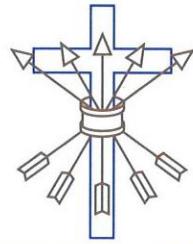


WADDESDON CHURCH OF ENGLAND SCHOOL

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Headteacher: Matthew Abbott



Dear Parents and Carers,

We are writing to you about the role that schools can play in supporting young carers. A young carer is a child or young person who helps care for a family member with a physical or mental illness, disability, or substance misuse. This may involve carrying out practical tasks, providing emotional support or both. Every caring situation can be different.

National research shows that many young carers have not been made known to schools, meaning that many children may be caring without access to vital support. By informing the school about your child's caring role, we can ensure they receive the right support which can result in a significant difference to their wellbeing, education and future opportunities.

If you believe your child/ children has a caring role at home (even if you are unsure) we encourage you to let us know. You can speak to a member of staff confidentially, and together we can explore what support may be beneficial.

Please remember that identifying your child as a young carer is not about labelling; it is about ensuring they are recognised, understood and given the best chance to belong, achieve and thrive at our school.

There is a young carers group in school which runs every Thursday lunchtime in Enrichment 2 with Mrs Taylor and Ms Snell. This group is open to anyone that would like to attend, whether as a young carer themselves or to support other young carers in our community.

Additionally, for external support, we would also recommend registering any carers within your household with Carers Bucks, the local carers support service. Once a young carer is identified, they may benefit from:

- Peer support groups and activities
- Targeted wellbeing interventions
- One-to-one support sessions
- Advice, information and guidance

You can complete a self-referral via their website <https://carersbucks.org/information-for-carers/young-carers/>, alternatively we understand that this can be daunting and would be happy to do this on your behalf after we have spoken.

Thank you for working with us to support the wellbeing and success of all our pupils.

Kind regards,

Anna Ewart

Assistant Headteacher Personal Development and Inclusion