



# Southdown Primary School



## Young Carers Policy 2026

Chair of Governors: 	Headteacher: 
Ratified on: 19 <sup>th</sup> May 2026	Review by: Summer Term 2029

## **Southdown Primary School Young Carers Policy**

At Southdown Primary School we believe that all children and young people have the right to an education, regardless of their home circumstances.

We acknowledge that there are likely to be Young Carers among our pupils, and that being a young carer can affect a young person's education.

We have adopted our Young Carers policy so that we will be able to relieve some of the worries which Young Carers may have about home and their school work, and show that we believe Young Carers' education is important.

### **Who are Young Carers?**

Young Carers are children and young people whose lives are affected by looking after someone at home. They are carrying out tasks and responsibilities, which are additional to those appropriate for their age. The person they look after may have one or more of the following:

- Physical disability
- Mental health issues
- Learning difficulties
- Substance misuse
- Long-term illness

The person they care for may be a parent, sibling, grandparent or any other family member and the care they give may be physical and/or emotional.

Young Carers' responsibilities may include:

- Personal care (e.g. bathing, dressing, feeding)
- Giving or prompting medication/injections
- Shopping
- Housework
- Emotional support
- Looking after younger siblings
- Budgeting and paying bills

Young Carers can feel tired, worried and isolated. Their social life is often restricted with limited access to the opportunities that their peers experience.

### **Factors which may indicate that a young person is caring include:**

- Illness or disability in the family
- Being late or absent (due to caring responsibilities at home)
- Assuming a parental role to other siblings
- Poor concentration and/or often tired
- Academic performance below potential
- Homework often uncompleted
- Isolation from peers or problems interacting with peers
- Not making use of out of school activities
- Mature and responsible but maybe 'letting go' and behaving immaturely when in a 'safe' environment

- Behavioural problems
- Limited contact with school by parents
- Being bullied

If we believe that someone is a young carer we will contact the parents / carers to discuss with them how we feel together, we can provide appropriate support.

### **Support Offered**

As a school we will:

- Designate a member of staff with specific responsibilities for Young Carers. This person is Mrs Kirsten Bell (Deputy Headteacher/ALNCo) or other members of the school leadership team in her absence.
- Give information to the young person and family about Young Carers and contact details of Barnardo's Flintshire Young Carers Service.
- Liaise with appropriate agencies i.e. Flintshire Young Carers. Consider alternatives and be flexible when responding to the needs of Young Carers

### **Mental Health and Emotional Wellbeing Impact Statement**

Southdown Primary School is committed to the protection and promotion of positive mental health and emotional wellbeing of our whole school community; pupils, staff, parents and carers. We recognise how important mental health and emotional well-being is to our lives in just the same way as physical health. This Policy has been written and reviewed in line with our school's vision and Mental Health and Emotional Wellbeing Policy.

### **Equality Impact Assessment**

Under the Equality Act 2010 we have a duty not to discriminate against people on the basis of their age, disability, gender, gender identity, pregnancy or maternity, race, religion or belief and sexual orientation. This policy has been quality impact assessed and we believe that it is line with the Equality Act 2010 as it is fair, it does not prioritise or disadvantage any pupil and it helps to promote quality at Southdown Primary School.