



February 2025

Dear Parent/ Guardian or Carer,

Did you know that **1 in 5 children** take on a caring role at home? Many young carers provide vital support to a family member, often without realising that what they do is special—or that help is available for them.

At Harris Church of England Academy, we want to ensure that all young carers get the understanding and support they deserve. If you think your child may be a young carer, please let us know—**we're here to help**. Please can you email us to confirm your child is a Young Carer, even if you have told us before, as we are updating our records and will only use this new information. Once identified we will be meeting with Young Carers to see how we can support them. In the summer we are hoping to organise a special trip for Young Carers and so it is vital we make sure we capture all Young Carers, so they do not miss out.

What is a Young Carer?

A young carer is a child or young person under 18 who **helps look after a family member** due to illness, disability, mental health difficulties, or substance dependency.

Young carers take on different responsibilities, such as:

- Helping someone get dressed or ready for the day
- Preparing meals or shopping for the family
- Carrying out household chores
- Providing personal care
- Collecting prescriptions or managing medication
- Attending appointments with a family member
- Looking after younger siblings
- Translating or interpreting for a family member
- Providing emotional support

How We Can Help

Being a young carer can sometimes make school, home life, and friendships more challenging. If you think your child might be a young carer, we want to **ensure they get the support they need**.

Please let us know if your child is a young carer by:

To advise us that your child is a Young Carer please email siobhan.roberson@harris.covmat.org with the name of your child and year group. Please confirm you are happy for me to talk to them about how school can support them.

You can get additional information and support from:

Harris Church of England Academy

Harris Drive, Overslade Lane, Rugby, Warwickshire CV22 6EA

Telephone: 01788 812549

office@harris.covmat.org | www.harris.covmat.org

Headteacher Mrs Roberta Harrison



Visiting www.mytimeyoungcarers.org for more advice

Reaching out to your **local authority Warwickshire County Council**

<https://www.warwickshire.gov.uk/homepage/364/carers-young-carers-and-sibling-support>

We work with MYTIME Young Carers, who work tirelessly to level the playing field for young carers, ensuring they feel seen, supported, and valued. If you have any questions, please don't hesitate to get in touch.

Thank you for helping us support the incredible young carers in our school community.

Your sincerely,

Siobhan Roberson

Assistant Head

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