



29<sup>th</sup> September 2021

Dear Parent/Carer

## Identifying and supporting young carers at St Clement's High School

A young carer is someone under 18 who is caring unpaid for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. Research suggests there are at least 700,000 young carers in the UK but many do not realise they are a young carer. We know that young carers may need a little extra support to enjoy and do well at school.

Our school is committed to ensuring that all pupils who are young carers are identified, and supported effectively. At St Clement's High School, I have the pleasure of leading our young carer group and actively ensure all young carers are able to enjoy school and feel supported.

St Clement's is now in its 6<sup>th</sup> year of supporting Young Carers and continues to work with West Norfolk Young Carers, we are extremely proud to hold a Young Carer in Education award.

Within school Young Carers are offered additional support should they need it;

- Monthly lunchtime support groups, supported by West Norfolk Young Carers
- Celebration afternoons
- Access to external trips with West Norfolk Young Carers
- Support and advice
- Access to free/loan equipment
- Access to homework club
- Sanitary products
- 1-1 meetings
- Emotional and mental health support

If you think your child might be a young carer, or could be affected by any of the issues I have highlighted, please do not hesitate to contact me [l.addison-paul@stclementshigh.org.uk](mailto:l.addison-paul@stclementshigh.org.uk) or if you would prefer an appointment this can be arranged by phoning 01553 825930.

Yours faithfully

Mrs L Addison-Paul  
Student Welfare Manager