



HEACHAM JUNIOR SCHOOL

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3/9/26

Dear families,

Identifying and supporting young carers at Heacham Junior

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, particularly if there is someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction. Research shows that 1 in 5 children who are helping to support someone because of one of these factors – are known as **Young Carers**.

Students can be Young Carers for lots of different reasons:

- They might be providing physical support to a parent with a physical illness such as fibromyalgia or ME, such as cooking, fetching things or helping with things like laundry or doing the shopping
- They might be helping a parent with a disability who needs help with more personal tasks such as getting dressed, bathing or changing dressings
- Or it could be more emotional support – like being there if their autistic sibling is upset, taking responsibility for young siblings whilst parents attend health appointments, or checking that a parent with depression/anxiety is ok.

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

If you think that any of the above applies to your child, and that they might possibly be a Young Carer then [email office@heachamjunior.co.uk](mailto:office@heachamjunior.co.uk) or complete the reply slip below. 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

Louise Jackson

Executive Headteacher

EXECUTIVE HEADTEACHER

Ms L Jackson

ASSISTANT HEAD

Mr A Kirwan





Identifying and supporting young carers at Heacham Junior Reply slip

Pupil's name: _____ Year: _____

Does the pupil have parents or other family members who are ill, disabled, or have a mental health problem or an addiction?

YES

NO

If you wish, you can give further details here: (not required)

Would you like more information about the types of support the school provides to young carers?

YES

NO

Please provide a name and telephone number or email address so that we can contact you.

Name: _____

Telephone/email address: _____

EXECUTIVE HEADTEACHER
Ms L Jackson

ASSISTANT HEAD
Mr A Kirwan

