



Trinity St. Peter's

Church of England Primary School

where children shine

Young Carers Policy

Definition:

Young Carers are children under the age of 18 years old, who help to care for someone in their household. This may be a parent, sibling, or family member who is ill, has a disability, experiences mental health difficulties, or is affected by substance dependence.

Young carers often take on additional responsibilities at home, as without their support it can be difficult for the person they care for to cope. The care they provide may be practical, personal, or emotional. Some young carers may also help to look after brothers and sisters or take on part-time work to support their family financially.

A young carer will take on additional responsibilities to those appropriate to their age and development.

A young carer becomes vulnerable when the level of care-giving and responsibility to the person in need of care becomes excessive or inappropriate for that child and risks jeopardising their emotional or physical wellbeing, educational achievement and life chances. A young carer may undertake some or all of the following:

- Practical tasks
- Physical care
- Personal and intimate care
- Emotional support
- Household management
- Looking after siblings
- Interpretation
- Administering medication

Schools and services can play an important role in recognising young carers and offering support to help them feel understood, supported, and able to thrive.

Further information [can either be found here](#) or by getting in touch with Mrs L Martin, Designated Safeguarding Lead.

In line with Keeping Children Safe in Education 2026, the school recognises that young carers are among the children for whom staff should be particularly alert to the potential need for additional support. Being a young carer does not in itself indicate a safeguarding concern, but caring responsibilities may form part of a wider picture of a child's needs and circumstances.

Issues faced by Young Carers

Caring responsibilities can impact on young people's education in a number of different ways including, but not limited to, the following:

- Lateness
- Tiredness
- Non-attendance
- Not participating in extra-curricular activities and school events

Experiencing bullying or isolation
Underachieving academically
Poor education or career choices
Late or no submission of homework

Many young carers may be unable to develop friendships outside of school, due to reasons such as being unable to invite friends to their home, restricting the development of a pupil's social skills. Some young carers carry out tasks for which they are physically ill equipped, which can impact on their overall health. Long-term caring responsibilities can impact significantly on the mental health of young people, which like their physical health, can lead to poor attendance. Persistent absence, lateness or reduced engagement may indicate that caring responsibilities are affecting a pupil's wellbeing and will be explored sensitively.

Some families will be dependent solely on various benefits, affecting their ability to afford proper school clothing and/or extra-curricular activities, such as school trips. Families involving a young carer may be unwilling or unable to attend school functions, leading to them becoming more isolated from the school environment and unaware of issues that the young carer may be experiencing.

Identifying young carers

During the school admissions process for new pupils, the school will:

- Identify parents or family members who have disabilities or other long-term physical or mental health conditions.
- Clarify whether the pupil has caring responsibilities.
- Information may be shared by the family, or the school may identify that a young carer has additional needs requiring support, including SEND or SEMH needs
- Establish individual pupil plan if necessary, to support the child's specific needs as a young carer.

Where appropriate, a young carer may be referred to the Local Authority or other support agencies for a needs assessment. The school will continuously bear in mind that where a parent has a disability, mental health or substance abuse issue, the pupil might be the carer whilst showing none of the indicative signs of a young carer.

Young Carers and the School

The school's Young Carers Lead is Mrs Martin. The Young Carers Lead works closely with the Designated Safeguarding Lead and SENDCo to coordinate support.

They are responsible for:

- Ensuring that young carers have the same access to a full education and career choices as their peers.
- Promoting and coordinating the support young carers need.
- Liaising with other agencies as appropriate, including adult services.

It is important that staff members can effectively identify young carers and that young carers feel that they can ask for help; therefore, raising awareness among staff and pupils about the issues relating to young carers and what support is available is vital. In order to ensure that staff members understand the issues faced by young carers, training and ongoing professional development about the matter is provided for staff and the governing board.

Staff members will keep up-to-date with national and local developments, legislation and guidance affecting young carers and their families. The school aims to create a welcoming and friendly environment for all pupils, in which young carers feel comfortable to discuss their situation.

The school will publish clear information regarding how pupils and their families can access support, ensuring that all pupils are aware of this information.

Governors will receive appropriate information regarding the effectiveness of support for young carers through the school's safeguarding and wellbeing monitoring processes

The curriculum, primarily PSHE lessons, will be used to promote a full understanding, acceptance of, and respect for, issues such as the work of young carers.

The school premises are accessible to people with disabilities and/or physical or mental health conditions additional support to enable them to attend parents' evenings and other school events.

Staff members will not discuss a young carer's personal situation and related arrangements in front of their peers.

The school will follow child protection procedures regarding any pupil who they believe to be at risk of significant harm due to inappropriate levels of caring.

Providing support

Once identified, young carers will work with the Young Carers Lead and teachers regarding difficulties and attendance. The Young Carers Lead will ensure that existing individual pupil plans recognise the pupil's specific needs as a young carer. The school offers support to the pupil and their family during the transition process, sharing agreed information with their new school to ensure continuity of support.

Additional support is offered in order to remove any communication barriers with parents, allowing them to be fully engaged with the education of their child. Targeted early interventions are used in order to provide support to young carers, ensuring that they are able to reach their full potential. Where appropriate, the school will consider Early Help, Family Help and multi-agency support to prevent concerns escalating

The school uses and evaluates data effectively in order to identify and monitor the progress made by young carers, and reviews plans accordingly. Where appropriate, homework deadlines for young carers will be negotiated.

Where parents are unable to physically attend parents' evening due to their disability, medical condition or substance misuse, virtual appointments will be considered.

Young carers are provided with opportunities to speak to someone in private regarding their role as a young carer. Staff members treat young carers in a sensitive and child-centred way, upholding confidentiality.

The school will continuously promote additional links with adult care agencies, this may be able to support families and relieve care responsibilities. The school will discuss and provide advice to parents regarding transport arrangements, where necessary, for those who find it difficult to escort their young children to school.

Pupil Voice

The school will regularly seek the views of young carers regarding the support they receive and use this feedback to inform future provision. The wishes, feelings and lived experiences of young carers will be considered when planning and reviewing support.

Monitoring and review

The Young Carers Lead will monitor and review practice to ensure this policy is implemented correctly as well as monitoring:

- attendance
- attainment and progress;
- participation in enrichment activities;
- wellbeing concerns;
- referrals for support.

This policy should be read alongside the school's Child Protection and Safeguarding Policy, Behaviour Policy, Attendance Policy, SEND Policy and Supporting Pupils with Medical Conditions Policy. Staff will all be aware of other relevant school policies which will be implemented alongside this policy. The next scheduled review date of this policy is September 2027.

How can Young Carers find support at Trinity St Peter's?

Our Young Carers Lead is Deputy Headteacher, Louisa Martin. Our school works closely with Sefton's Young Carers Team to ensure support is available to the child.

How can families access support outside of school?

You can find further information on the Sefton's Young Carers on the [website here](#) or by:

- calling 0151 288 6060 or
- by emailing: yc@carers.sefton.gov.uk

This policy has due regard to statutory legislation and guidance, including, but not limited to, the following:

Keeping Children Safe in Education 2026

Children Act 2004

Education Act 2011

Equality Act 2010

Carers (Equal Opportunities) Act 2004

Carers (Recognition and Services) Act 1995

Children and Families Act 2014

Care Act 2014

The Young Carers (Needs Assessments) Regulations 2015

DfE (2011) 'Improving support for young carers – family focused approaches'

DfE (2016) 'The lives of young carers in England'