

The Rydal Academy

Young Carer's Policy

Accepted by: The Rydal Academy LGB September 2015

Approving Body: Local Governing Body

Committee: LGB

Review Cycle: 3 years

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Who are Young Carers?

"Young carers are children and young people under 18 years old who provide regular and ongoing care to a family member who is physically or mentally ill, disabled or misuses substances" (Children's society definition).

Often the person they care for is a parent, sibling or grandparent and the care they provide may be physical and /or emotional. They are carrying out tasks and responsibilities that are additional to those appropriate for their age. These may include:

- Personal care e.g bathing,dressing,feeding
- Giving or prompting medication/injections
- Shopping
- Housework
- Emotional support-listening, companionship, empathy, compassion
- Looking after brothers and sisters
- Budgeting and paying bills.

At **The Rydal Academy** we believe that all children and young people have the right to an education, regardless of what is happening at home. 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 help to get the most out of school. We acknowledge that there are likely to be young carers among our pupils, and that being a young carer can have an adverse effect on a young person's education.

Our Young Carers Policy outlines the factors that indicate a young person is caring and the possible effects this can have. Our policy says how we will help any pupil who helps to look after someone at home. We will strive to relieve some of the worries they may face about home and school work and show that we believe young carers' education is important.

Factors which may indicate a young person is caring:

- Illness or disability in the family
- Being late or absent(due to caring responsibility)
- Assuming a parenting role towards siblings
- Poor concentration and/or often tired
- Academic performance below potential
- Homework often uncompleted
- Isolation from peers or problems interacting with peers
- Not making use of out of school activities
- Mature and responsible but perhaps 'letting go' and behaving immaturely when in a safe environment

- Behaviour problems
- Limited contact with school by parents
- Being bullied
- Poor presentation

Possible Effect on Education:

Because of their responsibilities at home, a young carer might experience:

- Being late or absent
- Concentration problems, anxiety or worry in school
- Emotional distress
- Tiredness
- Lack of time for homework
- Poor attainment
- Physical problems such as back pain from lifting
- False signs of maturity due to assuming adult roles
- Behaviour problems (taking out their anger and frustrations)
- Lack of time for extra-curricular activities
- Isolation, embarrassed to take friends home.
- Limited social skills
- Bullying
- Low self esteem
- Feeling that no one understands

Support:

As a school we:

- Have a designated Young Carers' Champion-**Mrs Thurland**
- Our Parental Information record sheet includes a section to identify young carers and asks what support is required
- Ensure that all staff are aware of the needs of Young Carers and have access to the appropriate information regarding the support that is available.
- Give information to the young person about young carers and what information and support is available.
- Liaise with appropriate services and are aware of the referral process to Humankind Darlington Young Carers
- Offer access to our free school bus
- Offer free access to breakfast club and wraparound care
- Consider alternatives and be flexible when responding to the needs of Young Carers. E.g access to a telephone at break times, opportunities to complete reading and spellings during assembly times
- Provide opportunities to share concerns with their chosen adult.
- Provide a room for the young carer to meet with their key worker
- Include issues around disability, mental ill health and young carers in PHSRE and citizenship lessons
- Will highlight the role of Young Carers in assemblies.
- Will avoid stigmatising or labelling pupils who are Young Carers and provide guidance on preventing bullying.

- Ensure parents can access school for open evenings etc. If this is not possible then consider how links can be made with home through home visits or virtual meetings.
- Include thinking about sensitivities and differences around cultural needs
- Consider how information is passed effectively and confidentially between schools and phases to ensure needs are met.
- Include procedures for effective inter-agency work to support the young carer (including Team Around The Family-TAF and safeguarding procedures if necessary)
- Engage fully with the young carer and their parents about the delivery of support
- Include regular evaluation of the effectiveness of this policy and the support afforded young carers
- Treat a young person's disclosure with sensitivity and, depending on age, talk to them about the support they would like, approaching the parents with their permission.
- Will consider family group conferencing to sustain support from the wider family