



**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](mailto:safeguarding@goldington.beds.sch.uk)

**Designated Safeguarding Lead**

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 &/or Disabilities Coordinator:**

Mr Sailesh Roopnarain

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

**Head of Year Eight:**

Mrs Louise McCarthy-Gardner

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

**Head of Year Nine:**

Mr Michael Lincoln

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

**Head of Year Ten:**

Mr Liam Hall

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

**Head of Year Eleven:**

Mr James Pinkney

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

All can be contacted via the school office 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-fourth 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, we focus on the recent article from the **BBC regarding children's use of social media, top tips to build emotional resilience** in children and **school attendance**.

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**

**Government considering social media time limits for children (BBC article 08/06/2025)**

The government is considering introducing tougher online safety measures to limit the amount of time children can spend on social media.

Proposals include a two-hour cap on the use of individual social media apps and a 22:00 curfew.

Curfews, along with screen time limits for both apps and devices overall, are already available to parents who use Apple or Google's parental controls.

TikTok introduced a 60-minute screen time limit by default for under 18s in 2023, although it can be switched off. Instagram invites users of all ages to set their own limit, after which they can opt to be blocked for the rest of the day.

However, it is not known how many people choose to activate these controls. In a speech last year, Sir Nick Clegg, the former director of public affairs at Meta, which owns Facebook and Instagram said parental take-up of tools designed to help them manage their children's online activities was low.

Some parents say this is because there are so many offered by individual apps and companies that they find them overwhelming.

**For further information please see**

<https://www.bbc.co.uk/news/articles/c3d4349gdx40>

## Top Tips for Supporting Children to Build Emotional Resilience

<https://nationalcollege.com/guides/build-emotional-resilience>

Facing unpleasant feelings can be a challenge, even for adults, let alone for children and young people whose minds are still developing. To many youngsters, a mistake in an exam, a hurtful word or even losing in a game can sometimes feel like the worst thing in the world, causing them to react accordingly. However, this is not always an effective way to deal with difficult emotions or life's setbacks, so it is important that parents and educators are able to impress a healthy approach to these feelings on the children in their care. This free guide offers you expert tips on how to instil emotional resilience in young people, helping them to learn from unexpected feelings and situations and to process them in a mature, effective manner.

<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.

## School Attendance

Being with teachers and friends in a school environment is the best way for pupils to learn and reach their potential. Time in school keeps children safe and provides access to extra-curricular opportunities and pastoral care.

[Evidence](#) shows that the students with the highest attendance throughout their time in school gain the best GCSE results.

Every moment in school counts, and days missed add up quickly. For example, a child in Year Ten who is absent for three days over a half term could miss 15 lessons in total. The higher a pupil's attendance, the more they are likely to learn, and the better they are likely to perform in exams and formal assessments.

Parents must ensure that their child/children attend every day that the school is open, unless:

- The child is too ill to attend.
- Parents have asked in advance and been given permission by the school for your child to be absent on a specific day due to exceptional circumstances.
- The child cannot go to school on a specific day because they are observing a religious event.
- The local authority is responsible for arranging your child's transport to school and it's not available or has not.

Please remember that our attendance target is **96%**.

## What Parents & Educators Need to know about Violent Content Online

[What You Need to Know: Violent Content Online | Free Guide](#)

With around 70% of teens reporting they've seen violent real-life content on social media in the past year, this guide shines a light on a disturbing and increasingly common aspect of young people's digital lives. From shocking videos to hate speech, many children do not go looking for this material, it finds them via algorithms or peer sharing.

The guide outlines key concerns, including the mental toll of repeated exposure, shifts in behaviour, and the worrying normalisation of harmful ideologies. It also explains how such content can escalate from screen to street, and why some young people may feel pressured to share or even create violent media themselves.

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