



# School Young Carers Policy

November 2025

Review Date: November 2027

## School Young Carers Policy

Beckers Green Primary School is committed to supporting young carers to access education. This policy aims to ensure young carers at Beckers Green Primary School are identified and offered appropriate support to access the education to which they are entitled.

### Definition

In Essex, a young carer is a person under 18 who provides regular and ongoing care for a family member with a physical or mental illness, disability, or substance misuse issue. This includes a wide range of responsibilities, from helping with personal care to cooking, managing money, or looking after siblings

### Caring Tasks

The tasks and level of caring undertaken by young carers can vary according to the nature of the illness or disability, the level and frequency of need for care and the structure of the family as a whole. In some instances a young carer may care for more than one family member.

**Practical tasks** – cooking, housework and shopping.

**Physical care** – lifting or helping someone use the stairs.

**Personal care** – dressing, washing, helping and toileting needs.

**Emotional support** – listening, calming, being present.

**Managing the family budget, collecting benefits and prescriptions.**

**Medication management.**

**Looking after younger siblings.**

**Helping someone communicate.**

### Possible effects on education

Beckers Green 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.

### **Support Offered**

Beckers Green Primary School acknowledges that young carers may need extra support to ensure they have equal access to education. Through this policy, Beckers Green Primary School recognises the message that young carers' education is important. Attainment and progress for children who are young carers is tracked and analysed termly. This will show any further interventions which may be required.

**Beckers Green school lead for young carers** is Wendy Dunne, who will liaise with relevant colleagues, other relevant organisations and ensure the correct provision is in place to support the young carer. The young carer will also be offered mental health and wellbeing mentoring to fit in with their schedule.

Beckers Green Primary School appreciates that young carers will not discuss their family situation unless they feel comfortable. The young person's caring role will be acknowledged and respected.

Beckers Green Primary School will treat young carers and their families in a sensitive and child-centred way, upholding confidentiality.

Beckers Green Primary School will ensure young carers can access all available support services in school.

Beckers Green Primary School will follow child protection procedures regarding any young carer at risk of significant harm due to inappropriate levels of caring.

Beckers Green Primary School 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.

Beckers Green Primary School recognises that flexibility may be needed when responding to the needs of young carers. Available provision includes (but is not limited to):

- Access to a telephone during breaks and lunchtime, to phone home
- Negotiable deadlines for homework (when needed)
- To support the completion of homework during the school day.
- Arrangements for schoolwork to be sent home (when there is a genuine crisis). 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.

For further information regarding young carers go to [www.youth.essex.gov.uk](http://www.youth.essex.gov.uk) where there are further links and advice can be found.