

****This policy is in development – if you have any ideas about improvements – please contact becky@credu.cymru ****

YOUNG CARERS POLICY

IN

School name

SCHOOL

Policy Date:

Review policy Date:

Definition of a young carer;

A young carer is a child or young person aged 18 and under who cares for a family member or friend who, due to illness, disability, a mental health problem or an addiction, could not live at home without their support.

Responsibilities of a young carer;

- **Practical tasks**, like cooking, housework, and shopping.
- **Physical care**, such as helping someone out of bed.
- **Emotional support**, including 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 themselves, brothers and sisters.**

Impact on the young person;

- Due to the challenges that some young carers face there may be a risk to the impact on their educational attainment.
- With the added complications of COVID-19, young carers have missed out on even more school than before, and urgent support is needed.
- Caring can also be an isolating experience but having the right support in place can give young carers a better chance of succeeding in all parts of their lives.

Our school acknowledges that young carers may need extra support to ensure they have equal access to education. This policy outlines the schools' responsibilities and commitment to a whole school approach to identifying and supporting pupils with caring responsibilities.

Our school recognises the importance of, and is committed to, the early identification of Young Carers in our school community. We will encourage Early identification through the following;

- Undertake a review of the provision for young carers in the school

The designated school lead will conduct a baseline Review in the first instance, (<https://carers.org/downloads/resources-pdfs/young-carers-in-schools-wales/step2tool1baselinereview.xlsx>) and will monitor and regularly review this policy and practice in accordance with the resources provided through Supporting Young Carers in Schools – Step by Step Guide and Toolkit (Carers Trust) [Supporting Young Carers in Schools: A Step-by-step Guide for Leaders, Teachers and Non-teaching Staff Wales Edition - Resources - Carers Trust](#).

- Raising awareness through staff and pupils through assemblies and follow up information sessions at PSE lessons to encourage self-identification
- Introducing a Young Carers School operational lead

- Ensuring all staff are aware by using the one page profile
- Create opportunities for self-identification and make sure that all pupils will be made aware of the designated lead and support
- Provide regular awareness training for school staff and Governors
- Regular questions around caring duties in all forms and questionnaires
- Request information from primary schools on transition to secondary

Signs someone might have caring responsibilities:

Our school will raise awareness amongst school staff about recognising the signs that a pupil may have caring responsibilities, such as;

Regular lateness • Low attendance • Not completing homework • Tiredness • Low attention span • Lack motivation • Low mood/mental ill-health • Anxious • Parent/guardian uses disabled parking space • Lack of parent/guardian attending parents evening/other school events • Free school meals • Change in hygiene/appearance • Change in behaviour – becoming aggressive or angry, withdrawn, or quieter. Missing after school activities. Not having appropriate equipment.

Reducing barriers to education and learning:

Our school will understand and recognise the issues faced by young carers and that flexibility may be needed when responding to the needs of Young Carers. Available provision includes (but is not limited to):

- Access to a telephone during breaks and lunchtime, to telephone home.
- Ensure that young carers know how to access support
- Use the curriculum to promote a full understanding, acceptance of and respect for issues such as caring and disability.
- Negotiable deadlines for homework/coursework (when needed).
- Access to homework clubs (where these are available).
- Arrangements for schoolwork to be sent home when required
- Any approved absence for a Young Carer will be time limited.
- Ensuring the school is accessible and welcoming to parents with disability and/or illness, and offering additional support to enable them to attend parents evening or other school events

- Alternative communication options for parents who are sensory impaired or housebound.
- Consider how best to support parents if there are difficulties in transporting a Young Carer to school.
- Provide opportunities for Young Carer and family feedback and evaluation

The designated school lead for Young Carers is

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who will liaise with young carers, families, and relevant agencies (with the consent of the young carer). If a young carer is identified, a face-to-face appointment will be arranged with the lead or a trusted adult, to work collaboratively to put a support plan in place for that young person in school.

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