



Kingdown School

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# YOUNG CARERS POLICY

Last amended: **March 2018**

By **David Richardson**

For review: **3 years**

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This policy is consistent with all other policies adopted by the governors and should be read in alongside the following policies relevant to the safety and welfare of our pupils:

- Child Protection and Safeguarding Policy
- Kingdown Equality Information 2017 – 18

## **RATIONALE**

We are committed to being aware of the issues that Young Carers may face within our school and putting systems in place to support them.

## **AIMS**

- Governors, teaching and non-teaching staff, pupils and parents should have an understanding of what a Young Carer is and what their responsibilities may be.
- Governors and staff should be aware of the School Policy on Young Carers.

## **DEFINITION OF A YOUNG CARER**

A Young Carer is someone between the ages of 5 – 18 years who has caring responsibilities for a family member within their home that has:

- A serious or long term illness
- A physical disability
- A mental health problem
- A drug or alcohol dependency
- A learning disability

Young Carers may do things like:

- Household chores
- Preparing or cooking food
- Personal care
- Giving medication
- Communicating on behalf of someone else
- Ensuring someone's safety
- Providing emotional support

## **INDICATIONS THAT A STUDENT MAY BE A YOUNG CARER**

The Young Person:

- May be late for school for no apparent reason, or have high absenteeism rates
- Might be often tired, withdrawn or pre-occupied
- Could be a victim of bullying – may have very few friends
- May be under-achieving. Often has not completed homework or it is of poor quality
- Could be anxious or concerned over ill/disabled relative
- May display behavioural/emotional problems
- Might have physical problems such as back pain from lifting an adult

## **WHY IT IS IMPORTANT FOR SCHOOLS TO HAVE A YOUNG CARERS POLICY**

Young Carers do not always feel supported at school. This is often made more difficult because some Young Carers prefer not to discuss their caring role and the majority do not want attention drawn to them. This Policy will make more people aware of the issues surrounding Young Carers and ensure that the School responds promptly and

effectively to their needs as outlined in “Every Child Matters: Change for Children” (2004).

#### **WHAT KINGDOWN WILL DO TO SUPPORT YOUNG CARERS**

- Governors and staff will be made aware of the issues faced by Young Carers through this policy.
- Confidentiality will be respected.
- Young Carers, who are known to the School, will be supported by their Head of House and tutor. This may include referrals to helpful services where appropriate. This may also include intervention offered within school such as counselling, peer mentoring, and if appropriate, referrals to our CAMHS Thrive Practitioner.
- The School will endeavour to make use of lunch time detentions for Young Carers as an alternative to after school detentions.
- The School may liaise with the Young Carers Service where required.
- The School may provide Young Carer School Packs where required.

#### **USEFUL CONTACTS**

- Online information for professionals [www.youngcarers.net](http://www.youngcarers.net)
- Online information for Young Carers [www.youngcarer.com](http://www.youngcarer.com)
- Childline 0800 11 11
- Advisory Centre for Education (ACE) 0808 800 5793
- Coram Children’s Legal Centre 0808 802 0008
- KIDSCAPE Parents Helpline 0808 802 5544
- Parentline Plus 0808 800 2222
- Youth Access [www.youthaccess.org.uk](http://www.youthaccess.org.uk)
- Bullying Online [www.bullying.co.uk](http://www.bullying.co.uk)