



4th September 2026

Dear parent/guardian.

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 800,000 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.

At St Clement's we are extremely proud to hold a Young Carer Tick award.

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

- Fortnightly lunchtime support groups
- Support and advice
- Access to free/loan equipment
- Access to homework club
- Sanitary products
- 1-1 meetings
- Emotional and mental health support
- Young Carer end of year party and events throughout the academic year
- Mobile phone use in one of the Pastoral offices to check-in on who the Young Carer cares for, to reduce anxiety.

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 at r.fisher@stclementshigh.org.uk

Yours sincerely

Mrs R Fisher
Pastoral Lead Year 8 & 9
Young Carers Lead