

## YOUNG CARERS POLICY

### DATE PALM STATEMENT of INTENT

At Date Palm our vision is for the School to ensure our pupils grow like a Date Palm tree – with **strong foundations, lofty branches and produce fresh fruit:**

- ✓ To build **Strong Foundations for Character Development** that:  
Instil values; inspire each pupil; display best manners.
- ✓ To have **Lofty Branches of Educational Excellence** that will:  
Provide a broad and varied range of experiences and learning opportunities; help each pupil progress and develop in all aspects; support their skills and talents.
- ✓ To produce **Fresh Fruit that provides services to their Communities** in order to:  
Become responsible and confident citizens; make a positive difference; commit to charitable endeavours; become effective contributors towards Britain’s future.

Reviewed by	Position	Signature
Luthfa Begum	Designated Young Carers Lead	<i>L. Begum</i>
Sabina Yesmin	Safeguarding Governor	<i>S. Yesmin</i>

<b>Reviewed:</b> January 2024
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<b>Next review date:</b> January 2025
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# Young Carers Policy

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**Definition of inclusion taken from:** Carers Trust, 2016), Department for Education (2016)

- A child or young person under the age of 23, whose life is affected by providing significant care, assistance at home to a family member with an illness, mental health problem, drug/alcohol misuse or disability, (Carers Trust, 2016).
- “A young carer is a child/young person under the age of 18 who provides care in, or outside of, the family home for someone who is physically or mentally ill, disabled or misusing drugs or alcohol. The care provided by children may be long or short term and, when they (and their families) have unmet needs, caring may have an adverse impact on children’s health, well-being and transitions into adulthood.” (DFE, 2016, pg.18).

**This policy is written in line with the requirements of: -**

- The Care Act 2014
- Children and families Act 2014

## Introduction

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

## Young Carers caring task

To understand the implications and experiences of caring, it is important to establish the role of Young Carers Policy

the YC, in terms of the recipients they care for and caring tasks. The DFE (2017) study highlights that Young Carers cared for the mother (55%), sibling (25%), father (19%). The study further identified the tasks YCs undertook, and found that domestic tasks, such as cooking and cleaning was at the highest at 78%, emotional support, was at 57% and nursing care was at 26%. The study further explored the amount of time spent caring in a school week, overall 53% spent 0-1 hour a day in caring, 32% spent 2-3 hours in a day and 14% spent four or more hours in a day.

## Effects on Education

It is expected that the caring role will impact on Young Carers education significantly, largely related to attendance, attainment and bullying.

Attendance – Research states that Young Carers had difficulty in getting to school, due to the caring role, they were often absent from school.

Attainment - Missing school due to the caring responsibilities is most likely to affect the overall performance of YCs. The analysis conducted by Hidden from view (The Children's Society, 2013), found that that YCs educational attainment at GCSE level is considerably lower than their cohort, with a significant difference of nine B's and nine C's (The Children's Society, 2013, pg. 12).

Lack of time for homework - Thomas (2003), reports that many YCs had concerns regarding homework, as often the caring duties took priority over school work and the interruption by younger siblings.

Emotional and Psychological Impact - YCs may be at an increased risk of experiencing emotional and psychological effects, (Hewitt and Clarke 2016). The findings suggest that whilst the participants spoke about the caring role, it portrayed an image of relentlessness and great overwhelming feelings of anger.

Social isolation - The social well-being of YCs has been researched, to discuss the restrictions on socialising. Studies have reported, that the demands of the caring role often restrict opportunities to engage with peers and pursue leisure activities, Bilsborrow (1993); (Banks et al., 2002), (Thomas et al., 2003).

Bullying - The Princess Royal Trust for Carers, (2009) indicates that over two thirds disclosed being bullied.

## Identifying Young Carers



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- Many young people with caring responsibilities are not known to the schools and do not see themselves as being young carers or feel too worried or embarrassed to ask for help.
- **Early identification is vital.** Often young carers do not get identified until a crisis. The sooner we can find out someone is a young carer, the more support can be put in place to help keep them safe, well and able to attend and achieve their best
- Lots of people will have had an increase to their caring role due to the Covid-19 pandemic
- Some young people may also have **become carers** as a result of the Covid-19 pandemic, due to increases in ill health and substance misuse, and lack of access to services and support.

Unless the school is advised about a student's home circumstances, a young carer can first be identified by negative aspects of their behaviour or work in school. Some young carers worry about appearing different to their peers due to bullying or interference in their family life and may seek support to conceal their role from their peers and from teachers.

*Some of the warning signs that a student is in a caring role are:*

- Regular lateness, or unauthorised absence, possibly increasing periodically.
- Tiredness during the school day
- Lack of homework completed or poor quality
- Lack of concentration, anxiety or worry
- Under-achievement for potential capability
- Behavioural problems
- Lack of interest in extra-curricular activities, especially after school
- Apparent parental disinterest, delays in response, non-attendance to parents evenings/information evenings.
- Poor Hygiene/Physical appearance
- Being the victim of bullying



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## Support Offered

Date Palm Primary 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, social and emotional wellbeing is important and paramount to us.

At Date Palm we have appointed a Young Carers lead (Ms Luthfa Begum) who will be the main contact for Young Carers in the school. The Young Carers lead will meet with the Young Carers on a regular basis and liaise with teachers, colleagues and agencies.

Date Palm Primary School will:

- Provide young carers with opportunities to speak to someone in private, and will not discuss their situation in front of their peers.
- Appreciate that young carers will not discuss their family situation unless they feel comfortable.
- The young person's caring role will be acknowledged and respected.
- 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.
- Provide staff access to information and training to enable them to recognize indications that a child has a caring responsibility.

In addition, Date Palm Primary School will recognise that flexibility may be needed when responding to the needs of young carers. Available provision includes (but is not limited to):

- Access to a telephone during breaks and lunchtime, to phone home.
- Negotiable deadlines for homework (when needed).
- Access to homework clubs (where these are available).



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- Arrangements for schoolwork to be sent home (when there is a genuine crisis).
- Any approved absence for a young carer will be time limited. (DfES 2006).
- Alternative communication options for parents who are sensory impaired or housebound (BSL, home visit).
- Advice to parents if there are difficulties in transporting a young carer to school.

### Further Information

Further information can be found at:

[young.carers@towerhamlets.co.uk](mailto:young.carers@towerhamlets.co.uk)

The Tower Hamlets Young People Service delivers face to face session with [young carers](#) from Haileybury Youth Centre every Monday and Tuesday from 4 - 6pm.

Tower Hamlets Young Carers contact:

Tel: 07985 607 928