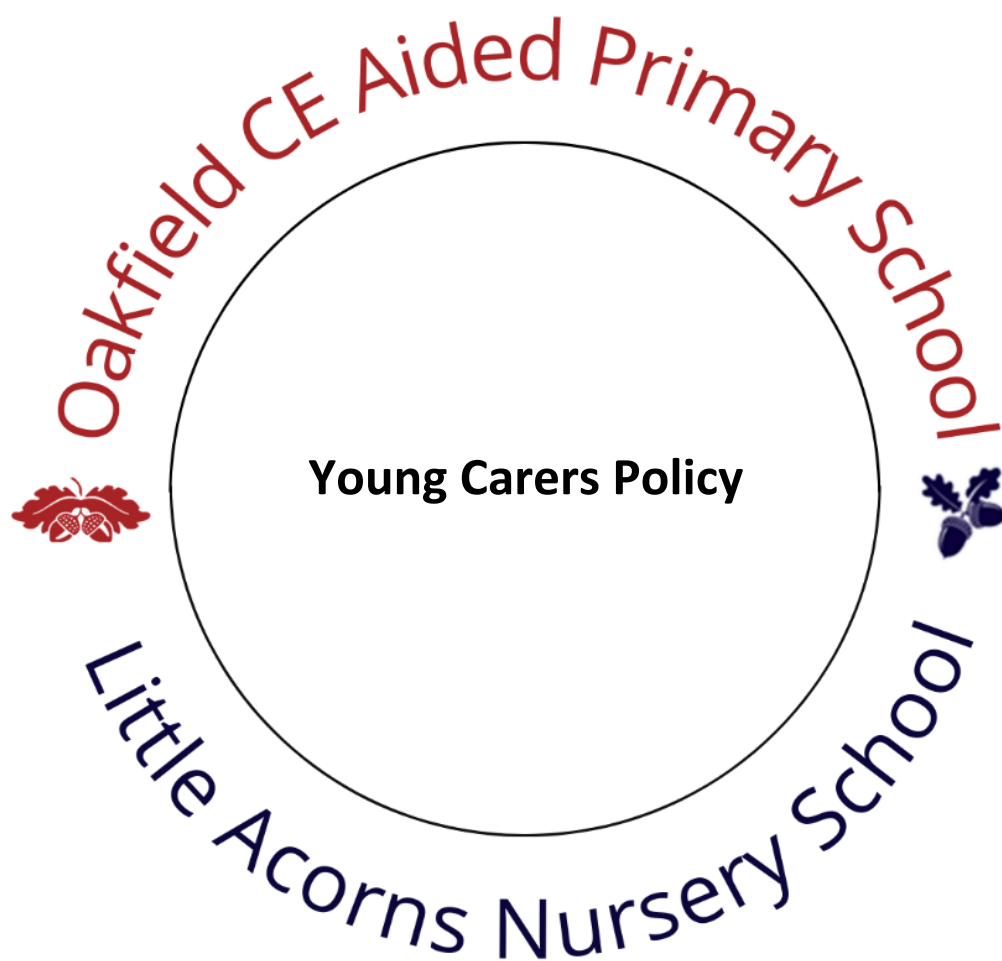




Date of Approval:	8 th December 2025
Committee/FGB	FGB
Responsible:	Vikki Reader - Headteacher
Review Date:	December 2026

Signed:

Chair of Governors

Signed:

Headteacher

Date:

8th December 2025

REVISION No:	Date issued:	Prepared by:	Approved by:	Comments:
	25.11.24	HD	FGB	New Policy
	01.12.25	BH	FGB	No Change

Aims of young carer policy

- To improve the progress and raise the standard of achievement for young carers
- To support young carers in improving and maintaining their attendance
- To ensure that young carers feel included and supported within their school community and that reasonable adjustments are made to promote this
- To improve the wellbeing and self-worth of young carers in the school community
- To protect young carers from unjust treatment due to their caring role and improve co-ordination with other agencies and support services
- To give young carers a voice in the school community and involve them in decisions affecting young carer provision
- To ensure that staff recognise flexibility may be needed when responding to the needs of young carers
- To have accountable professionals to monitor young carer provision and support

Definition of a young carer

Young carers are children under the age of 18 who help to look after someone in their home or another family member. This could be a sibling, parent, both parents or a grandparent who has a disability, illness, mental health condition or who misuses substances.

Oakfield's definition of a young carer is a child, under the age of 18, who is either the main carer, shares a caring responsibility for, or whose day-to-day life is impacted by someone in their home.

Having a clear definition of the role of a young carer is important, but unfortunately, many will remain hidden from view due to the stigma they may feel. To help identify and support those hidden young carers, it is vital that professionals are equipped with the understanding and knowledge to identify potential signs that a young person may have a caring responsibility.

Safeguarding

Oakfield actively promotes the welfare and wellbeing of all pupils. Where appropriate, the school will refer a young carer to the Local Authority MASH for an assessment with permission of the parents/carers. The school will follow the school's safeguarding policy regarding any young carer at risk of significant harm due to inappropriate or excessive levels of caring.

