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Dear Parents

### Identifying and Supporting Young Carers at Smithdon High School

We are committed to ensuring that all students get the support they need to have a positive school experience, are happy in school and can achieve their full potential.

We know that for some students, factors outside of school can have a big impact on this. Research shows that 1 in 5 children are young carers. Young carers are defined as someone who is helping to support a family member or friend who is ill, disabled or has a mental health problem or an addiction.

Some young carers might be doing lots of caring, others just a small amount but are still impacted by the situation at home, for example by worrying about the person with the health condition, or needing to do more things for themselves compared to other students.

There is lots of support available for young carers and their families should they ever need it – both inside and outside of school. In Norfolk, support can be accessed through Carers Matter Norfolk [www.youngcarersmatternorfolk.org](http://www.youngcarersmatternorfolk.org)

To support our young carers in school, we have set up a Young Carers Support Group. This will take place fortnightly on a Thursday lunchtime. This will be led by Mr Ward, Mrs Wheeler, Ms Williams and Miss Southerland. It is a place where our young carers can socialise, support each other and feel more connected.

If you think that any of the above applies to your child, and that they might possibly be a young carer then please either email me [d.ward@smithdonhigh.org.uk](mailto:d.ward@smithdonhigh.org.uk) with the name of your child, year group and who they care for, or complete the Google Form below:

[https://docs.google.com/forms/d/e/1FAIpQLScdS7Cdeh1uHD\\_plvimeDfbylrh-X9S8i-v472UDkpfS-drsA/viewform?usp=sharing&oid=100488151261677839642](https://docs.google.com/forms/d/e/1FAIpQLScdS7Cdeh1uHD_plvimeDfbylrh-X9S8i-v472UDkpfS-drsA/viewform?usp=sharing&oid=100488151261677839642)

Even if you feel your child or family are doing really well and don't need any support, we find that it's better for us to be aware and have them on our radar as potential young carers, in case the situation suddenly changes and they (or you) do need support. It just means that you and your child don't have to start from scratch with letting us know what is going on if things have become difficult.

Yours sincerely

**Mr D Ward**  
**Assistant Headteacher**  
**SLT Young Carers' Lead**

**The Cambridge Partnership**  
Graduate Teacher Programme

