



Ref: PJS/ Young Carers

Dear parent(s)/guardian(s),

Identifying and supporting young carers at Palfrey Junior School

This week is 'Young Carers Awareness Week' and we are committed to ensuring that all students get the support they need to have a positive school experience, are happy in school and can achieve their full potential.

We know that for some students, factors outside of school can have a big impact on this, particularly if they are helping to look after someone in their family **who is ill, disabled, or has a mental health problem or an addiction**. Research suggest there could be as many as 2 pupils who are helping to support someone because of one of these factors – we call these students **young carers**.

Students can be young carers for lots of different reasons, for example:

- They might be providing physical support to a parent with a **physical illness** such as fibromyalgia or ME, such as cooking, fetching things or helping with things like putting shoes on or doing the shopping
- They might be helping a parent with a **disability** who needs help with more personal tasks such as getting dressed, bathing or changing dressings
- Or it could be more emotional support – like being there if their autistic sibling is upset, taking responsibility for young siblings whilst parents attend health appointments, or checking that a parent with depression/anxiety is ok.

Some young carers might be doing lots of caring, others just a small amount but are impacted by the situation at home for example by worrying about the person with the health condition, or needing to do more things for themselves compared to other students.

There is support available for young carers and their families should they ever need it – both inside and outside of school. [See Walsall Young Carers Website](#)

If you think that any of the above applies to your child, and that they might possibly be a young carer please complete the confidential online reply form sent following this email. Even if you feel your child or family are doing really well and don't need any support, we find that it's better for us to be aware and have them on our radar as potential young carers, in case the situation suddenly changes and they (or you) do need support. It just means that you and your child don't have to start from scratch with letting us know what is going on if things have become difficult and we can provide support in school.

Yours sincerely

Young Carers' School Operational Lead: Miss Thomson



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If you did not complete the online form with the letter you can always email us at:
support@palfrey-j.walsall.sch.uk

Reply slip

Pupil's name:

Class:

Does the pupil have a parent, sibling or other family members who are ill, disabled, have a mental health problem or an addiction? **Yes No**

Please give further details here: (not required but would be helpful so that we can support your child the best we can)

Would you like us to refer your child for a Young Carers Assessment? **Yes No**

Please provide a name and telephone number or email address so that we can contact you.

Name:

Telephone/email address:



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