



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:

Mrs Kate Reynier

reynierk@goldington.beds.sch.uk

Special Educational Needs &/or Disabilities Coordinator:

Mr Sailesh Roopnarain

roopnarains@goldington.beds.sch.uk

Head of Year Eight:

Mrs Louise McCarthy-Gardner

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gardnerl@goldington.beds.sch.uk

Head of Year Nine:

Mr Michael Lincoln

lincolnm@goldington.beds.sch.uk

Head of Year Ten:

Mr Liam Hall

halll@goldington.beds.sch.uk

Head of Year Eleven:

Mr James Pinkney

pinkneyj@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 thirteenth 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 both of these topics through our Life-Skills curriculum and through our wider assembly programme.

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)

For lots of helpful advice or raising concerns about a child or friend, please click link below which will take you to the Talk to Frank website. talktofrank.com/get-help/concerned-about-a-child. Remember, 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/>

What Parents & Educators Need to Know about Instagram

<https://nationalcollege.com/guides/instagram>

Instagram is one of the most well-known social media platforms around, frequented by users of all ages all over the world, and allowing them to share photos and videos with friends, family and the wider public if they wish. The site has many younger users, allowing people as young as 13 to create an account and engage with its community. As a popular choice of platform for teenagers, it is vital that parents and educators understand the risks associated with the site and what can be done to mitigate them. This free guide lets you know about the most prominent safety concerns on Instagram offering expert advice on how to make young people's experiences on the app as secure as possible. So, you can absorb this invaluable information while you're on the go, we've also created an accompanying version of this guide [in a podcast format](#).

<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:

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| • Adolescent response team | • Family Support Hub |
| • Early Help Hub | • Inclusion Support |
| • Education Welfare | • Parenting Team |
| • Family Information Service | • 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.