



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.beds.sch.uk

**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:

Mrs Louise McCarthy-Gardner
mccarthy-gardnerl@goldington.beds.sch.uk

Head of Year Nine:

Mr Michael Lincoln
lincolnm@goldington.beds.sch.uk

Head of Year Ten:

Mr Liam Hall
halll@goldington.beds.sch.uk

Head of Year Eleven:

Mr James Pinkney
pinkneyj@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 fifth edition of the safeguarding 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 **Childhood Adverse Experiences** and **Young Carers**. All of our staff are trained to recognise the possible indicators of ACEs and how to report them. We have focused some of our recent assemblies around the experiences of Young Carers to raise awareness amongst our pupils and help identify other young people who may be in a caring role.

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**

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.

For further information please visit:
<https://www.youtube.com/watch?v=XHGLYI9KZ-A>

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 \(carersinbeds.org.uk\)](https://www.carersinbeds.org.uk).

What Parents & Educators Need to Know about Worry and Anxiety

<https://nationalcollege.com/guides/what-parents-need-to-know-about-worry-and-anxiety>

At times, growing up can be a stressful experience. It is not unheard of for young people to fret about things that could potentially go wrong in their lives and what implications this would have for their life. In some situations, this can go beyond feeling uneasy about the future and become full-blown anxiety, which affects their mental, emotional and even physical wellbeing.

While worry and anxiety can originate from many different places, it is immensely important for parents and educators to understand the effect this can have on youngsters and how best to support them if they are going through a difficult time. This guide provides insight into the ramifications of worry and anxiety and how you can help children manage and hopefully overcome – these challenges.

<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:

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|------------------------------|-------------------------------|
| • Adolescent response team | • Family Support Hub |
| • Early Help Hub | • Inclusion Support |
| • Education Welfare | • Parenting Team |
| • Family Information Service | • 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.