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## **St James CE Primary School**

**Executive Headteacher: Mrs. J Young (BA Hons, PGCE, NPQH)**

19<sup>th</sup> February 2024

Dear Parent/Carer

This year at St James we have been thinking about how we can support our Young Carers.

The Young Carers in Schools website says:

“The Children and Families Act 2014 definition says a young carer is

‘A person under 18 who provides or intends to provide care for another person’.

This can include caring for parents, grandparents and/or siblings.

The person they care for may live with a physical condition or something more hidden, such as a mental health problem, an addiction, or neurodiversity.

They might help with shopping, cooking, and cleaning; managing medicines or money; providing personal care and/or emotional support; and may need to look after other siblings.”

At St James we want to do everything we can to support the young carers at our school and so we have put the following things in place in the last 12 months:

- We have a young carers policy which you can visit via the school website.
- We have appointed two members of staff as Young Carers Champions (Mrs Evans and Miss Barratt) and one member of the Senior Leadership Team as Young Carers Lead (Mrs Conant).
- We have strengthened our links with St Helens Young Carers Centre and members of their team have been in to do some PSHE lessons and an assembly.
- We are committed to ensuring that staff are well equipped to understand the needs of young carers and ways that they can support them.
- We have a young carers meeting every half term for all of the young carers in school – sometimes this will be a drop in session at the Harbour, sometimes we will think about a particular aspect of being a young carer.
- We now have a Young Carers notice board containing information about what a young carer is, who they can speak to at school, what sort of support is available outside of school and a worry box for children who would like to raise any concerns.
- Finally, we are working towards the Young Carers in Schools Award to ensure that we are putting as many things in place as we can for our young carers. You can find out more details of this via the Young Carers in Schools Website ([www.youngcarersinschools.com](http://www.youngcarersinschools.com))

If you have any questions or if your child is a young carer, or you think they might be, and we’re not aware of it, please don’t hesitate to get in touch. Alternatively visit [www.sthelensyoungcarers.org](http://www.sthelensyoungcarers.org)

Thank you for your continued support  
The St James’ Team