



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 thirty third 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. This issue revisits **toxic stress** and how to **support your child's mental health**. We teach children how to be healthy through our Life Skills curriculum and through the wider curriculum e.g. the 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

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 e.g. 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.

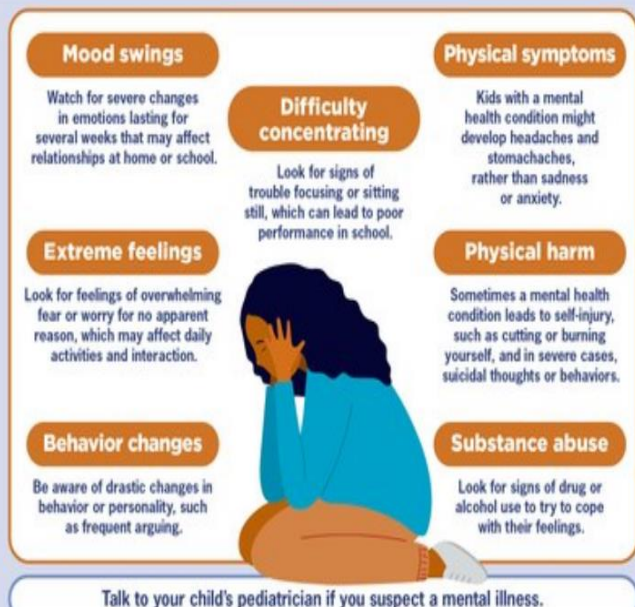
This can affect children's physical and cognitive development, including:

- 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

7 WARNING SIGNS your child has 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.

What Parents and Carers Need to Know about 'Snapchat'

<https://nationalcollege.com/guides/snapchat-2021>

'Snapchat' is a photo and video-sharing app through which users can chat with friends via text or audio. Images and videos can be shared with specific friends or as a 'story' (documenting the previous 24 hours) which is visible to a person's entire friend list. 'Snapchat' usage rose significantly during the lockdown periods, with many young people utilising it to stay connected with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivalling platforms such as 'TikTok' and 'Instagram'.

In the guide, you will find tips on avoiding potential risks such as sexting, visible location and contact from strangers.

<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.