

# GRACE COLLEGE

## Young Carers Policy



A young carer is a child under the age of 18 who regularly provides support or care for a member of their household who has a long-term illness; is disabled; has a mental health condition or a substance addiction. These children may need additional help or understanding or recognition in school.

The level of responsibility is often different to other children of their age and this can have an impact on the child's physical and emotional life, as well as increased feelings of responsibility and an impact on their own time. All of this may impact on the education of a young person.

Children who are young carers may take on additional responsibilities such as (but not exclusive to):

- Practical tasks around the home
- Physical care of another person
- Personal care
- Managing finances, paperwork or medication
- Looking after younger siblings

Students are usually identified through the Carers Trust who work closely with schools during Year 6 transition and throughout the young person's education. As situations change, we may be advised about circumstances by a family member or the young person. There are also additional indicators such as:

- Regular lateness or absences
- Tiredness during the school day
- Lack of high-quality homework
- Lack of concentration
- Increased anxiety
- Underachieving
- Lack of engagement in activities, especially outside of normal school hours
- Lack of engagement from parents
- Poor physical presentation

Some young carers may be worried about seeking support from adults for a variety of reasons and so reporting signs of concern to the safeguarding team according to the Safeguarding Policy is an important requirement of all staff.

Support is offered in a variety of ways as best fits each individual case. In all cases, unless a young person is at risk, additional support is voluntary and not undertaken without conversations with the young person and their parent or carer.

Examples of support include:

- Designated members of staff with specific responsibility for young carers
- Referring students to the Carers Trust (who run external activities; in-school monthly young carers drop-in sessions; 1:1 support sessions; expert advice and support and many more interventions as required)
- Regular contact with Carers Trust and information sharing with young carers in school

- Bespoke plans for students with identified needs
- Liaising with teachers to enable teaching staff to support and understand students' needs
- Liaise with teachers to make reasonable adjustments to homework, particularly during specific times of need
- Providing time and space to complete homework as necessary
- Sign-posting families and young carers to other external agencies if and where possible
- Enabling young carers to attend co-curricular activities by planning this into the school day
- Providing designated welfare staff for young carers to seek support from
- Communicating information between the Welfare and Heads of Year teams to ensure systems of support are understood and acted on by all staff.

If a young person, family member or member of staff is concerned about a young carer or wants further information they can contact the Safeguarding Team.

### Young Carer Agreement

This agreement outlines the mutual understanding and support between the student, their parent/carer, and Grace College.

**Student Name:** \_\_\_\_\_

**Year Group:** \_\_\_\_\_

**Date of Agreement:** \_\_\_\_\_

#### 1. Grace College agrees to:

- Offer a safe space to talk and be listened to.
- Provide flexible academic and pastoral support.
- Respect the student's privacy and only share information with consent or if there are safeguarding concerns.
- Liaise with external support services as needed.

#### 2. The Young Carer agrees to:

- Let the Young Carers Lead or staff know if their circumstances change or they need additional help.
- Attend meetings or check-ins arranged for support where possible.
- Engage with the support offered to them.

#### 3. Parent/Carer agrees to:

- Inform the school of any changes in the family situation that may affect the student's well-being or attendance.
- Work with the college and external agencies to support the student.

**Student Signature:** \_\_\_\_\_

**Parent/Carer Signature:** \_\_\_\_\_

**Young Carers Lead Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_