

# Frederick Bremer School



## Young Carers Policy 2023-24

Person Responsible	Fenella Hewitt
Review Frequency	
Policy First Issued	September 2021
Last Reviewed	February 2024
Agreed by LT on	
Does this policy need to be ratified by Governors?	Yes
If yes, which committee	SIP Committee
Ratified by Governors on	
This policy is communicated by the following means	



**Frederick Bremer School – Young Carers Policy**

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Ratified

## Frederick Bremer School – Young Carers Policy

### Introduction

**1.1** At Frederick Bremer School we are aware that pupils in our school may well have caring roles at home. We believe that all 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.

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

**1.2** We aim to understand the issues faced by young carers and to have a separate policy for young carers stating how we will support any pupil who helps to look after someone at home.

We aim to support young carers through a whole-school approach and through working with other agencies and professionals, with the understanding that support for the whole family is in the best interests of the young carer.

### Definition

**2.1** 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.

**2.2** They can be caring for any of the following:

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

**Note:** Those being cared for may also include other family members, such as grandparents who require extra care that parents cannot provide, or an extended family member who resides with student and their immediate family (e.g aunt, uncle, cousin)

**Note:** At Frederick Bremer, if a student regularly acts as a translator for a parent or sibling who does not use English as their first language, such as at the bank or the housing office, we recognise them to be a Young Carer despite them not meeting criteria for being a Young Carer under Local Authority guidelines.

### Young Carers and the effects on 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
- Bullying
- Low self esteem



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- Lack of equipment/resources (Financial strain)

### School View

The school views young carers as any other pupil, but understands that they have the additional burden of caring responsibilities.

The whole school is committed to meeting the needs of young carers so that they are enabled and encouraged to attend and enjoy school and have equal access to their education as their peers.

### Identifying Young Carers

Frederick Bremer school is committed to identifying and supporting young carers. We recognise the importance of early identification in addressing the challenges that may be faced by young carers and providing them with the support they need to succeed.

All staff have received training in recognising signs that a student may have caring responsibilities, and how to respond to this. The young carers referral process is as follows:

1. Staff member will record concern on CPOMS under Young Carer category, and inform Head of Year
2. Young Carers Representative will complete a MACA (Multi-dimensional Assessment of Caring Activities) to assess level of caring responsibility with the student.
3. Young Carers Representative will contact home to discuss the support available and gain consent for a MASH referral to be made.
4. Young Carers Representative will complete a MASH referral, directed to the Waltham Forest Young Carers Team.

### Support offered

Frederick Bremer School ensures that the following support is available for all young carers within our school.

- Frederick Bremer School has identified Prudence Stephens (Inclusion Manager/Deputy DSL) as our Young Carers Representative, and Fenella Hewitt (Deputy Headteacher/DSL) as our Young Carers SLT lead. Their names and roles are made known to parents annually.
- During the enrolment process for new pupils, the school will identify whether parents or family members have disabilities or other long-term physical or mental health problems, whether the pupil helps to look after them and if this has an impact on their education.
- The school will use and evaluate data effectively to identify and monitor the progress made by young carers.
- The school, where necessary, will aim to offer support to improve attendance and the pupil's well-being.
- The school embeds training on young carer issues in induction training and continuous professional development for all staff.
- Pupils identified as Young Carers will be issued with a Young Carers profile, which is shared with relevant staff members. This will allow flexibility with disciplinarys given for incidents that happened as a direct result of their caring responsibilities (e.g. example missed homework or lateness)
- When a young carer leaves the school, either to proceed into further education or for any other reasons, details of their caring role and home situation will be passed on to the next school subject to consent from the young carer and his/her family.
- Information about the support available for young carers and how to access it is made clearly available to both pupils and families, via noticeboard displays, parent handbooks and information available on the school website.



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- The school recognises that young carers and their families need to receive coordinated support by the school, working in partnership where appropriate with general practitioners, young carers' services, and education support teams.
- Young carers and families will be referred or signposted to other support agencies and professionals as appropriate.
- The Young Carers representative will complete termly PANOC (Positives and Negatives of Caring) and Young Carers wellbeing questionnaire with all identified young carers, to ensure they have their voice heard and support can be implemented where necessary.
- The school adheres to the Equality Act 2010
- The school is accessible to parents with disabilities and/ or illness, offering additional support to enable them to attend Parent Evenings, Open Days or other school events.
- The school will offer additional support to remove any communication barriers with parents, so that parents are able to be fully engaged with the education of their child.
- The School's Citizenship curriculum will encourage positive approaches to support young carers. It will promote a full understanding, acceptance of and respect for issues such as caring, disability and impairment.
- The school will consider alternatives if a young carer is unable to attend out of school activities due to their caring role. This may include lunchtime detentions rather than after school ones for example.
- The school will allow young carers to use a telephone to call home during breaks and lunchtimes so as to reduce any worry they may have about a family member.

This policy should be read in line with other key policies including the Anti-bullying Policy.

Frederick Bremer School is committed to keeping up to date with national and local developments and with legislation and guidance affecting young carers and their families.

### **This document has been written using information from:**

'Developing a school policy for young carers and their families' The Princess Royal Trust for Carers & The Children's Society; Young carers, parents and their families: Key principles of practice; Young Carers: Guidance for Schools and Local Authorities