Policy Principles

At Oakfield we acknowledge, recognise and value the caring responsibilities that pupils in our community have. As a school, we strive to raise the awareness of these young carers amongst staff and pupils, to provide effective support for our young carers and remove any barriers which could potentially inhibit their academic, social and personal development.

"People don't realise that we don't have a choice." – BCP young carer, March 2023.

We want young carers in our school to feel seen, feel heard and feel supported. By engaging with the Level Up Programme, we hope to improve the support in place for young carers which in the long-term, will have a positive impact on young carer's academic performance, attendance and aspirations. This policy outlines the whole school approaches and strategies that will enable young carers at Oakfield to flourish.

"The session was the most living CPD I've ever experienced - I feel totally moved, inspired and determined to be part of the solution." – Dorset secondary school pastoral worker, November 2022.

At Oakfield we have high expectations of all pupils, and we believe all pupils should have equal opportunities. However, every child needs to feel safe, supported and understood to achieve self-actualisation. National statistics suggest that young carers do not always feel this way in school. A survey conducted by the Carer's Trust (2023) highlighted that over 42% of young carers 'always' or 'usually' feel stressed and 52% said they do 'not often' or 'never' get help from school or college to balance their responsibilities. We recognise that such caring responsibilities can, and will, have an impact on a child's social and emotional wellbeing and their academic performance. Therefore, we are committed to improving provision and support at Oakfield to enable young carers to fulfil their potential.

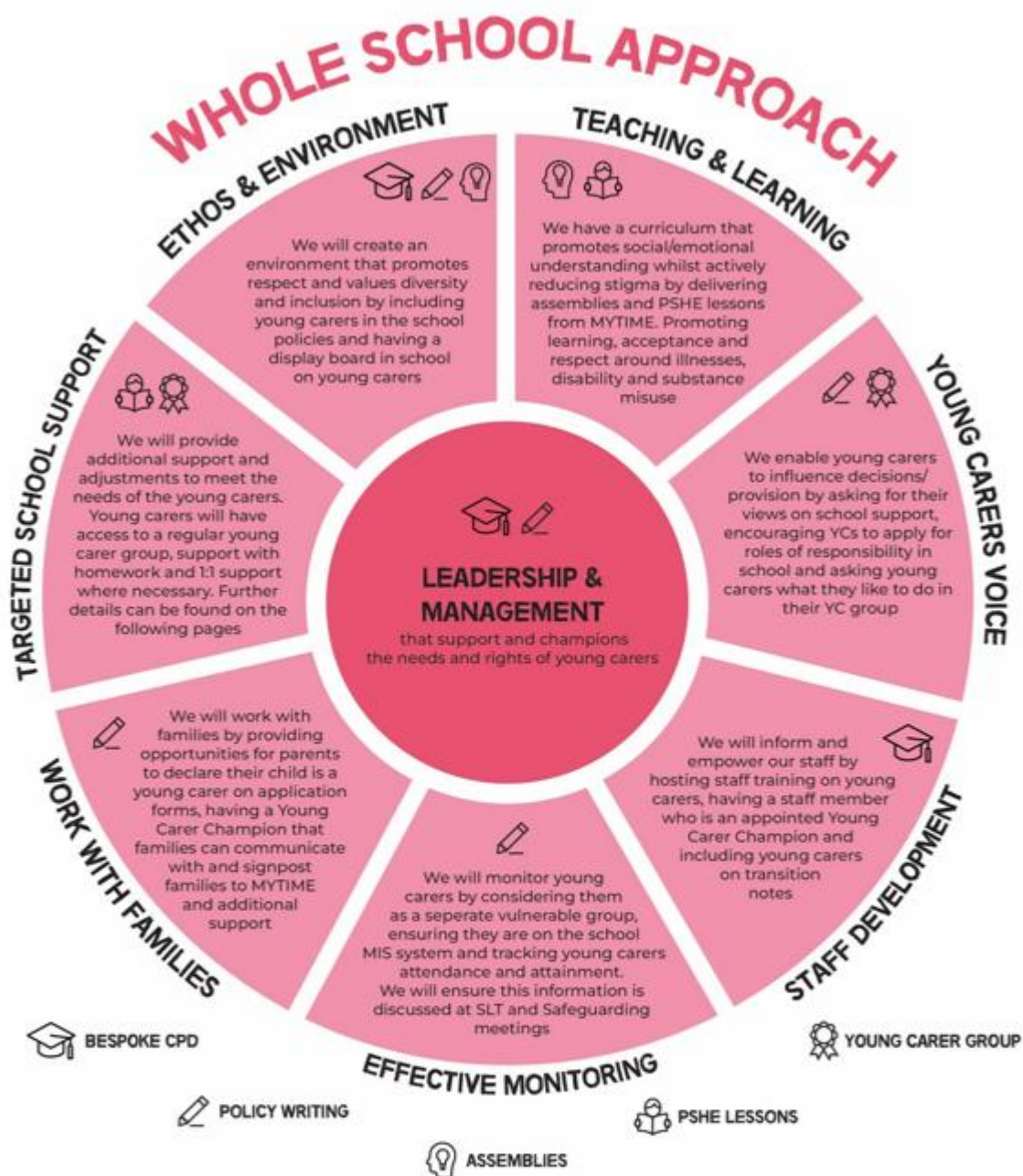
MYTIME Young Carer's data collected in March 2023 shows that after engagement with the Level Up Programme, over 85% of young carers had someone trusted to speak to, over 80% of young carers had a regular opportunity to meet other young carers and that they felt more positively about how their peers and school staff thought about and recognised young carers.

