



Longmeadow Primary School

Young Carers' Policy

Policy Sign off

Approved by:	Mr James Berry Headteacher Ms Jo-Ann Staniforth, Chair of Governors	Date: March 2026
Last reviewed on:	March 2026	
Next review due by:	March 2029	

Longmeadow Primary School is committed to enabling young carers to access education and support. This policy aims to ensure that young carers at Longmeadow are identified and offered appropriate support to access the education and other support to which they are entitled in partnership with parents/carers.

Definition of a young carer

A young carer is a person under 18 who provides or intends to provide care for another person

The person they look after will have at least one of the following:

- Illness.
- Disability. This may be a physical disability or learning disability.
- Mental health condition.
- Addiction problem.

Caring role

Young carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. These can include:

- Practical tasks – cooking, housework, and shopping.
- Physical care – lifting or helping someone use the stairs.
- Personal care – dressing, washing, helping with toileting needs.
- Emotional support – listening, calming, being present.
- Managing the family budget, collecting benefits and prescriptions.
- Medication management.
- Looking after younger siblings.
- Helping someone communicate.

Longmeadow Primary School acknowledges that being a young carer can have an adverse effect on a young person's access to education and attainment.

Caring can affect a young person's:

- Physical health: Young carers are often severely affected by caring through the night, poor diet and lack of sleep.
- Emotional wellbeing: Stress, tiredness and mental ill-health are common for young carers.
- Socialisation: Young carers often feel different or isolated from their peers. They may have limited opportunities for socialising. They may also encounter bullying because of their caring role.
- Stable environment: Young carers can experience traumatic life changes such as bereavement, family break-up, losing income and housing, or seeing the effects of an illness or addiction on a person they care for.

Possible effect on education and wellbeing

Longmeadow Primary School recognise that because of their responsibilities at home a young carer may:

- Have erratic or poor school attendance.
- Arrive late at school.
- Not complete homework.

- Decline in academic achievement.
- Not attend out of school activities or trips.
- Lack motivation.
- Have back problems or general poor health.
- Appear withdrawn or isolated from their peers.
- Show anxiety, depression, anger, self- harming behaviours.
- Have poor concentration (due to worrying about the person cared for).
- Have parents who do not attend parent's evenings.
- Have a poor home/school relationship.

Longmeadow Primary School also recognise that it may be difficult to engage with parents due to fears a child may be taken into care, that their condition may be misunderstood or that their parenting skills will be questioned.

Support offered to young carers at Longmeadow Primary School

This policy shows that at Longmeadow Primary School we value our young carers and acknowledge that their education and school experience is important. We acknowledge that young carers may need extra support to ensure they have equal access to education and all opportunities offered at school.

We have a designated Senior Leadership Team Lead and a Young Carers Operational Lead who will liaise with relevant colleagues, the Carers in Herts Young Carers Team, and other relevant agencies with the consent of the young carer and their family.

At Longmeadow Primary School we:

- Treat young carers in a sensitive and child centred way.
- Provide young carers with the opportunity to talk in private and do not discuss their caring role in front of their peers.
- Ensure young carers can access all available support in school and from external agencies/services as appropriate.
- Follow safeguarding procedures regarding any young carer at risk of significant harm due to an inappropriate caring role.
- Promote discussion and learning

All young carers are entitled to an assessment and in Hertfordshire we use the Families First Assessment. The family of all identified young carers attending Longmeadow Primary School will be offered an assessment by the Young Carers Operational Lead or the Carers in Herts Young Carers Team.

We recognise that flexibility may be needed when responding to the needs of young carers and provision for young carers and their families may include (but is not limited to):

- Negotiable deadlines for homework (if/when needed).
- Lunchtime homework club (where this is available).
- Access to a telephone during breaks and lunchtimes to phone home.
- Access to emotional wellbeing support for young carers through Protective Behaviours, counselling, or specialist play therapy (dependant on level of need).
- Access for parents/carers with impaired mobility.

- Alternative communication options for parents/carers with a disability or who are housebound.
- Advice for parents where there is a difficulty getting the young carer to school.
- Access to the young carer weekly lunch club (where this is available)
- Access to After school provision, where needed and appropriate.

Succession:

Should the Young Carers Operational Lead or SLT Young Carers Lead positions become vacant the Head Teacher will appoint another member of staff to the role.

Linked policies:

Child Protection Policy
Behaviour
Anti-bullying policy
Attendance Policy
Accessibility plan