

**CITY OF ROCHESTER SCHOOL
YOUNG CARERS YOUNG ADULT CARERS POLICY**

This policy, which applies to the whole school, and upon request a copy (which can be made available in large print or other accessible format if required) may be obtained from the School Office.

In the City of Rochester School, the term 'staff' is inclusive of all staff and it also applies to students on placement, contractors, agency staff, volunteers, the Trustees and Board of Trustees.

Monitoring and Review:

This policy is subject to continuous monitoring, refinement and audit by the Headteacher. The Headteacher will undertake a full annual review of this policy and procedures, inclusive of its implementation and the efficiency with which the related duties have been discharged. Any deficiencies or weaknesses recognised in arrangements or procedures will be remedied immediately and without delay.

Signed:



Alicja Emmett
Headteacher

Date Reviewed: April 2024
Date of Next Review: April 2025
Version No. 1

This policy will be reviewed no later than April 2025, or earlier if changes in legislation, regulatory requirements or best practice guidelines so require.

Introduction:

This Young Carer/Young Adult Carers Policy/Young Adult Carers Policy has been developed to recognise, promote and support pupils. This policy is endorsed and fully supported by school Trustees.

At City of Rochester School we believe that all 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 extra support to help to ensure they achieve their potential and it is imperative that this is recognised and understood.

Definition:

A Young Carer/Young Adult Carer is a pupil under 16 years of age who helps to look after a family member who is disabled, physically or mentally ill or has a substance misuse problem. At City of Rochester School, we recognise that caring can also involve physical and emotional care or taking responsibility for someone's safety or well-being. The level of responsibility assumed by a Young Carer/Young Adult Carer is often inappropriate to their age and at a level beyond simply helping with jobs at home, which is a normal part of growing up; as such it may impact on the education of the young person. A Young Carer/Young Adult Carer might be providing the main care or share responsibilities with another family member. A Young Adult Carer (YAC) is someone between the ages of 16-18 who is also covered by this same policy.

How many Young Carer/Young Adult Carers are there in the UK?

- Research shows that as many as one in five children and young people are Young Carer/Young Adult Carers.
- There are around 800,000 Young Carer/Young Adult Carers aged 11-16 in England alone.
- There are an estimated 1 million Young Carer/Young Adult Carers across the UK when accounting for the numbers in Scotland, Wales and Northern Ireland.

Source: actionforchildren.org (2024)

Identifying a Young Carer/Young Adult Carer:

Unless the school is advised about a pupil's home circumstances, a Young Carer/Young Adult Carer can first be identified by particular behaviours in school. Some Young Carer/Young Adult Carers worry about appearing different to their peers or may worry about interference in their family life and may seek support to conceal their role from their peers and from teachers.

Some of the warning signs that a pupil is in a caring role are:

- Regular lateness, or unauthorised absence, possibly increasing periodically
- Tiredness during the school day
- Few or no peer friendships but possibly with a good relationship with adults and presenting as very mature for their age.
- Lack of homework completed or poor quality.
- Lack of concentration, anxiety or worry.
- Under-achievement for potential capability
- Behavioural problems
- Lack of interest in extra-curricular activities, especially after school
- Apparent parental disinterest, delays in response, non-attendance to parent's evenings
- Poor Hygiene/Physical appearance
- Being the victim of bullying

The school takes a proactive approach to identifying young carers by:

Using pupil progress meetings and the internal management system to identify changes in attendance and attainment and consider whether these may be due to a potential caring role.

- Using school enrolment and annual processes to check pupil information, to ask families whether the pupil has relatives who have an illness or disability, or who are affected by mental ill health or addiction problems and whether they would like more information about the types of support available to Young Carers/Young Adult Carers.
- Referring to lists of children on child protection and looked-after children plans, to identify pupils who are living with adults experiencing mental ill health or addiction problems.
- Checking School Census data on pupils, to identify sibling carers.
- Implementing self-identification systems for students, for example drop-in sessions, a school message box or a questionnaire.
- Asking feeder schools/early-years providers to inform the school if a pupil has already been identified as a Young Carer/Young Adult Carer.
- Checking whether any young carer status has been recorded on the Common Transfer File when a student transfers to your school from another and including this information when transferring a student. We will also request this information via our Safeguarding Request from the school from where pupils are transferring from
- Asking other schools attended by siblings to tell you when the sibling has been identified as a young carer.
- Establishing information sharing protocols with the Young Carer/Young Adult Carer services and health and social care services to ensure that the school is informed when they identify Young Carers/Young Adult Carers.

