency call 999.

## Self-harm

Unfortunately, some young people turn to self-harm as a way of coping with difficult feelings, painful memories or overwhelming situations and experiences, for example bullying, bereavement or stress. Whilst self-harm may temporarily provide relief, it always carries a risk, for example through infection.

Common forms of self-harm include:

- Cutting one's self with a sharp object e.g. a razor
- Scratching skin with a sharp object
- Punching objects
- Pulling out hair
- Burning skin, e.g. with an aerosol spray, lighter or match

Common signs to look out for include:

- Young people attempting to cover up, for example wearing long sleeves in the summer
- Unexplained bruises, cuts, burn marks on the body
- Blood stains on clothing, blood stain tissues or bedsheets
- Becoming withdrawn, isolated and wanting to spend time alone in a private place
- Avoiding friends and family
- Having low self-esteem
- Outbursts of anger
- Engaging in risky behaviours, such as drinking heavily or taking drugs

For further information, please visit: <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/>

## Top Tips for Setting up Parental Controls on New Devices

<https://nationalcollege.com/guides/parental-controls-on-new-devices>

At this time of year, it is highly possible that you have a new phone, games console or other digital device stashed somewhere at home, ready to be unwrapped. Many parents also prefer to place some protective measures on those gifts to keep their child shielded from potential #OnlineSafety risks, while others would like to, but are not sure where to begin.

Our guide shepherds you through the process of establishing parental controls on new internet-enabled devices, from smartphones to laptops to consoles. Simply find the device in question and read on to find out what options you have and how to enable them, letting children enjoy their shiny new gadget without so much of the worry over where it might lead them.

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

## 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.