



Barnsbury Primary School and Nursery

Young Carers Policy

Reviewed by: Ambreen Ali

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Reviewed:

Next Review: June 2025

Introduction

Young carers look after someone who has a long-term physical or mental health problem, disability or a problem with drugs or alcohol. This may take the form of domestic chores, personal care, supervision, emotional support, or another form of assistance.

At Barnsbury Primary School & Nursery we believe that all young people have the right to an education. If a young person looks after someone, we know that they may need additional support to help them get the most out of their education, and we aim to meet their needs.

We strive to embrace and live our values based curriculum, to ensure that all our children feel cared for and appreciated within the unity of our school and community.

Our School has designated members of staff who have special responsibility for young carers. Currently our designated staff members are Mrs Ali (HSLW) and Mrs Hemmings (ELSA)

Who is a young carer?

Every school (indeed every classroom) has pupils affected by disability and illness in the family.

A 'young carer' is a young person who provides care to a member of the family or a friend who has one, or a combination, of the following conditions:

- a physical or learning disability.
- a sensory impairment
- a chronic condition
- a terminal illness
- a mental health problem or illness
- a drug or alcohol addiction

By 'care' we mean:

- Practical: A young carer may be helping with cleaning, cooking, laundry, paying bills /managing a budget and even helping to collect and give medicine
- Emotional: May provide a listening ear, comforting, helping the cared for feel better about themselves, talking to someone who is distressed (e.g. low because of illness/mental health)
- Personal: A young carer may assist to help someone to get dressed or wash, helping to feed them
- Physical: A young carer may be supporting a family member with a disability to move: getting up from their seat /out of bed. Or they may be helping with shopping, such as carrying heavy bags *Lifting and moving tasks.

Identifying a young carer

Whilst many young carers do well in school, the following issues are common signs pointing towards difficulties at home – some of which will be related to disability and illness within the family.

Pupils may:

- Regularly arrive late for school
- Regularly miss days of school, marked as authorised or unauthorised absence
- Some young carers miss school to stay close to the cared-for person
- Appear physically neglected – missing breakfast, lacking clean uniform, etc
- Appear to be regularly tired
- Regularly complain of aches and pains
- Regularly appear withdrawn or anxious

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- Regularly challenge adult authority
- Some young carers struggle with switching between being the adult at home and the child at school
- Appear more emotionally mature than their peers
- Have regular problems in concentrating upon their work
- Regularly fail to complete homework on time

Parents may:

- Not respond to school correspondence
- This may be because of a communication problem
- Not attend parent's evening
- This may be because of an inability to attend
- Are on low incomes, and unable to afford school related expenses
- (Refer to your Free School Meals Register) This may be because of disability or illness related unemployment

Support offered

When a young person looks after someone in their family who has a serious illness, disability or substance misuse problem, he or she may need a little extra support to help him or her get the most out of school. Our Young Carers Policy says how we will help any pupil who helps to look after someone at home.

Our school

- Has members of staff with special responsibility for young carers and lets all new pupils

know who they are and what they can do to help.

- Provides young carers awareness-raising training for staff
- Can put young carers in touch with the local Young Carers Service. We can also put families in touch with other support services.

- Is accessible to parents who have mobility and communication difficulties and involves them in parents' evenings.

- Respects your right to privacy and will only share information about you and your family with

people who need to know to help you.

- Will consider alternatives if a young carer is unable to attend out of school activities e.g. sports coaching, concerts, due to their caring role

- Allows young carers to telephone home during breaks and lunchtimes.

- Complies with the Disability Discrimination Act by offering disabled parents support to get

their children into school.

- Uses the Pupil Premium to assist eligible young carers in their education, including accessing curriculum-based trips

- Runs sessions on young carers in the PSHE programme for each year group, to help all pupils understand the issues, carers' rights and the support available, and create a 'carer-friendly'

culture

- Keep the young carers page on the school's website up to date