



St Cecilia's
R. C. High School

Discover • Develop • Rejoice

Young Carers Policy

Reviewed: July 2026

Next Review Date: July 2027

"Be kind and compassionate to one another." Ephesians 4:32

Young Carers Policy

Rationale

St Cecilia's RC High School fully recognises its responsibilities for supporting Young Carers. Due to the day-to-day contact with children, school staff, are well placed to observe the outward signs of any child who is experiencing difficulties or extra pressures at home due to caring for a parent, carer or sibling.

St Cecilia's seeks to do all that it can to support any child who is identified as a Young Carer.

It does so in accordance with the responsibilities, regulations and procedures determined by Lancashire CC.

This policy applies to all staff, governors and volunteers working in the school.

Purpose

This policy has been developed to ensure that all adults in St Cecilia's RC High School are working together to safeguard and promote the welfare of Young Carers.

Aims

Aims of our policy:

- To support staff in the identification of Young Carers and their understanding of the role of Young Carer
- To signpost staff to the correct personnel if they are concerned about a possible or identified Young Carer
- To ensure staff support Young Carers in managing their home life so that it doesn't impact negatively on their progress
- To direct staff to additional information and resources that could be relevant to Young Carers in the Preston area

Young Carers at St Cecilia's

Young Carers are people under the age of 18, who look after someone who is unwell or disabled. Usually, the person they care for is a member of their family. As a carer they may help with:

- Doing the housework
- Doing the shopping
- Interpreting
- Keeping an eye on someone
- Washing or dressing
- Administering Medication

Who are our Young Carers at St Cecilia's?

There are several young carers at St Cecilia's, and the list can be found on the shared Pupil List.

How can I spot a Young Carer?

Many times, our Young Carers talk to us about their challenging home life or their role as carer but sometimes they don't, and these are some key identifying characteristics to look out for:

- Anxiety or concern over an ill or disabled relative
- A need or desire to be in regular contact with home
- Often late or missing from school
- Secretive about their home life
- Often tired, distracted, withdrawn or anxious
- Low self-esteem and self-confidence
- Isolated or victims of bullying
- Poor relationship with peers
- May take on a caring role with younger children
- May demonstrate confidence when interacting with adults
- Isolation or withdrawal or behaviour that may be deemed challenging in a school or youth group situation but is the opposite of behaviour demonstrated at home.
- Back pain or other related pain
- Outbursts or amplified response to events due to the emotional strain they may be under

Who do I speak to if I think a pupil may be a Young Carer?

- Miss S. Bethwaite – AAHT/Young Carers Lead
- Mrs C. Vincent - Assistant Headteacher/DSL

Young Carers Communication Focus

St Cecilia's R.C High School Young Carers Communications Focus is to ensure all communications are accessible to young carers' families. St Cecilia's seeks to do all that it can to support any child who is identified as a Young Carer.

Reason	Strategy	In place
St Cecilia's facilities are accessible to Parents/Carers with disabilities School is fully accessible.	Wheelchair friendly. Lift to access school hall and offices.	Yes
St Cecilia's consider all alternatives to encourage	Phone Calls. Home visits. Text Messages	Yes

parents/Carers to attend school.		
St Cecilia's provide opportunities for Parents/Carers who work unsociable hours.	Appointments can be made early mornings, day time and evenings where needed.	Yes
St Cecilia's ensure all vital information involving pupils' education is accessible.	Letters/telephone calls/text messages and school website.	Yes
St Cecilia's ensure parent with communication impairments and language barriers are catered for.	Interpreters and translators are available at school events. (By prior arrangement)	Yes
St Cecilia's have care packages in place for parents who are unable to attend school events due to transport issues.	Assist by funding transport, e.g. Taxi	Yes
St Cecilia's will when appropriate will refer the family for a whole family assessment.	To ensure parents/disabled siblings are receiving the support they require to prevent or reduce a pupil's caring role.	Yes