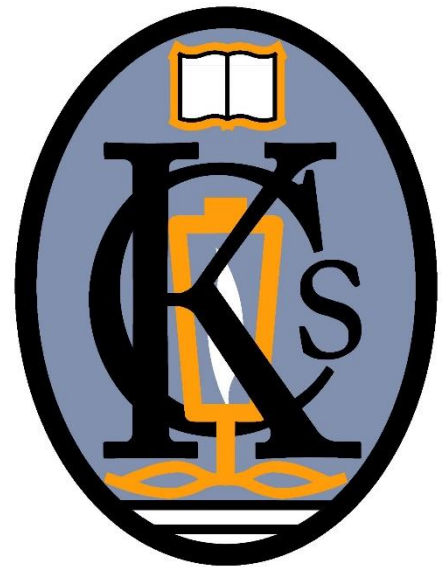
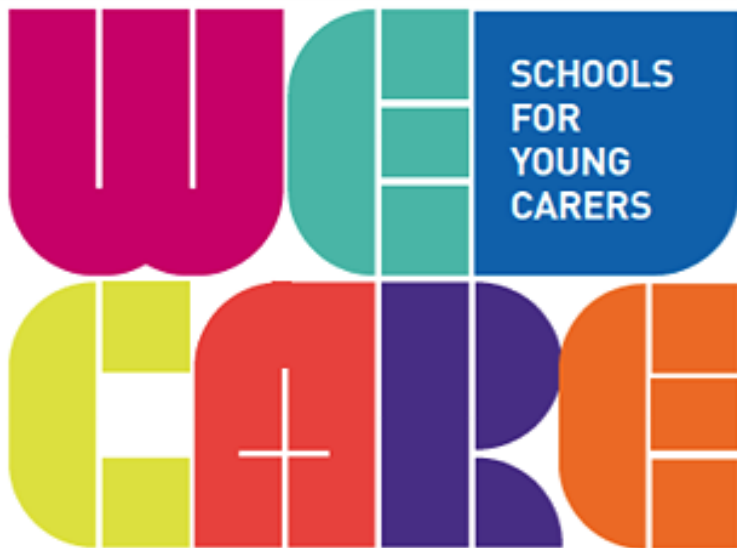


CARRICK KNOWE PRIMARY SCHOOL



YOUNG CARERS POLICY
Updated: September 2025

OUR VALUES AND BELIEFS

At Carrick Knowe Primary School we believe that everyone in our school community matters and that everyone should be cared for, respected and valued. We recognise that we have Young Carers within our school community and we are committed to supporting them to achieve success across the curriculum and wider world.

BACKGROUND

During session 2021-2022 Carrick Knowe began working with Edinburgh Young Carers to raise awareness about young carers in our school community and the challenges they face in their daily lives. Three young carers were identified, and their status as young carers recorded on SEEMIS. In November 2021 Laura Doig (Home School Link Worker) attended the "Young Carers – Identifying and Supporting Pupils" training for raising awareness in schools. It was through this CPD that the need to develop a policy was identified and work began on this document.

WHAT IS A YOUNG CARER?

A young carer is someone under 18 years of age who helps to look after a parent, guardian or sibling who is disabled physically or mentally, or has a substance misuse. Information about the Edinburgh Young Carers (EYC) can be found at <http://www.youngcarers.org.uk/>. We are grateful for their support in providing the following information:

Young carers are young people who care for or are affected by someone else at home - usually a parent or sibling. The person they care for may suffer from:

- mental health problems
- disability
- chronic ill-health
- drug and alcohol misuse

Caring responsibilities can affect a young person:

- EMOTIONALLY - Putting other people's needs first, being worried, anxious or stressed. Feelings of guilt, anger, being trapped, isolated and being misunderstood.
- PHYSICALLY - Suffering from pains or strains from heavy lifting or helping someone to wash or dress.
- SOCIALLY - Not able to meet up with friends regularly. Feeling isolated and lacking confidence. A possible target for being bullied.
- EDUCATIONALLY - Difficulties concentrating in class, feeling tired, worried, with no time to do homework.
- FINANCIALLY - Low family income. Not having enough money for basic needs. Most young carers go unnoticed or unrecognised, until there is a crisis. Often, family members do not want people outside the home to know that someone is ill. They may fear that the family could become separated. The level and type of care undertaken by a young carer varies according to their individual circumstance.

