

A place to learn where everyone feels welcome;  
based on love, wisdom, and respect.



*Let your light shine, so that others may see the good you do.*

Inspired by MATTHEW 5:16.

## Young Carers Policy

Approved by Governors:	October 2024
Review Date:	October 2027



### **Commitment**

Lower Peover C of E (Aided) Primary Schools' commitment to young carers is to acknowledge and recognise the need to provide a full range of support for all young carers to reach their potential, within their education, and to ensure that all their physical and emotional needs are met.

This policy explains how we will live up to our commitment.

### **Definition**

A young carer is a child or young person under the age of 18 carrying out significant caring tasks and assuming a level of responsibility for another person, which would normally be taken by an adult.

They can be caring for any of the following:

- Parent or sibling suffering from a mental illness
- Parent or sibling with a physical disability
- Parent or sibling with substance misuse problems
- Parent or sibling with learning disabilities

### Young Carers and the effects on their education

Being a young carer can have an adverse effect on a young person's education. Because of their responsibilities at home, a young carer might experience:

- Being late or absent due to responsibilities at home
- Concentration problems, anxiety or worry in school
- Emotional distress
- Tiredness in school
- Lack of time for homework
- Poor attainment
- Physical problems such as back pain from lifting
- False signs of maturity, because of assuming adult roles
- Behavioural problems (taking out their anger and frustration)
- Lack of time for extra-curricular activities
- Isolation, embarrassed to take friends home
- Limited social skills
- Bullying
- Feeling that no one understands and that no support is available
- Low self esteem

### Quotes from young carers

*'I need someone to talk to/a place to go to at school when I am having a bad day'.*

Mark age 10

*'I want my teacher to understand what my life is like'.*

Sam age 9

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*'I worry about my mum all day at school and find it hard to do my work'.*

Sarah age 8

### **Support offered**

Lower Peover C. E. (Aided) Primary School ensures that the following support is available for all young carers within the school:

- Lower Peover C.E. (Aided) Primary School has an identified young carers representative, this is Mr Bradley.
- All staff are made aware of who their young carers representative is and the reporting/referral process to this person.
- The school has an internal effective reporting system between all staff and the young carers representative.
- Any child/young person who is identified as a young carer whilst at the school will be referred to the appropriate services.
- When a young carer leaves the school, either to enter high school or for any other reason, details of their caring role and home situation will be passed on to the next school with consent from the family.
- School will be flexible with late attendance due to a caring role (where this is a regular occurrence provision will be put into place, complying with all current policy.)
- School will make every effort to ensure that the root cause of any lateness is made apparent and appropriate support is sourced.
- Cheshire Young Carers will supply lesson plans for PSHE, and these will be reviewed on an annual basis. The lesson plans will help to reduce stigma, prevent bullying, and will cover young carers issues resulting in a fuller understanding, acceptance of and respect for issues surrounding illness, disability and caring.
- The school will be flexible with regards to young carers and their issues.
- School will treat young carers in a sensitive and child-centred way, upholding confidentiality.
- School appreciates that young carers will not discuss their family situation unless they feel comfortable. The young person's caring role will be acknowledged and respected.
- School will ensure young carers can access all available support services in school.
- School will provide young carers with opportunities to speak to someone in private and will not discuss their situation in front of their peers.
- School will provide access to a phone during breaks and lunchtime, for young carers to call home.
- School will be negotiable with deadlines for homework/coursework (when needed).
- School will ensure that young carers have access to a homework club.
- Arrangements will be made for schoolwork to be sent home (when there is a genuine crisis). N.B This needs to be agreed with young carer and must have a set time limit.
- School will provide access for parents with impaired mobility.
- School will provide alternative communication options for parents who are sensory impaired or are housebound; this will include alternative communication options for parents' evenings.
- Appropriate provisions will be put into place for young carers whose parents do not drive due to their illness or disability (Following safeguarding procedures at all times).
- School will always report any cases of a child/young person who may be carrying out an inappropriate caring role, which is causing immediate concern for their safety.
- School will work in partnership with Cheshire Young Carers to ensure that a high-quality standard of support for young carers is achieved at all times.
- School will commit to accessing and providing training for staff about young carers and their issues.

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Cheshire Young Carers website: <https://www.cheshireyoungcarers.org>

Cheshire Young Carers has a comprehensive programme of support for schools/colleges to help improve the educational outcomes for their young carers. It is designed to increase both attendance levels and attainment and to ultimately provide better “life chances” for every young carer in their school.

It starts with a consultation involving senior leadership teams within education where we are able to share the results from various research studies. This research and practical experience of working with young carers has led to the development of a three-step approach to support schools in helping young carers fully benefit from the opportunities offered within education.

The **three-step** programme is as follows:

**To identify** – Cheshire Young Carers have a number of strategies to help schools raise the awareness of young carers in school. The strategies will provide both school staff and pupils with the relevant information regarding young carers, so that they and you can make informed choices. It will also help to raise the profile of young carers within the school community.

**To assess** – Their unique “Assessment Tool” provides schools with a practical means of quantifying the amount of care a young carer is undertaking. As a consequence, a school may then tailor support on an individual basis; thereby improving educational outcomes. The tool not only provides the school with a clear indication in terms of the level of support a young carer requires but may be used to present Ofsted with an evidence-based account of how the school is actively supporting their vulnerable pupil category. It can also provide evidence to support pupil premium funding requests.

**Action plan** – Using the information from the assessment tool a pupil centred action plan can then be developed to support each pupil with simple, time limited strategies designed to generate a significant increase in educational outcomes.

Cheshire Young Carers believe that this could be a game changer and a real opportunity for schools/colleges to support their young carers, leading to better outcomes for both the school/college and the young carer.

This truly is a win-win approach, and although young carers may well be a minority within a school, they are often faced with challenging family circumstances and really do deserve our support. Education offers them a temporary escape route from the caring responsibilities they have and, ultimately, it can direct them on a positive pathway for career opportunities in adult life.