

# SEAHAM HIGH SCHOOL



## Young Carer Policy

<b>Review Date</b>	<b>Cycle</b>	<b>Reviewer</b>	<b>Adopted</b>	<b>Committee</b>
January 2018	3 Yearly	P Lowerson-Marshall	January 2018	Full Governors
February 2021	3 Yearly	P Lowerson-Marshall	June 2021	Full Governors

# Young Carer Policy

At Seaham High School we believe that all children and young people have the right to learn, enjoy and achieve, regardless of what is happening at home.

We have developed our Young Carer Policy to show how we will support any student who helps to look after someone at home and to demonstrate how we will try to relieve some of the worries which young carers have about home and their school work.

## **Defining a Young Carer:**

A young person under 18 years of age who helps to look after a family member who is disabled, physically or mentally ill or has a substance misuse problem.

Caring can involve physical or emotional care, or being responsible for someone's safety and wellbeing. The level of responsibility assumed by a young carer is often inappropriate to their age and beyond the level of simply helping out at home as part of the process of growing up.

Our Young Carer Policy was developed with help from Seaham High School and members of the teaching staff.

Seaham High School acknowledges that there are likely to be young carers among its students, and that being a young carer can have an adverse effect on their education.

Young carers might experience:

- Being late or absent because of responsibilities at home
- Concentration problems, anxiety or worry in school
- Emotional distress
- Tiredness in school
- Lack of time for homework
- Poor attainment
- Becoming angry or frustrated
- Isolation – feeling no-one understands
- Bullying
- Low self esteem

We will:

- Have a designated member of staff with special responsibility for young carers.
- Let all new students know who the designated member of staff is.
- Put young carers in touch with the local Young Carers Service.
- Run PSHE lessons on the challenges faced by young carers.
- Respect the right to privacy and only share information with people who need to know in order to help a young carer.
- Follow child protection procedures regarding any young carer at risk of significant harm due to inappropriate levels of caring.
- Allow young carers to telephone home during breaks and lunchtime.
- Ensure that staff are aware of the warning signs which may indicate that a student is a young carer.

- Ensure that all staff are aware of the appropriate icon on Class Charts that identifies students as young carers.
- Ensure that all staff are aware of young carers in their teaching groups and from group and that they will carry a young carers card to produce if they need to access any support in school.
- Be accessible to parents/carers who have mobility/communication difficulties and involve them in parents' evenings, etc.

### **Covid 19 Amendments**

- Ensure that all young carers are contacted regularly
- Ensure that all young carers know who they can contact for support
- Provide remote support sessions to ensure appropriate support and care.