LINKS TO OUR CURRICULUM (CfE)

The support offered to Young Carers at Carrick Knowe Primary School is driven by the 'Health and wellbeing across learning: experiences and outcomes' from Curriculum for Excellence:

Mental and emotional wellbeing

I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.

[HWB 0-03a](#) / [HWB 1-03a](#) / [HWB 2-03a](#) / [HWB 3-03a](#) / [HWB 4-03a](#)

I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.

[HWB 0-04a](#) / [HWB 1-04a](#) / [HWB 2-04a](#) / [HWB 3-04a](#) / [HWB 4-04a](#)

I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.

[HWB 0-05a](#) / [HWB 1-05a](#) / [HWB 2-05a](#) / [HWB 3-05a](#) / [HWB 4-05a](#)

I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.

[HWB 0-06a](#) / [HWB 1-06a](#) / [HWB 2-06a](#) / [HWB 3-06a](#) / [HWB 4-06a](#)

I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss.

[HWB 0-07a](#) / [HWB 1-07a](#) / [HWB 2-07a](#) / [HWB 3-07a](#) / [HWB 4-07a](#)

I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.

[HWB 0-08a](#) / [HWB 1-08a](#) / [HWB 2-08a](#) / [HWB 3-08a](#) / [HWB 4-08a](#)

Social Wellbeing

As I explore the rights to which I and others are entitled, I am able to exercise these rights appropriately and accept the responsibilities that go with them. I show respect for the rights of others.

[HWB 0-09a](#) / [HWB 1-09a](#) / [HWB 2-09a](#) / [HWB 3-09a](#) / [HWB 4-09a](#)

I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all.

[HWB 0-10a](#) / [HWB 1-10a](#) / [HWB 2-10a](#) / [HWB 3-10a](#) / [HWB 4-10a](#)

I make full use of and value the opportunities I am given to improve and manage my learning, and, in turn, I can help to encourage learning and confidence in others.

[HWB 0-11a](#) / [HWB 1-11a](#) / [HWB 2-11a](#) / [HWB 3-11a](#) / [HWB 4-11a](#)

Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community.

[HWB 0-13a](#) / [HWB 1-13a](#) / [HWB 2-13a](#) / [HWB 3-13a](#) / [HWB 4-13a](#)

OUR AIMS

What we will do...	How this will work...	When?	Who?
We will have two members of staff with special responsibility for young carers.	The key members of staff will let all pupils know what support is available to young carers.	Ongoing	Catriona Iley Laura Doig
We will have a staff representative at the Edinburgh Young Carers Co-ordinator Network	Staff to attend the meetings as and when they are scheduled.	Ongoing	Catriona Iley Laura Doig
We will raise awareness of the challenges faced by young carers	- Awareness raising presentations on young carers will be included in schedule of assemblies - Awareness of young carers and associated issues will be included in HWB lessons - Information leaflets and posters will be available in school, on notice boards and on the school website.	Ongoing	Catriona Iley Laura Doig Edinburgh Young Carers/Space at Broomhouse Hub
The school will support young carers to identify themselves and link up with appropriate support agencies and information	- Young carer information will be displayed on a school noticeboard/school website - Contact information for the EYC will be displayed and available to pupils, parents and members of school staff	Ongoing	Catriona Iley Laura Doig Edinburgh Young Carers/Space at Broomhouse Hub
Will make sure the school and its information are accessible to parents who have disability, impairment or other support need	- Information can be given to families in a way they can best read or understand it (e.g. translated into another language) - We will try to accommodate meetings out with normal school hours if needed	When requested	Catriona Iley Laura Doig CKPS SLT Young carers and family EAL Service
Will support young carers to contact their family when necessary	- When permission is obtained, telephone calls home can be made at break times using a school phone in a private area - Young carers may be issued with a Pass to indicate that they have permission to keep their mobile phone switched on in silent mode to receive important text messages – the pass will make no reference to 'young carer'	When requested When requested	Catriona Iley Laura Doig Young carers and family Key CKPS Staff
Will support young carers to attend events that will support their safety, skill	Information that is missed when attending events will be given to help	When requested	Class teachers

