22nd September 2026

Young Carers – Helping Us to Support Your Child

Dear Parents and Carers,

At Westacre Middle School, we want to make sure that every child receives the support they need to thrive.

A young carer is a child or young person who helps to look after, or is affected by the care needs of, someone in their family. This could be because a parent, sibling or other family member has a physical illness or disability, mental health difficulty, learning disability, difficulties with alcohol or substance misuse, or another condition requiring additional support.

Young carers may help with practical tasks, look after brothers or sisters, provide emotional support, or simply carry additional worries about someone at home. Sometimes children and families may not recognise these responsibilities as being those of a young carer.

Why do we want to know?

Knowing that a pupil has caring responsibilities helps us to understand their circumstances and offer appropriate support. This may include:

- having a trusted adult to talk to;
- pastoral and wellbeing support;
- understanding where caring responsibilities affect attendance, punctuality, homework or concentration;
- access to young carers' activities and support;
- signposting families to additional services where appropriate.

Sharing this information with us is not about judging family circumstances. It simply helps us to understand your child better and ensure that they receive the right support and opportunities in school.

If you think your child may be a young carer, or you are unsure and would like to discuss this confidentially, please contact the school office and ask to speak to our Pastoral Lead, Mrs Brownlee.

Thank you for helping us to ensure that every pupil at Westacre feels understood, supported and able to flourish.

Yours sincerely,

Westacre Middle School