

15th March 2023

Dear Parent/Carer

## **Identifying and supporting Young Carers at Acle Academy**

At Acle Academy we are aware that some of our pupils are young carers. 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. Some young carers worry about bullying and may be tired, worried or find it difficult to concentrate and have limited time for friendships and activities after school. If this is the case, we can help; by offering for example extra help with homework, flexibility around calling home, advice about how to get your child into school where transport may be an issue, a teacher to talk to and alternatives to after school activities. We can also provide advice on benefits, local support groups and more. Research suggests there are at least 700,000 young carers in the UK but many do not realise they are a young carer. Some children might also be short-term young carers due to temporary changes in the household.

We know that young carers may need a little extra support to enjoy and do well at school. At Acle Academy we are committed to ensuring that all pupils who are young carers are identified and supported effectively. As Acle Academy's Young Carers' Lead I have responsibility for ensuring all young carers are able to enjoy school and make good progress. To ensure everyone has the opportunity to thrive at school and receive the support they need, we are committed to listening to and supporting any student who has a caring role or responsibilities for others at home. In doing this, we hope this will ultimately improve the educational experiences and achievements of our Young Carers and empower them to seek help and support when necessary. Many Young Carers shoulder responsibilities well beyond their years, and at Acle Academy we are committed to working hard to support these students to become the best that they can be, despite the additional pressures they face.

If you think your child might be a young carer, or could be affected by any of the concerns I have highlighted, please let me know by completing [this form](#) to let us know. If you do not feel comfortable doing this, or have any further questions, please do not hesitate to contact me directly via the school office or via email [cskarin@acle.norfolk.sch.uk](mailto:cskarin@acle.norfolk.sch.uk) to arrange a phone call or a meeting. Alternatively, you can also contact your child's Head of Year. Any information that is given to us will be treated sensitively and in the strictest confidence. No information will be shared without your knowledge.

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If you want any more information or wish to talk to an independent organisation around caring, please go to

<https://www.norfolk.gov.uk/care-support-and-health/get-help-with-looking-after-someone/young-carers>

<https://carersmatternorfolk.org.uk/our-work/support-for-carers/young-carers-and-family-support/>

Yours sincerely



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