Support Offered:

If we believe that a pupil is a Young Carer/Young Adult Carer we will be sensitive when we approach them about this, as we appreciate, they may not want their peers to know.

At City of Rochester School, we recognise that each Young Carer/Young Adult Carer is an individual and therefore they require access to an array of support.

As a school we will:

- Work towards the Young Carers' Schools Award which involves meeting with our designated Young Carers/Young Adult Carers Support Workers to promote and encourage achievement for all our pupils.
- Respect the young person's right to privacy. Wherever possible, staff will talk to young carers in private unless the carer asks for a friend to be present.
- Designate a member of SLT and two members of staff with specific responsibility for Young Carers/Young Adult Carers.
- The Safeguarding Trustee will have oversight for ensuring that provision of a high standard is offered to young carers.
- Run half termly support groups run by the lead workers. All pupils including YACs will be invited.
- Provide a visual board displaying leaflets, posters, information, events, and newsletters.
- Raise the profile of Young Carers/Young Adult Carers through assemblies, staff CPD, Young Carers Day.
- To address any underlying inequalities between young carers and other pupils.
- Ensure all staff know which pupils are Young Carers/Young Adult Carers
- Consideration of communication with home at times of stress or worry - e.g. the opportunity to call home during breaks and lunchtimes.
- Involve Young Carer/Young Adult Carers in decision making around support groups, drop-ins and the web page.
- Liaise with subject teachers to make reasonable adjustments at times of need around deadlines for homework.
- Monthly Young Carer/Young Adult Carer drop-ins run by our Young Carers/Young Adult Carers Champion(s) - to provide a safe, friendly place for these pupils to go during lunchtime.
- Sign post to other agencies if and where possible.
- Makes referrals to the Young Carers Project or any other similar support groups where appropriate and with the family and young person's permission.
- Keep the Young Carers/Young Adult Carers page on the school's website up to date.
- Provide Extra-curricular activities to engage with other Young Carers/Young Adult Carers.
- To use a whole family, inter-agency approach to accessing services.
- To reduce the impact of caring on the wellbeing of Young Carers/Young Adult Carers
- To provide enrichment opportunities for Young Carers/Young Adult Carers such as trips and rewards.
- To monitor the attendance of young carers and respond accordingly with appropriate intervention where necessary.
- alternative communication options for parents who are sensory impaired or housebound.
- To ensure that young carers have access to the mental health support available across the school where necessary.

Resources

- [Children and Families Act 2014](#)
- [Children Act 1989](#)
- [Care Act 2014](#)
- [The Care Act and Whole Family Approaches](#)
- [Carers \(Scotland\) Act 2016](#)
- [Getting it right for every child \(GIRFEC\)](#)
- [Keeping Children Safe in Education](#)

- [Barnardo's Young Carers](#)
- [Nottingham university Young Carers statistics](#)
- [Carers action plan](#)
- [The phenomenon of society's hidden young carers](#)
- [Young adult carers](#)
- [Young Carers in School Programme](#)
- [The lives of young carers in England](#)
- [Know your rights](#)
- [Who are young carers?](#)
- [Lives of young carers in England](#)
- [Children in Wales](#)
- [The Children's Society](#)
- [Carers](#)
- [Young Carers in Schools](#)
- [Carers UK](#)
- [Youth Access](#)
- [Kids](#)
- [Spurgeons Children's Charity](#)
- [Young Carers in Focus - The Children's Society - YouTube channel](#)
- [Young carers transition to adulthood](#)
- [The Children's society Hidden from View](#)
- [Advice for Professionals](#)
- [Young Carers' Festival](#)
- [Shaping our future](#)
- [Advice for young carers](#)