"I like going to young carers group as I listen to other people's stories, and it makes me realise I'm not the only one going through it. It makes me feel less lonely." – Dorset primary young carer, March 2023.

By working closely with MYTIME Young Carers, Oakfield will ensure that all stakeholders have a greater understanding of who young carers are, the challenges they face and how they will be supported. The whole school and classroom strategies are outlined in this policy, staff and students will be exposed to training and sessions to raise awareness. We will use the voices of the young carers in our school to shape the support available.

⁽¹⁾*Carers Trust (2023) Being a young carer is not a choice. It's just what we do.*

<https://www.mytimeyoungcarers.org/level-up>



PROVISION WILL BE HELD ACCOUNTABLE AND REVIEWED THROUGH ANNUAL POLICY REVIEW BY AN APPOINTED MEMBER OF SLT, GOVERNOR AND YOUNG CARER CHAMPION

MEMBER OF SENIOR LEADERSHIP TEAM

Rebecca Howlett

MEMBER OF GOVERNORS

Michelle Goodman

YOUNG CARER CHAMPION

Rebecca Howlett

ROLES & RESPONSIBILITIES

APPOINTED MEMBER OF SLT

- ▶ Support YC Champion with implementing the action plan / strategy for young carers
- ▶ Support YC Champion with organising the delivery of the Level Up Programme and subsequent MYTIME offers
- ▶ Have overall responsibility for the provision and progress of young carers
- ▶ Provide data for the YC Champion and MYTIME at required points in the year
- ▶ Ensure the curriculum promotes a full understanding of the role of young carers whilst actively reducing stigma

APPOINTED GOVERNOR

- ▶ Understand how policies and procedures support young carers
- ▶ Explore what training and development has been provided to the YC Champion and staff
- ▶ Know what information is shared with parents and external agencies on the support of young carers
- ▶ Hold Senior Leadership and the YC Champion to account for the aims objectives of the school's young carer action plan

YOUNG CARER CHAMPION

- ▶ Oversee the policy and provision for proactive identification of young carers
- ▶ Establish a first point of contact for young carers and their families, ensuring they understand how to self-identify and access support
- ▶ Ensure staff have a good understanding of who young carers are and the support available in school
- ▶ Ensure young carers are known and identifiable by all staff
- ▶ Maintain an accurate and up to date young carer register and ensure this data is included in the school census
- ▶ Ensure young carers are appropriately supported by effectively communicating with the young carer, their family and teachers
- ▶ Provide opportunities for 1to1 support and YC groups, building a community of young carers.
- ▶ Create a clear line of communication for young carers to access support
- ▶ Report on the strengths, weaknesses and, and recommendations to SLT to improve support for young carers
- ▶ With the support of MYTIME create annual action plans for the young carer provision
- ▶ Identify barriers to achievement, through conversations and data monitoring, and build provision to combat these
- ▶ Keep up to date with local and national developments
- ▶ Oversee transition between phases of education
- ▶ To communicate with MYTIME to support them in the development of the Level Up Programme.

SUPPORT AND ADJUSTMENTS FOR YOUNG CARERS

The school's dedicated Young Carer Champion is
Young carers can speak to the Champion at

Rebecca Howlett

Ask for her any time in the SLT office

If a young carer has incorrect or missing uniform, we will:

- Provide them with access to spare uniform discreetly

If a young carer is falling behind their peers we will:

- Put Literacy and/or Numeracy interventions in place where appropriate

If the person a young carer cares for is unwell, we will:

- Inform staff working with that YC of the situation
- Provide opportunities for the YC to communicate with that person (like by using office phone at break)

If a young carer is struggling with attendance, we will:

- Have open conversations with families around barriers to attendance/punctuality
- Put in support to overcome the barriers discussed (like access to car park for drop off)

If a young carer is struggling to complete their homework we will:

- Provide opportunities for the YC to complete homework at school (during school hours)
- Amend homework expectations, as appropriate

All staff will know who the young carers they work with are by:

- Having YCs on seating plans
- Including YCs on class information packs

To support young carers with their mental wellbeing, we will:

- Provide ELSA support, if appropriate
- Provide a time out/reflection card, as appropriate
- Include mindful activities in Young Carer Groups

To allow a young carer to connect with other young carers, we will:

- Run a regular Young Carer Group at school
- Bring YCs on MYTIME school events
- Share information about MYTIME Zoom Youth Group, Making Memories events and other holiday events

Review

This policy will be reviewed annually by senior leaders with advice and guidance from My Time before being approved by governors. It may be reviewed earlier if the government introduce new regulations.