



Sunnybrow Primary School
Young Carers Policy

At Sunnybrow Primary 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 Carers Policy to show how we will support any pupil 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.

What does 'Young Carer' mean?

A young carer is 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.

Sunnybrow 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 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 pupils know who the designated member of staff is

- Put young carers in touch with the local Young Carers Service or other outside agencies that may be able to provide further help and support.
- Run PSHCE lessons and assemblies 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 if they have concerns regarding the person they are caring for.
- Provide facilities for young carers to meet where possible and develop a Young Carers group within school.
- Allow some flexibility over start times of the school day to enable Young Carers to carry out their caring role at home.
- Ensure that staff are aware of the warning signs which may indicate that a pupil is a young carer
- Be accessible to parents/carers who have mobility/communication difficulties and involve them in parents' evenings, etc.
- Issue pupils with a 'Time Out' card which can be used to have a small period of time out of class if needed. This time should be used to seek out a member of staff (most likely to be Mrs Sim) to share their concerns/worries.

Policy Review – Spring 2022 (S Binks)

Policy Review-June 2025