



St Thomas of Canterbury Catholic Primary School

Being the best that we can be



YOUNG CARERS POLICY

Policy compiled by: HSLW
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OUR MISSION STATEMENT

God's love is at the heart of our Catholic School family.

We show this in our respect, kindness and love for others and by treating other people as we wish to be treated ourselves.

We will encourage everyone to be the best that we can be.

OUR SCHOOL AIMS

To guide our children to grow in the love of God and build relationships that will enable them to make a positive contribution to the school and society.

To develop an exciting, challenging and creative curriculum that produces confident and successful learners who are the best that they can be.

To develop high quality learning that enables every child to flourish, to discover their talents and be lifelong learners.

To establish a teaching and learning environment that encourages everyone to enjoy, to achieve, to be inclusive, to be healthy, and to stay safe.

To nurture a strong partnership between home and school.

To have respect and understanding for our school, our community and our world, helping our children to become responsible citizens and good role models.

OUR SHARED VISION

Every child at St Thomas of Canterbury is special and will achieve their full potential academically, socially, spiritually and emotionally through the provision of a loving community and rich and varied learning opportunities and the highest quality teaching and learning.

Every staff member at St Thomas of Canterbury will feel valued and enabled to provide the opportunities that we want for our children and to do so as part of a loving community which has the highest expectations of and for all.

Every Governor at St Thomas of Canterbury will feel valued and enabled to act as a critical friend to the School and to be accountable for the School's strategy. They will play a visible role supporting all children, their parents and staff at School and in the wider community, to provide the best environment possible for learning and spiritual growth.



OUR GOLDEN RULE

We treat others as we would like to be treated

This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Introduction

St. Thomas of Canterbury Catholic Primary School is committed to supporting young carers to access education. This policy aims to ensure young carers at St. Thomas of Canterbury Catholic Primary School are identified and offered the appropriate support to access the education to which they are entitled.

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 may include:

- **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

St. Thomas of Canterbury Catholic 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, for example, 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.

School Response and support for Young Carers

As a School we will help and support young carers within our community in order to reduce the worries they may have regarding home and their schoolwork. At St. Thomas of Canterbury Catholic 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 awareness of issues facing young carers through worship, PSHE and EPR, 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 e.g. Class teacher and Headteacher 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 e.g. 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)

At St. Thomas of Canterbury Catholic Primary School, Jo Scott (Home School Link Worker) is our champion for our Young Carers club and runs half-termly activities/events called 'SToC & Chill'. She can be contacted for further information and support via the following email address: hslw@st-thomas.surrey.sch.uk

This policy of St Thomas of Canterbury School upholds the school's ethos and Mission Statement. It must be read in conjunction with and implemented in accordance to the school's policies for Health & Safety, Equal Opportunities, Inclusion and Safeguarding. Copies of these policies are available on the school website www.st-thomas.surrey.sch.uk