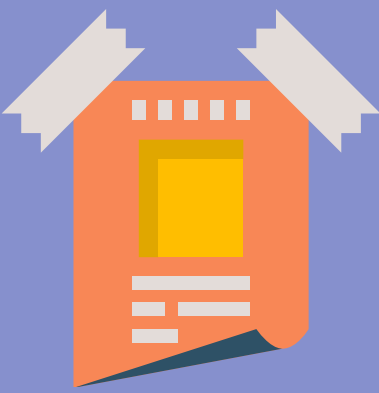


YOUNG CARERS AND RETURNING TO SCHOOL

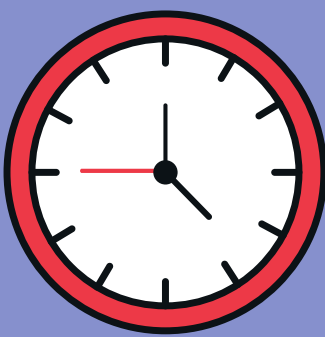
How you can support them and we can support you



- Remember you are part of a team; the best support is when people work together
- Offer video calls to show how classrooms may have changed, include social areas such as playgrounds and corridors



- Clearly display the name of the Young Carer Coordinator for children, teachers and families to contact
- Clearly communicate the school testing and isolation policy



- Set flexible deadlines for homework and display deadlines clearly
- Offer a flexible return with staggered start times



- Create a space where young carers can connect with carer services using Zoom or Teams



- We are here to listen, help and support



- Do you suspect you have identified a young carer but would like further guidance? Give us a call and we can help

- We are still accepting referrals for respite. Go to <https://www.youngcarers.org.uk/make-a-referral/>



- We are running online groups to support isolated young carers



- We can link in with foodbanks, energy and fuel poverty charities, disability support organisations and counsellors
- We are offering whole-school training to ensure all staff are able to identify young carers and have a number of posters/resources to support you
- We can arrange Teams assemblies to encourage children to self-identify as a young carer

TOP TIPS

Little things that offer big support

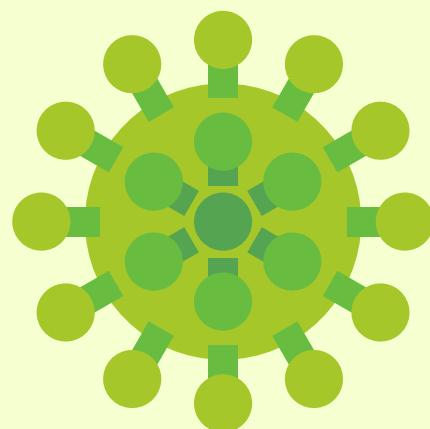


Non verbal daily check-ins

Ask the child to circle the emoji that describes their emotion at that moment. Great for checking in with children at the beginning of the day

Talk about it

Talk about Covid 19, the vaccine and how lockdown has made people feel. For younger children, use picture books: <https://www.theschoolrun.com/best-childrens-books-about-coronavirus>



Connect

We have all missed being part of a community so consider whole-school virtual projects such as creating videos, singing, quizzes, scavenger hunts, art and creative activities

Question Time

Offer children the opportunity to ask questions about Covid 19 through an anonymous question box



Office Hour

Provide a set time each week for children to come and chat about difficulties in completing work, worries, concerns, caring responsibility or returning to school