

Step 3

Tool 5: Targeting pupil premium support to young carers: Good practice examples

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Purpose

The following suggestions are low cost solutions which can be implemented by schools, using the Pupil Premium, to support the delivery of the recommendations set out in this Step-by-step Guide.

Guidance

Research finds that child poverty rates were higher amongst young carers than other children (Vizard, Obolenskaya & Burchardt, 2019). This highlights the significant number of young carers eligible for free school meals that would benefit from targeted support funded through the Pupil Premium.

As young carers, these pupils require different types of support to other disadvantaged pupils (see **Step 6 Tool 1: Checklist of support young carers may need**). It is important that schools identify pupils who have caring responsibilities in order to ensure effective use of this funding stream.

Research suggests there could be 800,000 young carers in England aged 11-16. That means about one in 5 secondary aged pupils have caring responsibilities. (University of Nottingham and BBC News, 2018).

1. A Young Carers School Operational Lead

Pupil Premium could be used to award a Teaching and Learning Responsibility (TLR) payment to a classroom teacher who takes on the duties involved in being the Young Carers School Operational Lead (see **Step 4: Introducing a Young Carers School Operational Lead**).

2. Development of school literature and website

Schools should ensure that printed and online information is up to date, and transparent about how the school communicates with, and supports, its pupils who are young carers, and their families (see **Step 8: Raising awareness of pupils and families about young carers**). This good practice engenders a healthy school environment where young carers and families feel supported and better identification of pupils who are carers can take place. The development of this information could be coordinated and managed by the Young Carers School Operational Lead.

3. Coordinating a weekly support group for young carers

A weekly peer support group for young carers can be invaluable (see **Step 6 Tool 2: Running a peer support group for young carers**). Groups can meet after school, or during lunch times to enable more young carers to attend.

Young carers can socialise with and gain support from others and have access to a support worker who can provide additional advice and guidance. Groups have also been used to provide additional homework support or to learn life skills.

4. Counselling for young carers and peer mentoring

Many schools have established peer mentoring schemes. These can be enhanced by training existing peer mentors specifically on the issues facing young carers. Alternatively, schemes for younger pupils could be developed and coordinated by older pupils who are young carers. One-to-one counselling in schools can also be helpful for young carers experiencing difficulties at school and/or at home.

5. Staff and governor training

All staff and school governors need to understand the issues young carers face (see **Step 1: Gaining an understanding about young carers**, **Step 3: Securing commitment of school leaders** and **Step 7: Raising awareness of school staff about young carers**). To achieve this, training should be embedded within the school's programme for professional development. Training could be offered by the Young Carers School Operational Lead or the local young carers service.

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6. Involving a range of local agencies to provide support

Many schools have benefitted from collaborative work with a local young carers' service (see **Step 6, Tool 6: Working in partnership with young carers' services**). Young carers' services can provide, for example:

- School drop in or weekly peer support groups.
- Delivery of personal, social, health and economics education lessons and assemblies.
- Staff training and awareness raising.
- Supporting schools with the development and implementation of a school policy for young carers.
- One-to-one support.
- Young carers peer mentoring or buddying scheme.
- Referral pathways into wider young carers service.

Schools can also consider how they use School Nurses to support young carers (see **Step 6, Tool 5: Working with school nurses to support young carers**). School Nurses are ideally positioned to play a pivotal role in the lives of young people. School nurses can help reduce the negative impact of caring on the health and wellbeing of young carers by ensuring that young carers are identified early and receive timely, age-appropriate information, by spotting and addressing any emerging health needs and by ensuring that young carers are accessing appropriate health services and other support.

