



# **Young Carer Policy**

## **VERSION: December 2025**

## **NEXT REVIEW: December 2027**

### **Young Carer Provision at Donisthorpe:**

At Donisthorpe we are aware that pupils in our school may have caring roles at home. We believe that children and young people should have equal access to education, regardless of what is happening at home and that no child should have to take on inappropriate or excessive caring responsibilities. We recognise that a young carer (and/or their family), may need further support, to help them get the most out of school.

### **We aim to:**

- Understand the issues faced by young carers
- Support young carers through a whole school approach
- Work in partnership with other agencies and professionals
- Support the whole family, with the needs of the young carer at the centre of this

### **The school's Young Carer Champion is:** Mrs Sylvie Newman

A young carer is a person under 20 years of age, who provides or intends to provide care for another person (of any age, except where that care is provided for by payment, pursuant to a contract or as voluntary work). This also relates to care for any family member who is physically or mentally ill, disabled or misuses substances. We recognise that helping around the house is a normal part of growing up for many children, however we are aware that young carers regularly carry out caring tasks and assume a level of responsibility, which is often inappropriate to their age.

It is proven that caring responsibilities can lead to negative impacts upon both attendance (and punctuality), behaviour and attainment. Identifying and supporting young carers is an effective way of improving the attainment and attendance of this pupil group; who are specifically mentioned in Ofsted's evaluation inspection schedule. We believe that by supporting young carers and their families, we can strengthen families and support parenting.

### **A young carer may:**

- Struggle to attend school and struggle to make good progress in school
- Experience bullying and struggle to build relationships
- Experience concentration problems, emotional outbursts, tiredness, anxiety, stress, problems with health and wellbeing, isolation, low self-esteem and low mood
- Experience emotional or physical wellbeing issues which can affect their prospects in education and life

### **A young carer may be involved in:**

- Practical tasks such as preparing meals
- Physical care such as lifting, helping a parent on stairs or with physiotherapy
- Domestic tasks; such as cleaning, managing the family budget, paying bills, collecting benefits and prescriptions

- Personal care; such as washing, dressing, administering medication, changing dressings, and/or helping with toileting needs
- Looking after or 'parenting' siblings
- Emotional support; such as staying at home to keep someone, the person they care for, company
- Interpreting, due to a hearing or speech impairment or because English is not the family's first language

### **What will we do at Donisthorpe to support young carers?**

1. We will have a named member of staff with the lead responsibility for young carers, with the title of Young Carers Champion. They will be the main point of contact for all issues concerning young carers and their support. If a young carer transfers to another school from our school, the Young Carers Champion will liaise with the Champion at the new school regarding the support required.
2. We will endeavour to identify young carers and offer them support, so that they can access fulltime education. This offer of support may include:
  - Referral to the Local Authority's commissioned Assessment and Support Service for Young Carers
  - Referral to the Local Authority's Young Carers respite groups
  - Referral to the Local Authority's Young Carers ID card scheme
  - Referral to relevant agencies
  - Signposting to relevant sources of information, advice and guidance
3. We will treat all young carers in a sensitive and child centred way. We will uphold confidentiality and follow data protection regulations.
4. We will follow child protection and safeguarding procedures, regarding and young carer that is at risk of significant harm, due to inappropriate caring responsibilities.
5. We recognise that every young career's situation is different and that flexibility is required when responding to their needs. We can consider 'reasonable adjustments' to assist a young carer such as; access to a telephone during breaks and lunchtime, negotiable homework deadlines, access to homework clubs, lunchtime detentions instead of after school detentions, access for parents with mobility issues and alternative communication options for parents with sensory impairment or who are housebound.