NIDDRIE MILL PRIMARY SCHOOL
YOUNG CARERS POLICY

February 2015
OUR VALUES AND BELIEFS

At Niddrie Mill 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 2013 – 2014 Niddrie Mill began working with Edinburgh Young Carers Project 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 October 2014 Jennifer Goodall attended the “Young Carers – Identification and Support” event for raising awareness in schools at the Edinburgh Faith Mission. It was through this CPD that the need to develop a policy was identified and work began on this document.

YOUNG CARERS

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 Project (EYCP) 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 CURRICULUM FOR EXCELLENCE

The support offered to Young Carers at Niddrie Mill 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.

**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.

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.

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.

Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community.
<table>
<thead>
<tr>
<th>Niddrie Mill Primary School</th>
<th>How this will work</th>
<th>When it will happen</th>
<th>Who will help make this happen</th>
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| Will have one member of staff with special responsibility for young carers | • The key member of staff will let all pupils know what support is available to young carers  
• Staff will know where to refer young carers | Ongoing | Jennifer Goodall |
| Will have a staff representative at the Edinburgh Young Carers Coordinator Network | • Staff to attend the meetings as and when they are scheduled. | Ongoing | Jennifer Goodall |
| 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 and on the school website | Ongoing | Jennifer Goodall  
EYCP |
| 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  
• Contact information for the EYCP will be displayed and available to pupils, parents and members of school staff | Ongoing | Jennifer Goodall  
EYCP |
| Will make sure the school and its information is accessible to parents who have disability, impairment or other support needs | • 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 outwith normal school hours if needed | When requested | Jennifer Goodall  
NMPS SMT  
Young carers and family  
EAL Service |
| Will respect young carers’ right to privacy | • With young carer consent, the EYCP will share appropriate information with key staff  
• With young carer consent, teachers and the Education Welfare Officer will be informed of the names of young carers and this will be recorded on SEEMIS | Ongoing  
As young carers are identified | Jennifer Goodall  
EYCP  
EWO  
Admin Staff |
| Will support young carers to make contact with 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 | Jennifer Goodall  
Young carers and family  
Key NMPS Staff |
| Will support young carers to attend events that will support their safety, skill development and wellbeing | • Information that is missed when attending events will be given to help young carers catch up with any school work | When requested | Class teachers  
Young carers and family |
<table>
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<th>Will be considerate of latecoming to school due to caring responsibilities</th>
<th>• NMPS SMT, Class Teachers and the Education Welfare Officer will be informed of family situations as they arise</th>
<th>When needed</th>
<th>NMPS SMT, EWO, Class Teachers, Young carers and family</th>
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<td>Will allow absence from school and early release when young carers need to provide family support in times of crisis</td>
<td>• This will be arranged with SMT staff following discussion with young carer, family, or the EYCP as appropriate</td>
<td>When requested</td>
<td>NMPS SMT, Young carers &amp; family, EYCP</td>
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<td>Will allow appropriate extensions to homework deadlines for young carers</td>
<td>• Young carers will be given as much notice as possible about any deadline issues</td>
<td>When needed</td>
<td>Class teachers, Young carers</td>
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<td>Will make sure that school staff have access to CPD (training) opportunities that encourage better understanding of the issues faced by young carers</td>
<td>• Through the CEC CPD directory and links with EYCP or other relevant partner agencies</td>
<td>When needed</td>
<td>Jennifer Goodall, EYCP, Other appropriate agencies</td>
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| 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 | Jennifer Goodall  
EYCP  
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 | NMPS SMT  
NMPS 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 website and by any other appropriate means. | Ongoing | All NMPS Staff  
Young carers and family  
EYCP |
| 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 | Jennifer Goodall |
The Niddrie Mill Primary School Young Carers Policy will be reviewed annually by representative young carers, school staff and the EYCP staff.