



Hallam Primary School

Hallam Grange Crescent, Sheffield, S10 4BD

A member of Tipton School Academy Trust

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Headteacher: Mrs J Ramsden

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2nd March 2026

Dear Parents and Carers,

Is your child a young carer?

What are young carers?

A young carer is someone under the age of 18 who helps to care for a family member, relative or friend. As many as 1 in 5 children and young people are young carers in the UK.

What do young carers do?

As a young carer you might support someone who has a disability, a long-term illness, or a problem with alcohol or drugs. Without this help, they would struggle or not be able to cope.

Young carers often do a lot of helpful things, such as:

- Cook and prepare meals
- Help with the shopping
- Clean around the house
- Manage medicines or money
- Give personal care
- Help their special person move and get out of the house
- Look after their siblings
- Give emotional support
- Keep an eye on things generally



Do you think your child is a young carer?

In school we are aware of a number of children who are young carers. Life can be challenging at times and we strive to make our school a caring, thriving space for everyone. We would like to make sure all our children who are young carers are identified and supported. This support is tailored to each individual circumstance but we can offer a range of approaches such as

- A daily check in with class teacher
- An emotionally available adult- an adult in school who is very familiar to the young carer who will support them if they are having a tricky time
- Quiet spaces at playtime and lunchtime if the young carer needs rest and recuperation rather than being outside playing
- The nest – a safe space to go during the school day
- Selection for additional experiences (like a sports trip or visit) to enrich their time in school
- Referral for support from Sheffield Young Carers

Next week we are raising awareness for Young Carers and highlighting issues they may face on a daily basis. Many young carers face a huge array of challenges as a result of their caring role. The Carers Trust young carer surveys repeatedly shows many young carers are disadvantaged across multiple aspects of their lives, including mental and physical health, finances, education and employment.

Please complete the online questionnaire to let us know about your child's caring responsibilities. Either click the link or scan the QR code. We will use this information with the upmost confidentiality and will only use the information to better support your child in school.

[Young Carer Survey 2026 – Fill in form](#)



If you would rather to speak to someone in person, please feel free to make an appointment to talk to Mrs Sewell or any member of the SLT.

We look forward to celebrating our young carers next week

Yours sincerely

Mrs Sewell