development and wellbeing	young carers catch up with any school work		Young carers and family
Will be considerate of late coming to school due to caring responsibilities	• CKPS SLT, Class Teachers and the Education Wellbeing Service will be informed of family situations as they arise	When needed	CKPS SLT EWO Class Teachers Young carers and family
Will allow absence from school and early release when young carers need to provide family support in times of crisis	• This will be arranged with SLT staff following discussion with young carer, family, or the EYC as appropriate	When requested	CKPS SLT Young carers & family EYC/Space at Broomhouse Hub
Will allow appropriate extensions to homework deadlines for young carers	• Young carers will be given as much notice as possible about any deadline issues	When needed	Class teachers Young Carers
Will make sure that school staff have access to CPD training opportunities that encourage better understanding of the issues faced by young carers	• Through the CEC CPD directory and links with EYC or other relevant partner agencies	When needed	Gail Canning Catriona Iley EYC/Space at Broomhouse Hub Other appropriate agencies
Will provide educational opportunities for staff in recognising the signs that a young person has a caring responsibility, as well as increasing their understanding of these responsibilities	• Information leaflets and posters will be available in school and on the school website • In-school training events will be planned	Ongoing	Gail Canning Catriona Iley EYC/Space at Broomhouse Hub Young carers
Will make sure that a Young Person's Plan recognises their specific needs as a young carer	• GIRFEC guidance and associated documents • Through Assessments of Need and Child Planning Meetings	As needed	CKPS SLT CKPS Sfl Young carers and family Partner agencies
Will recognise young carer achievements	• Achievements in school and as part of the wider extracurricular life of young carers will be celebrated at assemblies, in school newsletters, on the school	Ongoing	All CKPS Staff Young carers and family

	website and by any other appropriate means		EYC/Space at Broomhouse Hub
Will make sure other school policies and agreements link appropriately with the Young Carers Policy	The Young Carers Policy will be included in the school handbook	Annually	Gail Canning Catriona Iley

The Carrick Knowe Primary School Young Carers Policy will be reviewed annually by representative young carers, school staff and the EYC staff

YOUNG CARERS POLICY

Our school recognises that young carers are children or young people who look after, or help to look after, someone in their family who is elderly, has a long term illness, disability, mental health difficulties or struggle with substance misuse. We know that every young carer's experience is unique to them and their personal circumstances.



We are committed to ensuring that young carers are children first and that they have equal access to education, removing the barriers they may face to attendance and attainment. This charter aims to ensure young carers are identified at the earliest possible opportunity and offered appropriate support, both within the school environment and from our partners in the community.

To achieve this, we will endeavour to work with the Supporting Young Carers in Schools Guidelines to:

Create an environment that is sensitive, empathetic, and flexible to the needs of young carers and respects their right to confidentiality

Ensure all school staff are "Young Carer Aware" and access regular CPD to develop their knowledge and understanding of best practice to support young carers



Develop an awareness and understanding of the impacts of caring and the support needs of young carers throughout the school community

Record all identified young carers on SEEMIS

Appoint a "Young Carer Co-ordinator" or team of YCC within our school who will have responsibility for young carers and endeavour to ensure all staff, pupils and parents in our school community are aware of who this person or team is

Display a young carer noticeboard and include posters, leaflets, and guidance materials



Ensure staff have access to a shared drive with further information

Run regular awareness-raising assemblies and workshops on young carers for pupils

Liaise with and make referrals to our local young carers service, as appropriate

Ensure all identified young carers are aware of and have access to an enhanced transition package throughout all aspects of their school life and when progressing into further education, employment and training



Offer all identified young carers a Young Carers Statement (either in school, or through your local young carers organisation)

Ensure that young carers and the needs of young carers are met through other school policies and these policies work collaboratively to support young carers in their educational journey

Headteacher

.....
Date :

Young Carer Coordinator

.....
Date :

Young Carers Worker

.....
Date :

This policy will be reviewed every months by the Young Carer Coordinator, staff and children

