



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

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-](mailto:mccarthy-gardnerl@goldington.beds.sch.uk)

gardnerl@goldington.beds.sch.uk

Head of Year Nine:

Mr Michael Lincoln

lincolnm@goldington.beds.sch.uk

Head of Year Ten:

Mr Liam Hall

hall@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 eighth 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 **discrimination** and **social media** usage by pupils. We cover both of these areas extensively with our pupils through the curriculum, in particular through Life Skills and Computing, but also through our assembly programme and external partners e.g., Bedfordshire Police.

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**

Discrimination

Discrimination is "treating someone unfairly because of who they are." (Citizens Advice). This means that a person is being treated differently or is put at a disadvantage because of someone else's opinions or judgements of them.

There are nine characteristics that are protected from discrimination under the Equality Act 2010:

- Age
- Disability
- Religion/Belief
- Gender Reassignment
- Marriage/Civil Partnership
- Pregnancy/Maternity
- Race/Ethnicity
- Sex
- Sexual Orientation

If someone is targeted or treated unfairly because of these characteristics, then this is unlawful discrimination. This includes someone being treated differently because another person thinks that they belong to a group with a protected characteristic, whether it is true or not.

We do not tolerate discrimination in any form at Goldington Academy - it will always be challenged and followed up appropriately.

Social Media

Unfortunately, we spend a large proportion of our time responding to incidents that occur online between pupils. Whilst there are many benefits to pupils having access to the online world, it is no doubt risky, especially if pupils are left unsupervised to use social media. Studies have found that excessive use of social media increases a young person's susceptibility to depression, anxiety, poor body image and low self-worth. Excessive use of social media can also impact a child's sleep routine, which in turn can affect their ability to concentrate and make progress in school.

Age restrictions of Social Media Apps

Please be mindful that social media apps are not appropriate for pupils under the age of 13. Below are the age restrictions for the most popular apps:

Whatsapp—16 years +

Instagram—13 years +

Facebook—13 years +

Snapchat—13 years +

TikTok—13 Years +

Managing Stress

<https://nationalcollege.com/guides/managing-stress-guide>

Stress is an uncomfortable experience of pressure or worry caused by problems in your life. Stress can cause many different symptoms and may affect how we feel physically, mentally, how we behave and make choices. It is not always easy to recognise when stress is the reason you are feeling or acting differently.

This guide will give you some top tips so that you can take action to reduce the symptoms of stress in your life.

<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.