



ST. ANNE'S
R.C. VOLUNTARY ACADEMY

Young Carers Policy

September 2026



1.0 Identifying and Supporting

St Anne's RC Voluntary Academy is committed to enabling young carers to access education and support. This policy aims to ensure young carers at this school are identified and offered appropriate support to access the education and other services to which they are entitled.

2.0 Definition

Young carers are children and young people who provide care to another family member. The level of care they provide would usually be undertaken by an adult and as a result of this they take on a level of responsibility that is inappropriate to their age and development. This is likely to have a significant impact on their childhood experiences.

The person they look after will have one or more of the following:

- Physical disability
- Sensory disability
- Learning disability
- Mental health problem
- Chronic illness
- Substance misuse problem

3.0 Caring Tasks

A young carer will take on additional responsibilities to those appropriate to their age and development. A young carer might be providing the main care or share responsibilities with another family member. The caring tasks that a young carer has to deal with can range from:

Nursing care giving medication, injections, changing dressings, assisting with mobility etc.

Personal intimate care washing, dressing, feeding and helping with toilet requirements.

Emotional care being compliant, monitoring the emotional state of the person cared for, listening, being a shoulder to cry on, supporting a parent through depression and trying to cheer them up. In cases where a young carer is supporting an adult with drug/alcohol misuse problem, they will often take a leading role in trying to keep that person safe.

Domestic care doing a substantial amount of housework, cooking, shopping, cleaning, laundry etc.

Financial care running the household, bill paying, benefit collection etc.

Childcare taking responsibility for younger siblings in addition to their other caring responsibilities.

Communication & interpreting communicating on behalf of the adult or family with agencies/services and interpreting for a language or sensory impairment.

4.0 Possible Effects on Education

St Anne's RC Voluntary Academy acknowledges that there are likely to be young carers among its students, and that being a young carer can have an adverse effect on a young person's access to education and attainment.

Because of their responsibilities at home, a young carer might:

- Have sporadic or poor school attendance
- Arrive late at school



- Decline in academic achievement
- Struggle to complete homework
- Not attend out of school activities or school trips
- Lack motivation
- Have aches and pains, as well as patterns of being generally unwell
- Appear withdrawn, isolated from peers, have difficulties socialising
- Show, anxiety, depression, anger, self-harming behaviour
- Have poor concentration (due to worrying about the person who is cared for)
- Have poor home/ school relationship
- Have parents/carers who do not attend parents evening or lack of overall contact with school
- Have false signs of maturity, assuming an adult role in social situations or have difficulty enjoying childhood activities

It also might be difficult to engage their parents (due to fears about child being taken into care, fears about their condition being misunderstood or their parenting skills being called into question). School may need to make alternative arrangements for communication about attainment.

5.0 Support Offered

St Anne's RC Voluntary Academy acknowledges that young carers may need extra support to ensure they have equal access to education and opportunities offered through the life of a school. Through this policy, school is giving the message that young carers' education and school experience is important.

The designated school lead for young carers is Arianna Rees (Safeguarding Officer), who works with the St Anne's Pastoral Team, Signpost for Young Carers and other relevant agencies with the consent of the young carer.

All pupils will be made aware of the designated links. The school governor link is Jenny Clayton.

St Anne's RC Voluntary Academy will ensure that appropriate information is shared with school staff in order that there is an awareness of the young carer's situation.

Additionally:

- We will provide young carers with opportunities to speak to someone in private, and will not discuss their situation in front of their peers.
- We appreciate that young carers will not discuss their family situation unless they feel comfortable. The young person's caring role will be acknowledged and respected.
- We will treat young carers in a sensitive way, upholding confidentiality.
- We will ensure young carers can access all available support services in school and other appropriate services/agencies.
- We will follow safeguarding procedures regarding any young carer at risk of significant harm due to inappropriate levels of caring.
- We will promote discussion and learning in all areas of the curriculum to facilitate fuller understanding, acceptance of and respect for, the issues surrounding illness, disability and caring.
- We recognise that flexibility may be needed when responding to the needs of young carers.
- Available provision includes (but is not limited to):
- Access to a school telephone during breaks and lunchtime, to phone home
- Access to homework club
- Any approved absence for a young carer will be time limited (DfES 2006)
- Access for parents with impaired mobility
- Alternative communication options for parents who are sensory impaired or housebound
- Advice to parents if there are difficulties in transporting a young carer to school
- Termly Young Carer's breakfasts



- Young Carer's support through group sessions and one to one support as required, in partnership with Signpost for Young Carers
- Young Carer Ambassadors

6.0 Why do we need a school lead for Young Carers?

A young carer is a child or young person who provides care for another family member. The level of care they provide would usually be undertaken by an adult and as a result of this they take on a level of responsibility that is inappropriate to their age and development.

The person or persons that they look after will have one or more of the following:

- Physical disability
- Sensory disability
- Learning disability
- Mental health problems
- Chronic illness
- Drug or alcohol misuse problems

They may also be taking on a caring role if they are:

- growing up with disabled siblings,
- in a family where there has been recent serious or terminal illness diagnosed,
- coping with illness in wider family.

7.0 Identifying a Young Carer in School

Signs which may indicate that a child is caring for someone at home may include:

- Arriving late at school
- Missing days at school
- Tiredness
- Hunger
- Clothing or appearance may not be clean or tidy
- Underachievement
- Unable to complete home work on time
- Withdrawn, over sensitive, low self esteem
- Behavioural problems
- Difficulties with peer group, limited social skills
- Isolation, embarrassed to take friends home
- Not attending after school activities or activities in local area
- Non-attendance on school trips, particularly residential
- Being bullied
- Financial difficulties
- Physical problems, such as back pain from lifting
- False signs of maturity, from assuming adult roles
- Parents may have little or no contact with school, be unable to attend parents' evenings, review days, or social activities.
- Young Carers are normally identified through our Induction process.

8.0 Review

This Policy will be reviewed annually.

9.0 Useful Links

Signpost Young Carers:

An overview of Stockport's Young Carer Project and the services it provides.

<http://www.signpostforcarers.org.uk/>

Carers Trust:

The Trust gives information to young carers and their families about where to go for help and Do You Care? A resource for schools

<http://www.carers.org/>

Young carers.net:

Online resource for practitioners

<http://www.youngcarers.net/>

The Children's Society:

Has two major initiatives for young carers as part of their Include Project, the National Young Carers Initiative and the Family Inclusion Project

<http://www.youngcarer.com/>

NHS:

Advice from the NHS for young carers to help them get help, understand their rights and to deal with their feelings. Includes Teen life check.

<http://www.nhs.uk/CarersDirect/young/Pages/Youngcarershome.aspx/>

ADASS:

Working Together to Support Young Carers: A Model Local Memorandum of understanding between Statutory Directors for Children's Services and Adult Social Services

<http://www.adass.org.uk/>

