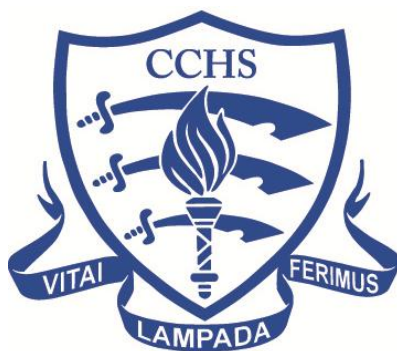


Chelmsford County High School For Girls



Young Carers Policy

Approved by the Academy Board: 19th March 2025

Young Carers Policy

Young carers are children and young people under 18 years old who provide regular and on-going care to another person who is physically or mentally ill, disabled or misuses substances.

Young carers provide a wide range of care including:

- Practical care (e.g. washing, cooking, cleaning for the whole family)
- Personal care (e.g. bathing, dressing)
- Emotional support (e.g. listening, being present)
- Childcare (e.g. caring for younger siblings, taking younger siblings to school)
- Communication (e.g. translating at medical appointments, paying bills/ dealing with finances)

Young carers provide valuable help and support to their families, and we are proud of them and the care they provide. However, it can be a difficult role to manage and young carers might encounter a range of difficulties such as completing homework, feeling isolated from other children their age because they feel others don't understand their lives, having a lack of time for play, sport or leisure activities, or struggling to manage their own physical or mental health.

At Chelmsford County High School for Girls we acknowledge that young carers may need extra support to ensure they have equal access to education.

Aims

- To improve the progress and raise the standard of achievement for young carers.
- To address any underlying inequalities between young carers and other students.
- To raise awareness of young carers among staff and to ensure the identification of all young carers as early as possible on entry to the school.
- To ensure that young carers feel as included and supported within their school community as possible.
- To foster respect and understanding towards young carers among all students.
- To ensure that young carers take as full a part as possible in all school activities.
- To ensure that young carers are involved in discussions and decisions affecting young carer provision.
- To ensure that young carers have access to appropriate careers guidance and opportunities.
- The school recognises that flexibility may be needed when responding to the needs of young carers.

Strategies

- To include space on school application forms for parents to declare whether or not their child is a young carer.
- To ensure that all relevant school staff receive training around how to identify and support young carers.
- To create a young carer register accessible to all relevant members of the pastoral team and teaching staff.
- To have a member of staff leading on young carer provision, overseen by the Deputy Headteacher (Pastoral), who will be responsible for maintaining a young carer support group and corresponding with external agencies to stay up to date on a young carer's circumstances and needs.

- To monitor the progress of young carers and respond accordingly with appropriate intervention where necessary.
- To monitor the attendance of young carers and respond accordingly with appropriate intervention where necessary.
- To make reasonable adjustments to usual school policies and show flexibility on a case-by-case basis regarding issues such as lateness to school, late homework and poor attendance.
- To ensure that young carers have access to the mental health support available across the school where necessary.
- To raise awareness of young carers and develop a culture of respect for young carers among the student community and also to encourage young carers to come forwards and make themselves known, for example through school assemblies and form time activities.
- To offer young carers extra-curricular opportunities for relaxation, leisure and social connection for young carers.
- To support young carers in getting to and from the school where necessary.
- To ensure that young carers have the opportunity to contribute to the discussion around the school provision for young carers.
- To offer a programme of careers advice and guidance.
- To maintain and regularly review our young carers policy. This will be reviewed annually.
- The school will provide young carers with opportunities to speak to someone in private and staff will not discuss their situation in front of their peers.
- The school appreciates that young carers will not discuss their family situation unless they feel comfortable. The young person's caring role will be acknowledged and respected.
- The school will treat young carers in a sensitive and child-centred way, upholding confidentiality.
- The school will ensure young carers can access all available support services in school.
- The school will follow child protection procedures regarding any young carer at risk of significant harm due to inappropriate levels of caring.
- The school recognises that flexibility may be needed when responding to the needs of young carers. Available provision includes (but is not limited to):
 - access to a telephone during breaks and lunchtime to phone home
 - negotiable deadlines for homework/coursework (when needed)
 - access to homework club
 - identifying support for them and their family to enable them to attend school trips and educational activities
 - access for parents with impaired mobility
 - alternative communication options for parents who are sensory impaired or unable to attend school events such as parents evenings.
 - advice to parents if there are difficulties in transporting a young carer to school.