



## HELENA ROMANES SCHOOL

Dear Parents/Carers,

Identifying and supporting young carers at Helena Romanes School

At Helena Romanes School we are aware that some of our students may be young carers. A young carer is someone under 18 who is caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. Sometimes their lives are just affected by living with someone with these problems and they do not have a caring role themselves. They still qualify for support. Research suggests there are at least 700,000 young carers in the UK but many do not realise they are a young carer. We know that young carers may need a little extra support to enjoy and do well at school.

At Helena Romanes School we are committed to ensuring that all pupils who are young carers are identified, and supported effectively. As the school's Young Carers Leads, myself and Mr Emberton; the senior leadership Young Carers Lead, have responsibility for ensuring all young carers are able to enjoy school and make good progress. If you think your child might be a young carer, or could be affected by any of the issues we've highlighted, please let us know by filling in the form below and bringing it into school in a sealed envelope addressed to myself.

If you do not feel comfortable doing this, or have any further questions, please contact me on the school's number to speak directly or email using [worrybox@hrs.education](mailto:worrybox@hrs.education). Any information that is given to us will be treated sensitively and no information will be shared without your knowledge.

The school receives extra funding for each child/young person eligible for free school meals, which can be put towards extra support and provision for young carers. It is therefore important that children are registered for free school meals, even if they do not want, or need the school meal. For more information on how this money is spent please contact the school directly.

We have established a Young Carers Club. This takes place during lunchtimes in the PLC. Students will be able to meet other young carers, have help with homework and as it develops, take part in some fun activities. It will be driven by the students and supervised by volunteer members of staff.

If your child is a young carer please encourage them to come along.

Yours sincerely

Miss L Brammer Deputy Safeguarding Lead/Child Protection Officer Young Carers Operational Lead

### Reply Slip

Student's name: \_\_\_\_\_ Class: \_\_\_\_\_

Does the pupil have parents or other family members who have a long-term illness or disability, or who are affected by mental ill-health or substance misuse? Yes/ No

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