



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

Designated Safeguarding Lead Head of Year Nine:

Mr Will Atkinson

atkinsonw@goldington.bedsch.uk

Deputy Designated Safeguarding Lead Head of Year Seven:

Mrs Anthea Jones

jonesa@goldington.bedsch.uk

School Safeguarding Governor:

Mrs Kate Reynier

reynierk@goldington.bedsch.uk

Special Educational Needs Coordinator:

Mr Sailesh Roopnarain

roopnarains@goldington.bedsch.uk

Head of Year Eight:

Mr Michael Lincoln

lincolnm@goldington.bedsch.uk

Head of Year Ten:

Mr James Pinkney

pinkneyj@goldington.bedsch.uk

Head of Year Eleven:

Mr Liam Hall

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 nineteenth 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 Early Help Positive Parenting offer** and revisiting key information about **Young carers**.

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

Early Help Positive Parenting offer

Triple P is the flexible, practical way to develop skills, strategies and confidence for positive parenting.

Early Help 'Triple P' gives parents simple tips to help manage the big and small problems of family life. From toddler tantrums or teenage rebellion, self-esteem issues, bedtime battles, disobedience and aggression, Triple P can help you deal with them all, and more.

Triple P – Positive Parenting Program responds to the needs of parents introducing core parenting skills, giving parents simple and practical strategies to help them confidently manage their children's/teen's behaviour, prevent problems developing and build strong, healthy relationships.

How it is delivered?

Early Help's Triple P delivery is a FREE service, aimed at families with children aged 3 to 18 years, through a range of universal programmes. The programme contains a variety of discussions, video clips, worksheets and booklets for you to take away. Our aim is to empower and equip parents with key skills to better deal with the everyday and on occasions extreme parenting challenges. Giving parents the kind of solid parenting information and support that can reduce their distress and help prevent behavioural problems in children.

Click [here](#) for further information

Young carers

A young carer is someone under eighteen years of age who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol. Young carers might undertake activities in the home such as:

- Practical tasks such as cooking, housework and shopping.
- Physical care such as helping someone out of bed.
- Emotional support such as talking to someone who is distressed.
- Personal care such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters

Being a young carer can have a big impact on the things that are important to growing up, for example it can affect a young person's health, social life and self-confidence. Many young carers struggle to juggle their education and caring which can cause pressure and stress.

If you feel that your child may be an unidentified young carer or a young carer needing more support, please do not hesitate to contact a member of the school's safeguarding team. More information can be found at [Young Carers - Carers In Bedfordshire \(carersinbeds.org.uk\)](http://carersinbeds.org.uk)

Screen Addiction | Explainer Video (nationalcollege.com)

What is screen addiction?

It can be challenging for parents and carers to know whether children and young people are spending too much time on their devices. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies and children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. Identifying whether children and young people spend too much time on their devices often means recognising the signs.

For more information on the associated risks and online safety tips for parents and carers, watch our explainer video, available to those with a [National Online Safety](http://nationalonlinesafety.com) membership.

<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.