



St James CE Primary School

**Young Carers Policy
2025-2026**

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

- 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'

Definition

A young carer is someone who is under 18 years of age who provides regular and ongoing care to a family member who is physically or mentally ill, has a disability, has an addiction.

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

Young carers may be primary carers, such as caring for a parent, or a secondary carer, such as helping to care for a sibling.

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
- Managing money

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
- Late or no submission of homework and assignments
- Not participating in extra-curricular activities and school events
- Experiencing bullying or isolation
- Underachieving academically
- Poor education or career choices

Many young carers may be unable to develop friendships outside of school for a number of 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 their overall health. Long-term caring responsibilities can have a significant bearing on the mental health of young people, which like their physical health, can lead to poor attendance.

Some families will be dependent solely on 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 unable or unwilling to attend school functions, which may lead them to becoming isolated from the school environment and unaware of issues that the young carer may be experiencing.

Identifying young carers who are new to the school

During the school enrolment 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 if the pupil has caring responsibilities.
- Identify whether the young carer has any additional needs that require support, e.g. any SEND or social, emotional and mental health (SEMH) needs.
- Establish individual pupil plans to recognise the child's specific needs as a young carer.
- Where appropriate, a young carer may be referred to the LA or other support agencies for a needs assessment.
- The school will remain alert to the fact that a pupil might be a young carer whilst showing none of the signs indicative of that role.
- Establish clear lines of communication with any other provisions that have been attended by the pupil to establish if they have been identified as a young carer.
- The school will ensure that, with the support from families, relevant information regarding the caring status of pupils is shared with any subsequent schools they attend.

Raising awareness of young carers

The school will raise awareness of young carers amongst pupils, families, staff and governors. In all of ways that this happens 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.

Pupils

- The school aims to create a welcoming and friendly environment for all, in which pupils who are, or might be, young carers feel comfortable to discuss their situations.
- The school will publish clear information on the Young Carers notice board regarding how pupils can find help and who they can talk to.
- 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.
- Every half term young carers sessions will be held by the Young Carers Champions for all the young carers at school.

Families

- The school will publish clear information regarding how families can access support, including having a

young carers tab on the website and regularly including information in the newsletter.

- The school premises are accessible to people with disabilities and/or illnesses, offering additional support to enable them to attend parents' evenings and other school events.

Staff

- It is important that staff members can effectively identify young carers, therefore, the school is committed to raising awareness through regular training and ongoing professional development
- Staff members will keep up-to-date with national and local developments, legislation and guidance affecting young carers and their families.

Governors

- The governing body will make provision for inclusive policies and practices that support young carers and promote good communication with their families.

Providing support to young carers

A member of SLT is the Young Carers Lead and there are two Young Carers Champions in school. They are the main point of contact for young carers in the school. 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.
- Liaising with other agencies as appropriate, including adult services.
- Ensure that staff, students and parents/carers are aware of the right to a young carer's assessment, as well as the support and services available to them, and how they can access these services, including, but not limited to, local young carers support networks, Emotional Support services and the school nurse.

The school has made the following commitments to help young carers:

- Once identified young carers will work with the Young Carers Champions and teachers regarding ongoing support and help, including attendance and homework.
- The Young Carers Champions will ensure that existing individual pupil plans recognise the pupil's specific needs as a young carer.
- The school will offer support to the pupil and their family during the transition process, sharing agreed information with their new school where appropriate.
- Targeted early interventions will be used in order to provide support to young carers to ensure that they are able to reach their full potential and have the same opportunities as all other pupils.
- The school will use and evaluate data effectively in order to identify and monitor the progress made by young carers and review plans accordingly to tackle the barriers that could reduce the life choices available to a young carer. This will include reviewing changes in, amongst other factors, attainment, progress and attendance, to consider if this may be due to a caring role.
- Young carers can be provided with access to a telephone to call home during breaks and lunches, with the intention of reducing worry they may have about a family member.
- Where appropriate, homework deadlines for young carers will be negotiated.
- Young carers will be provided with opportunities to speak to someone in private regarding their role as a young carer.
- Staff members will treat young carers in a sensitive and child-centred way, upholding confidentiality.

- Staff members will not discuss a young carer's personal situation and related arrangements in front of their peers.
- Additional support will be offered in order to remove any communication barriers with parents, allowing them to be fully engaged with the education of their child.
- Where parents are unable physically to attend parents' evening due to their disability, medical condition or addiction, virtual appointments will be considered.
- 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.
- The school will continuously promote additional links with adult care agencies, which may be able to support families and relieve care responsibilities.
- The school will gather and use the views of young carers and their families to inform policy development and provision within the school.

Monitoring and review

The Young Carers Champions and Senior Leadership Team Lead will continually monitor and review practice to ensure this policy is implemented correctly.

Staff will all be made aware of other relevant school policies which will be implemented alongside this policy.

The next scheduled review date of this policy is September 2026.

How can Young Carers find support at St James'

- Our Young Carers Champions are Mrs Evans and Miss Barratt and our Senior Leadership Team Young Carers Lead is Miss Moore.
- We work closely with the St Helens Young Carers Centre and can put families in touch with them.
- The Young Carers notice board in the Harbour gives information about Young Carers at St James'.
- Children are welcome to visit the Harbour at breaks time or lunch times to talk to Miss Barratt if they feel they (or someone they know) may be a Young Carer. They can also speak to Miss Moore or Mrs Evans.

How can families access support outside of school?

- You can access the St Helens Young Carers Centre on **01744 677279**
18 Cotham St, Saint Helens WA10 1SJ www.sthelensyoungcarers.org
Hours:

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| Monday | 9:30 am–4 pm |
| Tuesday | 9:30 am–4 pm |
| Wednesday | 9:30 am–8 pm |
| Thursday | 9:30 am–4 pm |
| Friday | 9:30 am–4 pm |
| Saturday | Closed |
| Sunday | Closed |