



### 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](mailto:atkinsonw@goldington.beds.sch.uk)

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

Mrs Anthea Jones

[jonesa@goldington.beds.sch.uk](mailto:jonesa@goldington.beds.sch.uk)

#### School Safeguarding Governor:

Mrs Kate Reynier

[reynierk@goldington.beds.sch.uk](mailto:reynierk@goldington.beds.sch.uk)

#### Special Educational Needs Coordinator:

Mr Sailesh Roopnarain

[roopnarains@goldington.beds.sch.uk](mailto:roopnarains@goldington.beds.sch.uk)

#### Head of Year Eight:

Mr Michael Lincoln

[lincolnm@goldington.beds.sch.uk](mailto:lincolnm@goldington.beds.sch.uk)

#### Head of Year Ten:

Mr James Pinkney

[pinkneyj@goldington.beds.sch.uk](mailto:pinkneyj@goldington.beds.sch.uk)

#### Head of Year Eleven:

Mr Liam Hall

[halll@goldington.beds.sch.uk](mailto:halll@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 fourth 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 **Domestic abuse** and **Adverse Childhood Experiences (ACEs)**. All of our staff are trained to recognise the possible indicators of ACEs and how to report them.

Over the past couple of weeks, we have focused assemblies for all year groups on E-Safety and radicalisation. Anti-bullying will feature as an assembly topic in the next couple of weeks, along with important assemblies about learning.

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**

### Domestic abuse

Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a relationship.

It is important to remember domestic abuse:

- may happen inside and outside the home, over the phone, internet and on social networking sites
- can happen in any relationship even after the relationship has ended
- both men and women can be abused or abusers. Domestic abuse can be emotional, physical, sexual, financial or psychological abuse
- may include controlling behaviour, like stopping someone from leaving the house or controlling their finances
- reading private emails, text messages or letters
- threatening to kill or harm someone

Living in a home where domestic abuse happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour and impact them well beyond their childhood. If you are experiencing domestic abuse or are concerned about someone who may be, the following contacts may be useful to you.

**National Domestic Violence Helpline** 0808 2000 247 A 24-hour free helpline  
**Men's Advice Line** 0808 801 0327 Advice and support for men experiencing domestic abuse.

## Adverse Childhood Experiences (ACEs)

ACEs are “highly stressful, and potentially traumatic, events or situations that occur during childhood and/or adolescence. They can be a single event, or prolonged threats to, and breaches of, the young person’s safety, security, trust or bodily integrity.” (Young Minds, 2018). The impact of ACEs on a child’s mental and physical health are long lasting.

Examples of ACEs:

- Physical abuse
- Sexual Abuse
- Emotional Abuse
- Living with someone who abused drugs
- Living with someone who abused alcohol
- Exposure to domestic violence
- Living with someone who has gone to prison
- Living with someone with serious mental illness
- Losing a parent through divorce, death or abandonment

If you have any concerns about the impact of ACEs on your child, please contact a member of the school’s safeguarding team.

## What Parents and Carers Need to Know about Social Media and Mental Health

This free online safety guide focuses on social media and mental health. It highlights a number of tips such as how to hide content, setting daily limits and discussing what children have seen online.

An estimated one-third of children have a social media account, so it is important that trusted adults know what content young people are consuming; what they are posting; and what interactions they are having. On social media, it can be easy to go down a rabbit hole that is not beneficial to our wellbeing. As platforms grapple with managing ‘legal but harmful’ content, lives are being impacted, sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which enthralls young people, but we can still help children to be mindful of their mental wellness: recognising when something is not OK and knowing what to do about content that upsets them. In the guide, you will find tips such as how to hide content, setting daily limits and discussing what children have seen online.

<https://nationalcollege.com/guides/social-media-mental-health>

<https://nationalcollege.com/guides/combat-online-bullying>

Please find below the URL you will need. Complete your details and select “I am a: Parent/Carer” from the dropdown:

Once 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 empower parents with 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.