

*Dear families,*

**Identifying and supporting young carers at Cambrai Primary School**

We want every child to feel supported, enjoy their time at school, and have the chance to reach their full potential.

We also understand that life outside of school can sometimes make things harder. This can be especially true for children who help care for someone at home, perhaps a family member or friend who is ill, disabled, experiencing a mental health difficulty, or living with an addiction. We think in every class there could be as many as 2 children who are helping to support someone because of one of these factors – we call these children young carers and we're here to make sure they get the understanding and support they deserve.

Children can be young carers for lots of different reasons:

- They might be providing physical support to a parent or a sibling with a physical illness such as cooking, fetching things or helping with things like putting shoes on or doing the shopping
- They might be helping a parent or a sibling with a disability who needs help with more personal tasks such as getting dressed, bathing or changing dressings
- Or it could be more emotional support – like being there if their autistic sibling is upset, taking responsibility for young siblings whilst parents attend health appointments, or checking that a family member with depression/anxiety is ok.

Some young carers might be doing lots of caring, others just a small amount but are impacted by the situation at home, for example by worrying about the person with the health condition or needing to do more things for themselves compared to other children.

There is lots of support available for young carers and their families should they ever need it – both inside and outside of school.

Examples of this include:

- Allowing additional time to complete schoolwork, e.g. extended deadlines.
- Catch-ups with Miss Walker our young carer lead where your child can talk about issues they are facing, this may be individual meetings, or through a young carer drop in session.
- Meetings with their class teacher to discuss progress and any additional help that can be offered.
- Additional support to complete work
- Providing homework clubs to give them a space to complete homework separate from the demands of their home life.
- Access to extra-curricular opportunities at lunchtimes rather than after school.
- We will ensure that your child is offered appropriate pastoral care and emotional support, e.g. through the North Yorkshire Emotional Resilience Team or through the work Mrs Agnew does as our school's Emotional Literacy Support Assistant.
- Additional support will be offered to parents in order to remove any communication barriers with them.
- The school will continuously promote additional links with adult care agencies which may be able to support families and relieve care responsibilities.
- We will happily support with referring your child for external support such as through Carer's Plus Yorkshire or NEXUS a project funded by the Armed Forces Covenant Trust. The project

aims to improve support, provide resources and access to services for young carers within armed forces families.

If you think that any of the above applies to your child, and that they might possibly be a young carer please contact Miss Robinson or Miss Walker.

Even if you feel your child or family are doing really well and don't need any support, we find that it's better for us to be aware of children as potential young carers, in case the situation suddenly changes and they (or you) do need support. It just means that you and your child don't have to start from scratch with letting us know what is going on if things have become difficult.

Yours sincerely  
Miss Robinson and Miss Walker  
Young Carers' School Champions



[www.cambraiprimaryschool.co.uk](http://www.cambraiprimaryschool.co.uk)



[office@cambraiprimaryschool.co.uk](mailto:office@cambraiprimaryschool.co.uk)



[/cambraischool](https://www.facebook.com/cambraischool)



[@cambraischool](https://twitter.com/cambraischool)

Proud to be part of Lingfield Education Trust, an exempt charity. It is a company limited by guarantee in England and Wales (Registered no: 08027885)  
Registered office – c/o Corporation Road Community Primary School, Corporation Road, Darlington, DL3 6AR

