



**Sacriston
Academy**

Young Carers Signposting

At Sacriston Academy, we recognise that some pupils may be young carers—children and young people under 18 who provide care, assistance, or support to a family member who has a disability, chronic illness, mental health condition, or substance misuse issue.

We are committed to identifying, supporting, and safeguarding young carers to ensure they have equal access to education and opportunities to thrive.

Aims

- To ensure young carers are identified and supported appropriately.
- To reduce barriers to learning and participation for young carers.
- To promote the wellbeing and academic progress of young carers.
- To work in partnership with families, external agencies, and carers' services.

Definition of a Young Carer

A young carer may:

- Provide practical care (e.g. cooking, cleaning, shopping).
- Offer emotional support.
- Help with personal care or medication.
- Translate or interpret for a family member.
- Take responsibility for siblings due to a parent's illness or disability.

Identification and Referral

School will proactively seek pupil voice throughout the year – asking explicitly if students identify as young carers. This is done through well-being conversations, student surveys and the student confidentiality form.

Staff will be trained to recognise signs that a pupil may be a young carer. These may include:

- Regular lateness or absence.
- Tiredness or lack of concentration.
- Underachievement or disengagement.
- Emotional distress or behavioural issues.

Referrals may come from:

- Self-disclosure by the pupil.
- Parents or family members.
- Staff observations.
- External agencies.

Support Offered

We will:

- Provide School Based Early Help for the child and family where required
- Designate a named staff member (e.g. DSL or Young Carers Lead) as a point of contact.
- Offer flexible arrangements (e.g. homework deadlines, access to pastoral support).
- Offer practical support such as calling home during breaks if worried
- Provide access to counselling or wellbeing services.
- Liaise with external agencies such as Young Carers Services or social care.
- Monitor academic, social and emotion progress termly via pastoral systems

Working with Families

We will:

- Engage families in a supportive and non-judgmental manner.
- Respect the family's privacy and cultural context.
- Provide information about support services.
- Encourage open communication between school and home.

Linked Policies

- Safeguarding Policy
- Inclusion and SEND Policy
- Attendance Policy
- Equality and Diversity Policy

Signposting – National

Young Carers | Mental Health Advice | YoungMinds

<https://www.youngminds.org.uk/young-person/coping-with-life/young-carers/>

Carers Trust

www.carers.org

Supporting your child as a young carer | NSPCC

<https://www.nspcc.org.uk/advice-for-families/how-do-i-support-a-young-carer/>

NHS

<https://www.nhs.uk/social-care-and-support/support-and-benefits-for-carers/being-a-young-carer-your-rights/>

Signposting – Local links

Young Carers Alliance

<https://carers.org/young-carers-alliance/young-carers-alliance>

The Bridge Young Carers Service

0191 383 2580

Family Action

<https://family-action.org.uk/get-support/>

Sacrison Academy

Please contact us in school by emailing enquiries@sacrisonacademy.co.uk and your request will be passed to the Safeguarding Team in school.