



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

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 Coordinator:

Mr Sailesh Roopnarain

roopnarains@goldington.beds.sch.uk

Head of Year Eight:

Mr Michael Lincoln

lincolnm@goldington.beds.sch.uk

Head of Year Ten:

Mr James Pinkney

pinkneyj@goldington.beds.sch.uk

Head of Year Eleven:

Mr Liam Hall

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 thirteenth 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 **Fake Online Profiles** and maintaining **good mental health over the Christmas period**. Both e-safety and mental health are covered in the school's curriculum, including through lessons 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

Fake Online Profiles

Setting up a profile impersonating somebody else with the intention of being unkind to others/to cause embarrassment to the individual is a form of cyberbullying. This is sometimes referred to as 'catfishing', where scammers create profiles designed to lure individuals into believing the fake profile is real.

If a young person has set up a fake profile, they need to be made aware that this is a form of bullying and therefore not acceptable. It is important that we talk to our children about the issue of cyberbullying and let them know that if they are ever a victim of it then it is not their fault, and they should tell a trusted adult immediately.

Encourage young people not to follow/engage with people online that they do not know in person. By allowing a scammer into your online groups, you are exposing others to the scammer also. Talk to your child about reporting and blocking tools on social media or online games and show them how to use them to report any form of bullying.

You can read more about cyberbullying here:

- [Bullying and cyberbullying | Childline](#)
- [Helping Children Deal with Bullying & Cyberbullying | NSPCC](#)

Additionally, Report Harmful Content have listed how you can report impersonation accounts on the different social media networks here: [Report Harmful Content - We Help You Remove Content](#)

Mental Health at Christmas

Christmas may be something that the majority of people look forward to, but it can also be a time of year that some people find extremely difficult.

What a Christmas period brings is different for each individual. Christmas can be a social time of year for some, through connecting people they love and joining in with celebrations. For others it can be a hard time of year, through feelings of obligation and over-commitments to social plans, disruption in routine or an increase in feelings of loneliness and isolation.

Regardless of individual experiences, it is important to try to maintain good mental health over the Christmas period. Please see below some simple suggestions:

- It is important to balance your sense of social obligations against your need of self-care. Being social is never easy if you are feeling burnt out.
- Prioritise and tackle things one at a time. Christmas is often busy and there are lots of obligations. Prioritising can help to focus on what's important.
- Find time for yourself - it may be taking a long walk, but even five minutes for yourself can be really helpful.

If anyone you know is in distress this Christmas, they may benefit for someone to talk to. The Samaritans is a good starting point and they can be reached on 116 123. Their phone lines are open all day every day over the festive period and they are free to contact.

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

Top Tips for Setting Boundaries Around Gaming

[Free Online Safety Guide | Setting Gaming Boundaries \(nationalcollege.com\)](#)

Behind video-sharing platforms (like YouTube) and streaming TV shows and movies, gaming is the third most popular online activity for children in the UK. In fact, according to recent data from Ofcom, an overwhelming 89% of children aged 3 to 17 play video games. Of those, more than one in five (22%) talk to other players online who they do not know outside the game. The risk of contact from strangers is just one of the reasons that many parents are concerned about their child's gaming: increased screen time, inappropriate content and in-game spending also figure among the most frequent fears. Agreeing on some rules around your child's gaming activities can certainly help, and our guide has some useful tips for establishing these boundaries.

<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.