



### 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.bedsch.uk](mailto:safeguarding@goldington.bedsch.uk)

**Designated Safeguarding Lead  
Head of Year Nine:**  
Mr Will Atkinson

[atkinsonw@goldington.bedsch.uk](mailto:atkinsonw@goldington.bedsch.uk)

**Deputy Designated Safeguarding Lead  
Head of Year Seven:**

Mrs Anthea Jones

[jonesa@goldington.bedsch.uk](mailto:jonesa@goldington.bedsch.uk)

**School Safeguarding Governor:**

Mrs Kate Reynier

[reynierk@goldington.bedsch.uk](mailto:reynierk@goldington.bedsch.uk)

**Special Educational Needs Coordinator:**

Mr Sailesh Roopnarain

[roopnarains@goldington.bedsch.uk](mailto:roopnarains@goldington.bedsch.uk)

**Head of Year Eight:**

Mr Michael Lincoln

[lincolnm@goldington.bedsch.uk](mailto:lincolnm@goldington.bedsch.uk)

**Head of Year Ten:**

Mr James Pinkney

[pinkneyj@goldington.bedsch.uk](mailto:pinkneyj@goldington.bedsch.uk)

**Head of Year Eleven:**

Mr Liam Hall

[halll@goldington.bedsch.uk](mailto:halll@goldington.bedsch.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 eighteenth 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 **the effects of toxic stress on young people** and **'Forced marriage'**.

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**

### Toxic stress: the effects of stress on young people

Learning how to cope with stresses is an important part of child development. Some stress is positive and necessary, such as preparing for an exam and these experiences can help children develop coping skills to be used in later life. Other stresses can be tolerable eg children can often cope with bereavement if they have a support network, but if children are exposed to repeated traumatic experiences, such as child abuse and neglect, this can cause 'toxic' or 'harmful' stress, where they start to feel more stressed more often. This can disrupt the building of a healthy brain.

This can affect children's physical and cognitive development including:

- a weakened immune system
- problems with memory and learning
- a reduced ability to control one's moods or emotions
- slower information processing

You can help reduce harmful stress in various ways:

- Support children when they are distressed – this helps their brains develop healthier ways to manage stress
- Interact with young children through serve and return, for example by listening and responding to their concerns. This helps build brain architecture and stress management systems
- Help 'buffer' the effects of tolerable stresses by offering safe, reliable and responsive support to children and young people

## Forced marriage

There is a clear distinction between a forced marriage and an arranged marriage. In arranged marriages, the families of both spouses take a leading role in arranging the marriage, but the choice of whether or not to accept the arrangement still remains with the prospective spouses. However, in forced marriage, one or both spouses do not consent to the marriage but are coerced into it. Duress can include physical, psychological, financial, sexual and emotional pressure. In the cases of some vulnerable adults who lack the capacity to consent, coercion is not required for a marriage to be forced.

The UK Government regards forced marriage as an abuse of human rights and a form of domestic abuse, and where it affects children and young people, child abuse. It is a criminal offence. It can happen to both women and men, although many of the reported cases involve young women and girls aged between 16 and 25. There is no “typical” victim of forced marriage. Some may be over or under 18 years of age, some may have a disability, some may have young children and some may also be spouses from overseas.

**If you know someone who is in danger of being forced to marry, the contacts below may be of use.**

Telephone: +44 (0) 20 7008 0151

Email: [fmufco.gov.uk](mailto:fmufco.gov.uk)

Email for outreach work: [fmufcooutreach.gov.uk](mailto:fmufcooutreach.gov.uk)

Facebook: [Forced Marriage page](#)

Twitter: [@FMUnit](#)

## Online Bullying Explained

[Online Bullying Explained \(nationalcollege.com\)](#)

Webinar 5min

Bullying has existed for as long as human beings have lived in communities. The advent of mobile devices and internet-enabled technology, however, has added a troubling new dimension to such belligerent behaviour. Sadly, bullying is no longer limited to its historical orbit of the school day: victims can now be harassed through their phone, laptop, console or tablet at any time, and even in the protective environment of home. When this happens, the attacks can feel impossible to escape from, exacting an amplified toll on the target’s mental health. What is more, the internet offers perpetrators a degree of anonymity, so cyber-bullying is even harder to monitor than its offline equivalent.

<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.