



# Young Carers Policy

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Next Review: October 2026

At Highfields Primary School, we believe that all children and young people have the right to an education regardless of their home circumstances. This policy aims to ensure young carers at our school are identified and offered appropriate support to access education to ensure they achieve their potential and do not place their education at risk due to their caring responsibilities.

### Definition

Young Carers are children and young people under the age of 18 whose lives are restricted by the need to take responsibility for a person who is either chronically ill, experiencing mental illness, has an alcohol or substance abuse related illness, has a physical disability, and is elderly or infirm.

We acknowledge that helping out around the house is a part of growing up, but we are aware that young carers regularly carry out caring tasks and take on responsibility inappropriate to their age.

### Possible Effects on Education

Due to caring responsibilities, we recognise that a young care may 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, due to taking on adult roles
- Behavioural problems (taking out their anger or frustration)
- Lack of time for extracurricular 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
- Under-achievement

### School Support for Identified 'Young Carers'

The designated member of staff for Young Carers at Highfields Primary School is Mrs Elaine Adams. Mrs Adams will, with the consent of the young carer, contact the Young Carers organisation in the authority that the child resides in.

All pupils will be made aware of the designated person.

Highfields Primary School will:

- Include an identifying question within the enrolment stage to identify young carers
- Run a session on the challenges faced by young carers in PSHE lessons.
- Be sensitive towards young carers needs, they do not always want their peers to know they are a young carer.
- Provide young carers the opportunity to talk to the designated young carers worker in private.
- Give information to the young person about young carers and what advice and support is available.
- School staff will make sure that they receive any updated training provided to support young carers.
- School will take an active role in seeking to identify and provide support to hidden young carers.

We will provide:

- Access to a telephone during breaks and lunchtime to phone home
- Access to homework clubs (where these are available)
- Arrangements for school work to be sent home (when there is a genuine crisis).
- Access for parents with impaired mobility
- Alternative communication options for parents who are sensory impaired or housebound.
- Advice to parents if there are difficulties in transporting a young carer to school.

#### Children Act 2004

Most young carers will meet the definition of a 'child in need' under the Children Act 2004 and may be entitled to an assessment from Children's Services.

In the event of any young carers being considered to be at risk of significant harm, the school's child protection procedures should be followed.

#### Equality Act 2010

Young Carers' have protected characteristics as defined by the Act because they are associated with a family member who has a disability or illness and cannot be discriminated against because of this.

#### Children and Families Act 2014

The Act has a section on Young Carers' and, in conjunction with the adults focused Care Act, seeks to make sure that Young Carers get the support they need. Local authorities are expected to try to identify Young Carers so they can be offered support.