



## **POLICY DOCUMENT FRONTPAGE**

Young Carers Policy

**CURRENT POLICY**

**APPROVED BY ALEC HUNTER LOCAL GOVERNING BODY**

**THIS POLICY IS REVIEWED REGULARLY IN LINE WITH  
RECOMMENDED GUIDELINES**



## YOUNG CARERS POLICY

### Introduction

Alec Hunter Academy is aware that pupils in our school may well undertake the role of a carer within their home environment.

The school believes that all children and young people should have equal access to education, regardless of their home situation and that no child should take on inappropriate or excessive caring responsibilities.

If a young person does look after someone in their family with a serious illness, disability or substance misuse problem, they may need a little extra support to help them get the most out of school.

The school aims to understand the issues faced by young carers and this policy is designed to outline how the school will support any pupil who helps to look after someone at home and provide support through a whole school approach, as well as when required, working with other agencies and professionals, in the understanding that supporting the whole family is in the best interests of the young carer.

### Definition

A young carer is a child or young person under the age of 18 living with or carrying out a significant physical or emotional caring role and assuming a level of responsibility for another person, which would normally be undertaken by an adult.

They can be caring for any of the following:

- Parent or sibling suffering with mental health issues
- Parent or sibling with a physical disability
- Parent or sibling with entrenched substance misuse problems
- Parent or sibling with learning difficulties
- Parent or sibling with a chronic or terminal illness

### Effects to their education

Being a young carer can have an adverse effect on a young person's education, because of their responsibilities at home, a young carer might experience:

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

- Low self esteem

### **Support Offered**

At Alec Hunter Academy The Young Carers Lead will oversee support for Young Carers. The Team will take responsibility for:

- Organising and updating a display board for students, offering advice and support to Young Carers
- Organising and updating a display board outlining provision for Young Carers in a main staff area
- Being a first point of contact within the school for Young Carers and their families
- Organising staff training to help identify and work with Young Carers
- Set up systems for identifying Young Carers, including liaison with Heads of Year and SSLs
- Proactively engage with Young Carers via consultation/questionnaires so that their needs are taken into account.
- Organising and providing additional support, such as attendance at homework club/access to external agencies and support
- Promoting awareness amongst staff of Young Carers and how to support them
- Liaising with other local schools, i.e. feeder schools
- Organising and running assemblies outlining the role of Young Carers
- Monitoring attendance and academic progress of Young Carers and organising interventions as necessary
- Conduct round robin questionnaires and book reviews to monitor progress and liaise with staff where concerns are flagged
- Liaising with Governors to ensure practices are inclusive of Young Carers school-wide
- Develop individual support plans for Young Carers
- Work with families to ensure school is accessible to pupil's relatives and systems are in place to enable us to undertake whole family work that aims to support and reduce the caring role
- Liaise with school Safeguarding lead/external agencies where necessary

This policy should be read in conjunction with other policies i.e. Bullying Policy

Alec Hunter Academy is committed to keeping up to date with national and local developments and with legislation and guidance affecting young carers and their families.