

Dear Parent/Carer,

**RE: Heroes at Home!**

As part of Highdown's ongoing efforts to best support our students, we are keen to gather information and provide support for our young carers, or as we call them, our Heroes at Home!

We understand that this can be an emotive topic. We are keen to better support your child(ren) and their academic journeys, so understanding what they might be experiencing at home will better equip us to best provide the education your child(ren) receive.

A young carer is a person under 18 who provides or intends to provide care for another person who is ill, disabled, has a mental health condition, or addiction problem. The tasks and level of caring undertaken by young carers can vary according to the nature of the illness, disability, addiction, the level and frequency of care, and the family structure as a whole. Young carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

Guidance given from the Children's Society and Carers Trust highlight young carers as any of the below categories

- Practical tasks such as cooking, housework, or shopping
- Physical care such as lifting someone or helping climb the stairs
- Personal care such as dressing, washing, helping with toilet needs
- Emotional care such as listening, calming, being present and helping manage stress
- Financial care such as managing the family budget, collecting benefits or prescriptions
- Medical care such as medication management
- Young person care such as looking after siblings
- Communication care such as helping translate or helping communicate on behalf of an adult or young person

If you feel that someone within your family network could qualify as a young carer, please could you complete the form ([FORM FOUND HERE](#)) adding as much detail as you can to best help us support them in their academic studies and school life.

If you have any further questions, please don't hesitate to get in touch with the school.

Yours Sincerely,

Andy Franks

Assistant Headteacher Inclusion and DSO