



### 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.

#### Designated Safeguarding Lead Head of Year Nine:

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:

Mrs Kate Reynier  
[reynierk@goldington.beds.sch.uk](mailto:reynierk@goldington.beds.sch.uk)

#### Special Educational Needs Coordinator:

Mr Sailesh Roopnarain  
[roopnarains@goldington.beds.sch.uk](mailto:roopnarains@goldington.beds.sch.uk)

#### Head of Year Eight:

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  
[hall@goldington.beds.sch.uk](mailto:hall@goldington.beds.sch.uk)

All can be contacted via the school office or 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 tenth edition of the 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**. We cover both sexting and mental health extensively with our pupils through the curriculum, in particular through Life Skills and assemblies.

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 programs that help to develop strong networks of people with similar interests and positive values.

## Supporting Children to Deal with Upsetting Content

[Free Guide | Help Children Dealing with Upsetting Content \(nationalcollege.com\)](#)

They might not be able to pinpoint its location on a map, and they might not fully grasp the historical and political drivers behind the conflict, but in this age where news, images and video can cross continents in seconds, many children are now aware of the terrible recent events in Israel. It is a situation, of course, that could cause youngsters extreme distress and worry.

Our #WakeUpWednesday guide contains some valuable pointers for supporting children to deal with upsetting content they've encountered online, whether that is the attacks in Israel, ongoing worries over the environment, or something else entirely. Our tips will assist trusted adults in helping young people to process any negative emotions that they may be feeling.

<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.