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| Policy Name: | Young Carer Policy |
| Review Cycle: | Every 2 years |
| Author: | Martyn Gunn |
| Link Governor: | Beth Williamson |
| Approved by / Date: | Martyn Gunn - 16/3/2021 Beth Williamson - 17/03/2021 BCCS Local Governing Body - 24/03/2021 |

| Date | Summary of Changes |
|---------|--|
| 16/3/21 | Policy updated. Details of support - name of designated teacher - support of BCC |
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Young Carer Policy

Introduction

Bristol Cathedral Choir School is committed to supporting young carers to access education. This policy aims to ensure young carers at Bristol Cathedral Choir School are identified and offered 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 can range from:

- **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 effects on education

Bristol Cathedral Choir 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' evening



Support Offered

Bristol Cathedral Choir School acknowledges that young carers may need extra support to ensure they have equal access to education. Through this policy, Bristol Cathedral Choir School is giving the message that young carers' education is important.

The designated link teacher for young carers is Rowan Cooley, who will liaise with relevant colleagues, Bristol City Council and other relevant agencies with the consent of the young carer. All pupils will be made aware of the designated link.

The support offered will vary depending on the personal circumstances of the family. Support may include:

- Providing a structured environment for the completion of classwork and homework
- Where appropriate, financial support for school trips, school resources and uniform.
- Access to the school nurse, school counsellor and, if appropriate, referrals to CAMHS
- Home visits by the PSL or other members of the senior staff
- Alternative arrangements for parents who are unable to attend parents' evenings
- Regular mentoring
- A tailored curriculum and/ or timetable.