



**Heacham Infants and  
Nursery School  
Young Carers  
Policy**

**Reviewed by: Governing Body**

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## Contents

1. Introduction	1
2. Definition	1
3. Caring Tasks	1
4. Possible Effect on Education	1-2
5. Identifying Young Carers	2
6. Support Offered	2-3
7. Succession Planning	3
8. Further Information	3

## **1. Introduction**

Heacham Infants and Nursery School is committed to supporting young carers to access education. This policy aims to ensure young carers at Heacham Infants and Nursery School are identified and offered appropriate support to access the education to which they are entitled.

Heacham Infants and Nursery School works closely with Young Carers Matter and The Benjamin Foundation.

## **2. Definition**

A young carer is a child or young person under 18 years of age who is helping to look after someone at home. Many are caring for a parent at home, 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 the following:

- Physical disability (including sensory disability)
- Learning disability
- Mental health problem
- Chronic illness
- Substance misuse problem

## **3. 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.

## **4. Possible Effect on Education**

Heacham Infants and Nursery 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 with parents (due to fears about the 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.

## **5. Identifying Young Carers**

During the school enrolment process for new pupil, the school will:

- Identify parents or family members who have disabilities or other long-term physical or mental health conditions.
- Clarify whether the pupil has caring responsibilities.
- Identify whether the young carer has any additional needs that need to be supported, e.g any SEND or social, emotional and mental health needs.
- Establish the child's specific needs as a young carer.

Where appropriate, a young carer may be referred to the LA or other support agencies for a needs assessment.

The school will continuously bear in mind that where a parent has a disability, mental health or substance abuse issue, the pupil might be the carer whilst showing none of the indicative signs of a young carer.

## **6. Support Offered**

Heacham Infants and Nursery School acknowledges that young carers may need extra support to ensure they have equal access to education. Through this policy, we want to give the message that young carers' education is important.

The Young Carer Lead (Kerry Robins) will be the main contact for the Young Carers in the school. The Young Carer Lead will liaise with relevant colleagues and agencies with the consent of the Young Carer and parent where necessary.

Heacham Infants and Nursery School will:

- Provide young carers with opportunities to speak to someone in private regarding their role as a young carer.
- Appreciate that young carers will not discuss their family situation unless they feel comfortable.
- A young person's caring role will be acknowledged and respected. Staff members treat young carers in a sensitive and child-centred way upholding confidentiality.
- Ensure young carers can access all available support services in school.
- Follow child protection procedures regarding any young carer at risk of significant harm due to inappropriate levels of caring.
- Promote discussion and learning in all areas of the curriculum to facilitate fuller understanding, acceptance of and respect for, the issues surrounding illness, disability and caring.
- Targeted early interventions are used in order to provide support to young carers, ensuring that they are able to reach their full potential.
- The school uses and evaluates data effectively in order to identify and monitor the progress made by young carers, and reviews provisions accordingly.

- Provide staff access to information and training to enable them to recognise indications that a child has a caring responsibility.
- Refer the child to outside agencies for additional support if this is appropriate.
- Identify Young Carers as a vulnerable group.

In addition, Heacham Infants and Nursery School will recognise that flexibility may be needed when responding to the needs of young carers.

Available provision includes (but is not limited to):

- Negotiable deadlines for homework.
- Access for parents with impaired mobility.
- Alternative communication options for parents who are sensory impaired or housebound.
- Advice to parents if there are difficulties in transporting a young carer to school.

## **7. Succession Planning**

If the Young Carer Lead leaves post a new lead will be appointed within one term.

## **8. Further Information**

Caring together charity;  
0345 241 0954  
Email- [hello@caringtogether.org](mailto:hello@caringtogether.org)  
Registered charity number 1091522.  
Young Carers Matter  
0800 083 1148

Approved

There will be an annual review of this policy by the Headteacher.