



ST. KATHARINE'S C.E. (V.A.) PRIMARY
SCHOOL



Young Carers Policy

Date Created	September 2025
Reviewed by	Deputy Headteacher
Date Determined by Chairs Action	19.9.25
Next review date	September 2028

Our Vision

We want everyone who is part of St Katharine's to know that they are unique and that they can flourish and make a difference in God's world, through living out the values of Grace, Integrity and Aspiration, now and in the future.

1. Aims of young carer policy

- To improve the progress and raise the standard of achievement for young carers
- To support young carers in improving their attendance
- To ensure that young carers feel included and supported within their school community and that reasonable adjustments made to promote this
- To improve the wellbeing and self-worth of young carers in the school community
- To protect young carers from unjust treatment due to their caring role and improve co-ordination with other agencies and support services
- To give young carers a voice in the school community and involve them in decisions affecting young carer provision
- To ensure that staff recognise flexibility may be needed when responding to the needs of young carers
- To have accountable professionals to monitor young carer provision and support

2. Definition of a young carer

Young carers are children under the age of 18 who help to look after someone in their home or another family member. This could be a sibling, parent, both parents or a grandparent who has a disability, illness, mental health condition or who misuses substances.

St Katharine's definition of a young carer is a child, under the age of 18, who is either the main carer, shares a caring responsibility for, or whose day-to-day life is impacted by someone in their home.

Having a clear definition of the role of a young carer is important, but unfortunately, many will remain hidden from view due to stigma they may feel. To help identify and support those hidden young carers, it is vital that professionals are equipped with the understanding and knowledge to detect potential signs that a young person may have a caring responsibility.

3. Safeguarding

St Katharine's actively promotes the welfare and wellbeing of all pupils. Where appropriate, the school will refer a young carer to the local authority for a referral with permission of the parents/carers. The school will follow the school's Child protection and Safeguarding policy regarding any young carer at risk of significant harm due to inappropriate levels of caring.

4. Policy statement

At St. Katharine's, we recognise some of our pupils face additional challenges through their role as young carers; we acknowledge, recognise and value the caring responsibilities that pupils in our community have. As a school, we strive to raise the awareness of these young carers amongst staff and pupils, to provide effective support for our young carers and remove any barriers which could potentially inhibit their academic, social and personal development.

We want young carers in our school to feel seen, feel heard and feel supported. By engaging with the My Time Level Up Programme, we hope to improve the support in place for young carers which in the long-term, will have a positive impact on young carer's academic performance, attendance and

aspirations. This policy outlines the whole school approaches and strategies that will enable young carers at St Katharine's to flourish.

In our school our Christian vision shapes all we do. Through our core values of Integrity, Grace and Aspiration, we aim to ensure that all children are happy and confident, achieving their full potential through focused, high quality teaching and high expectations as well as explicit teaching, guidance and support on mental health and wellbeing. We promote the uniqueness and wellbeing of each person through the idea of 'Head, Heart, Hands' – mental health and learning (head), spirituality and relationships (heart), physical health (hands).

By working closely with MYTIME Young Carers, St Katharine's will ensure that all stakeholders have a greater understanding of who young carers are, the challenges they face and how they will be supported. The whole school and classroom strategies are outlined in this policy, staff and students will be exposed to training and sessions to raise awareness. We will use the voices of the young carers in our school to shape the support available.

5. Identification:

- If a parent would like to discuss their child's caring responsibilities, they should contact a lead member of staff via the School Office.
- If a pupil talks to a member of staff about their caring responsibilities, the member of staff should talk to a lead member of staff about potential pathways, including referral following further discussion with parents/carers.
- A lead member of staff will facilitate the referral process either directly to BCP or through MyTime.
- The pastoral team will also provide information on young carers registration if the school identifies parent(s) or family members who have disabilities or other long-term physical or mental health conditions.
- The pastoral team will work with the School Office/Early Years team to follow up on responses from the pupil registration information form where parents will be asked to declare:
 - a) whether or not their child has caring responsibilities
 - b) whether or not their child is registered as a young carer
- The pastoral team will hold a young carers' register.

6. Roles and responsibilities

Appointed Governor

- Understand how policies and procedures support young carers
- Explore what training and development has been provided to the Champion and staff
- Know what information is shared with parents and externally on the support of young carers
- Hold senior leadership champion to the aims and objectives of the school's young carer action plan

Appointed members of Senior Leadership

- Support YC Champion with implementing the action plan and strategy for young carers
- Support YC Champion with organising the delivery of the Level Up Programme and subsequent MYTIME offers
- Have overall responsibility for the provision and progress of young carers. Provide data for the YC champion and MYTIME at required points in the year

Young Carer Champion

- Oversea the policy and provision for proactive identification of young carers
- Establish a first point of contact for young carers and their families, ensuring they understand how to self-identify and access support
- Ensure staff have a good understanding of who young carers are and the support available in school
- Ensure YCs are known and identifiable by all staff
- Ensure YC numbers are continuously reviewed, and this information is included in the school census
- Ensure YCs are supported appropriately by communicating with the young carer, their family and their teachers
- Ensure the curriculum promotes a full understanding of the role young carers play in their home, whilst actively reducing stigma
- Provide opportunities for 1:1 support and YC groups, building a community of young carers
- Create a clear line of communication for young carers to access support
- Report of the strengths, weaknesses, and recommendations to SLT to improve support for young carers
- Create annual action plans for young carer provision, with the support of MYTIME
- Identify barriers to achievement, through conversations and data monitoring, build provision to combat these
- Keep up to date with local and national developments
- Oversea transition between phases of education
- To communication with MYTIME to support them in the development of the Level Up programme, with the goal to build strong young carer provision across Dorset

7. St Katharine's support and adjustments for young carers

There is a dedicated Young Carer Champion, who supports young carers.

- deciding when flexibility may be needed when responding to the need of young carers (for example with regards to late arrival or submission of home learning)
- providing a quiet, safe space at school if needed by a young carer
- educating the wider school community about the challenges young carers are facing
- ensuring that young carers are protected from bullying behaviour
- providing a young carer support group – Superstars – once a week during school time
- liaising with external agencies such as BCP council and MyTime during the referral process

- monitoring the progress of young carers and responding with appropriate interventions
- monitoring the attendance of young carers and supporting families where necessary
- facilitating the opportunities for young carers to access extra-curricular opportunities for relaxation, leisure and social connection, including educational visits
- following safeguarding procedures to support children at significant risk of harm
- supporting young carers and their families with transition
- maintaining and regularly reviewing this policy
- sharing information about MYTIME Zoom Youth Group and Making Memories holiday events

8. Policy Review

This policy will be reviewed every 3 years as a minimum.

This policy should be read in conjunction with: Child Protection and Safeguarding Policy

And also with DfE documents:

Promoting children and young people's mental health and wellbeing

Keeping Children Safe in Education (KCSIE)