



Spalding High School

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Headmistress Mrs M Anderson B.Ed

Dear Parent/Carers

06th October 2023

We are pleased and excited to launch our new club for young carers called 'Bright Horizons'. Our aim is to meet every two weeks to have fun, do some craft, have a biscuit, have a chat and meet other young carers in a similar situation. Mrs Jarvis and I are here to support students who are young carers.

Who is a Young carer?

You are a young carer if you are under 18 and help to support or look after a relative with a disability, illness, mental health condition, drug or alcohol dependency, or where something makes your family life a little different which means you may need some extra support in school sometimes.

If you are a young carer, you probably look after one of your parents or care for a sibling.

You may do extra jobs in and around the home, such as cooking, cleaning or helping someone get dressed and move around.

You may also give a lot of physical help to a parent or sibling who is disabled or ill.

Along with doing things to help your sibling, you may be giving them and your parents emotional support, too.

You may help with an elderly grandparent.

You may not know that you are classed as a young carer but remember any sort of extra care giving and support to another person at home could classify you as a young carer.

If you feel that your child falls in to any of the above categories please would you let us know by emailing our Pastoral Team directly on nicky.davies@spaldinghigh.lincs.sch.uk

Please be assured that this information will be treated sensitively; we just want to make sure that students are recognised for the help and care they provide, as well as supported both in and out of school.

Kind regards

Mrs Davies
Pupil Support Coordinator