Boxgrove Lane, Guildford, Surrey GU1 2TD

Co-Headteachers:

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Young Carers Policy

At Boxgrove we want every child to:

- Love learning
- Find their strengths and talents
- Achieve more than they thought possible.

Definition

A young carer is a child or young person who is helping to look after someone at home. Most are caring for a parent, commonly in a single parent family, but some may be taking responsibility for a sibling, grandparent or other relative. In some instances a young carer may care for more than one family member.
The person they look after will have one or more of:

- Physical disability (including sensory disability)
- Learning disability
- Mental health problem
- Chronic illness
- Substance misuse problem

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.
- **Domestic care -** doing a substantial amount of housework, cooking, shopping, cleaning, laundry etc
- **Financial care -** running the household, bill paying, benefit collection etc
- **Child care -** taking responsibility for younger siblings in addition to their other caring responsibilities

Possible Effect On Education

Boxgrove Primary School acknowledges that there are likely to be young carers among its pupils, and that 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 or frustration)
- Lack of time for extra-curricular activities
- Isolation, embarrassed to take friends home
- Limited social skills
- Bullying
- Feeling that no one understands and that no support is available
- Low self esteem

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). They may be unable to attend parents' evenings.

Consequently, we have developed the following young carer policy to help support young carers within our community in order to reduce the worries they may have regarding home and their school work. At Boxgrove Primary School we will:

- Designate a member of staff to have special responsibility for young carers and attend relevant training
- Ensure all pupils are aware of who is the designated teacher for young carers
- Look at the opportunities within the curriculum to raise of awareness of issues facing young carers through assemblies, PHSE, circle time etc.
- Be sensitive towards the needs of young carers – they don't always want their peers to know
- Give information to the young person about advice and support
- Ensure every young carer has a confidential sheet in place
- Pass information on to relevant colleagues eg. Class teacher and Headeteacher with due regard to confidentiality and child protection procedures
- Access to a phone during the school day if the young carer is anxious and needs to contact home
- Provide a Young Carers' club within school as a safe haven for children to relax and to share any concerns they may want to raise
- Liaise with appropriate agencies in the area eg. Surrey Young Carers, Disability Challengers
- Seek out opportunities for Young Carers to attend out of school activities and holiday clubs in the area
- Provide alternative communication options for parents who are sensory impaired or housebound
- Communicate with parents using an alternative method if they are unable to attend Parent-Teacher meetings
- Negotiable deadlines for homework (when needed)