

# St Hugh's Catholic Primary School

## Support for Young Carers Policy

### Mission Statement

#### Learn, Love, Pray

At St. Hugh's, we grow together with Christ in our hearts. We reach our potential in a learning community and we welcome all with respect and understanding.

### Defining a Young Carer:

A Young Carer is under 18 years of age and helps to look after a family member who has a disability, long term physical or mental health illness, or misuses substances. Caring can involve household chores, personal care, emotional support, communication support or looking after siblings and themselves. The level of responsibility assumed by a Young Carer is often inappropriate to their age and at a level beyond simply helping out with jobs at home which is a normal part of growing up.

It is much better to start from a positive base so our enrolment process will seek to establish if:

- The pupil lives with a family member who has a disability or long-term physical or mental health illness.
- The pupil has a responsibility for looking after that person over and beyond normal inter-personal relationships within a caring family setting.
- The family is in contact with a support service that could help reduce their reliance on the pupil.

### Identifying a Young Carer:

Unless the school is advised about a pupil's home circumstances, Young Carers risk first being identified by negative aspects of their behaviour or work. Some Young Carers worry about bullying or interference in their family life and may seek to conceal their role from their peers and from teachers.

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.

Some of the warning signs that might indicate that a pupil has unrecognised responsibilities are:

- Regular lateness or unauthorised absence, possibly increasing.
- Tiredness in school.
- Erratic response to homework with incomplete, late or non-compliance to set tasks.
- Lack of concentration, anxiety or worry.
- Under-achievement for potential capability.
- Behavioural problems, especially inappropriate responses possibly resulting from anger or frustration.
- Few or no peer friendships but possibly with a good relationship with adults and presenting as very mature for their age.
- Victim of bullying, perhaps linked to a family member's disability or state of health,
- e.g. substance misuse or due to Young Carer not being perceived by peers as dressing in the latest fashion.
- Lack of interest in extra-curricular activities, especially after school.
- Apparent parental disinterest due to non-attendance at parent's meetings.

All the warning signs mentioned may be indicators of a range of problems, some not associated with caring, however in dealing with any pupil exhibiting any of the signs staff should consider asking the pupil if they are helping to look after someone at home. If the response is yes, the designated safeguarding lead must be informed.

## **St Hugh's Catholic Primary School Support for Young Carers Policy**

Some families will choose not to disclose this information. Any information gained as a result of this process will be held on CPOMs. We will respect the right to privacy and will only share information about Young Carers and their families with people who need to know in order to be able to help. Before sharing information.

### **School Support for Identified Young Carers**

The Designated Safeguarding Lead at our school will be the lead for Young Carers within the school. They will be the point of contact for Young Carers and their families and will liaise with the Young Carers' Service.

- Awareness raising sessions will take place including assemblies, PSHE lessons and staff and Governor training.
- Wherever possible staff will talk to Young Carers in private and not in front of their peers.
- Information about the Young Carer and their family will only be shared with people who need to know in order to help.
- Young Carers have the option to be put in touch with the local Young Carers' Service once they fit the criteria.
- Where possible we will negotiate deadlines for homework etc in advance of them being set.
- Additional support needs for Young Carers struggling to achieve their potential will be identified and provided where appropriate and in consultation with Young Carers' Service.
- Alternatives for Young Carers unable to attend out of school activities due to their caring role will be considered.
- We will liaise with support services to ensure that we can refer and signpost families to additional help.

If a parent is unable to travel to parent's sessions due to family circumstances, we will try to make alternative arrangements. The Young Carer or parent may request this.

- We will provide advice about how young people can get into school where transport is a problem.
- The school is accessible to parents who have mobility and communication problems.
- We seek feedback and ideas from Young Carers and their families.
- Establish individual pupil support plans for those Young Carers with specific needs where appropriate.
- We allow Young Carers to use a telephone to call home during breaks and lunch times so as to reduce any worry they may have about a family member.
- The Young Carers Lead keeps up to date with national and local developments and with legislation and guidance affecting Young Carers and their families.
- Complies with the Disability Discrimination Act by offering disabled parents support to get their children into school.

Policy Ratified 5<sup>th</sup> February 2025  
Review date 4<sup>th</sup> February 2028