



A LEADING EDGE SCHOOL WITH A SPECIALISM IN THE PERFORMING ARTS

## Langtree Young Carers Standard

Dear Young Carers

Did you know that a survey in 2010 by the BBC estimated there to be 700,000 young carers in the UK? The BBC survey also estimated that 80 pupils in a secondary school of 1,000 would be young carers.

We are aware that some students may well have caring roles at home. We believe that all young people should have equal access to education as every young person has the right to “put learning first”, regardless of what is happening at home. Young carers generally care for and support members of their family who are resident in their home due to any of the following circumstances:

<b>A physical disability or terminal or long term illness</b> (e.g. MS, arthritis, cancer epilepsy).
<b>A mental health illness</b> - depression, bi-polar, border line Personality Disorder or Agoraphobia.
<b>Learning Disability.</b> This includes Asperger’s, Autism and ADHD.
<b>Substance misuse</b> – drugs or alcohol.
<b>Domestic Abuse.</b> A young carer may have to manage the aftermath of an incident, or may look after siblings.
<b>Families where an individual may be going in and out of a household – Military</b> or when a person is going in and out of <b>hospital</b> or <b>prison</b> .
<b>An interpreting role.</b> e.g. A young carer may need to support the individual with a learning disability to manage finances or to read, write and correspond.

When a young person helps to look after someone in their family by providing physical care, assistance, emotional support or monitoring situations that alters their own behaviour to adapt to the day, they may need a little extra support to allow them get the most out of school. At Langtree, we aim to understand the issues faced by young carers and to support any students who help to look after or support somebody at home.

If your home circumstances, are affecting your behaviour or work we would encourage you to advise someone at school so that we are aware and support can be put in place. Some of the warning signs that might indicate that a pupil has unrecognised responsibilities are:

<b>Regular or increasing lateness or absence</b>	<b>Tiredness in school</b>
<b>Behavioural problems possibly resulting from anger or frustration</b>	<b>Erratic response to homework – incomplete, late or not done</b>
<b>Lack of concentration, anxiety or worry</b>	<b>Under achievement, for potential capability</b>
<b>Under achievement, for potential capability</b>	<b>Parent evenings –possible non-attendance</b>
<b>Few or no peer friendships</b>	<b>Lack of interest or aspirations for future</b>
<b>Victim of bullying</b>	<b>Emotional – tearful or unhappy</b>

## **Do you know that there is loads of support you are able to access as and when you need it once you are registered as a Young Carer?**

### **Ways in which we can meet the needs of Young Carers at Langtree School:**

We appreciate that there are many impacts on students who provide care or support and we do our best to meet the needs of our Young Carers in school in areas such as:

<ul style="list-style-type: none"> <li>▪ Having designated members of staffs who have special responsibility for young carers and can provide students with confidential support and advice in school</li> </ul>
<ul style="list-style-type: none"> <li>▪ By working closely with a network of support groups like Carers Trust, The Children’s Society, Spurgeons, South and Vale Carers, Oxford &amp; Reading County Council Young Carer Services we are able to refer, register and support students and their families</li> </ul>
<ul style="list-style-type: none"> <li>▪ Running assemblies on young carers so all pupils and staff understand the issues, carer’s rights and support available</li> </ul>
<ul style="list-style-type: none"> <li>▪ Representatives on the student Council (Philippa Mason – Yr7 &amp; Ellie Harding – Yr11)</li> </ul>
<ul style="list-style-type: none"> <li>▪ Y.C drop in sessions – (C5)</li> </ul>
<ul style="list-style-type: none"> <li>▪ Help with bullying (all our anti bullying ambassadors are there to support you – noticeboard)</li> </ul>
<ul style="list-style-type: none"> <li>▪ Notice board full of up to date information (near C5)</li> </ul>
<ul style="list-style-type: none"> <li>▪ Young Carer Tutor group representatives</li> </ul>
<ul style="list-style-type: none"> <li>▪ Somewhere to talk in confidence</li> </ul>
<ul style="list-style-type: none"> <li>▪ Understanding and emotional support – 1:1</li> </ul>
<ul style="list-style-type: none"> <li>▪ Flexibility on deadlines and workloads (when required during times of crisis)</li> </ul>
<ul style="list-style-type: none"> <li>▪ Support in areas such as attendance or being late (during times of crisis)</li> </ul>
<ul style="list-style-type: none"> <li>▪ Access to a phone (at lunch time) if necessary</li> </ul>
<ul style="list-style-type: none"> <li>▪ Support with stress and mental well-being (Anita Owen – School Nurse)</li> </ul>
<ul style="list-style-type: none"> <li>▪ Cooking Club (Mondays lunch time)</li> </ul>
<ul style="list-style-type: none"> <li>▪ Homework Club (Lunch times Monday – Friday)</li> </ul>
<ul style="list-style-type: none"> <li>▪ Support with future aspirations</li> </ul>
<ul style="list-style-type: none"> <li>▪ Support during transition – groups and 1:1</li> </ul>
<ul style="list-style-type: none"> <li>▪ Self-esteem sessions - Cocoon</li> </ul>
<ul style="list-style-type: none"> <li>▪ Healthy eating advice (Anita Owen – School Nurse)</li> </ul>
<ul style="list-style-type: none"> <li>▪ Restorative justice when there has been a break down in friendships or relationships</li> </ul>
<ul style="list-style-type: none"> <li>▪ Parental contact – phone calls for parents unable to attend parent evenings (on request)</li> </ul>
<ul style="list-style-type: none"> <li>▪ Help to access support (when needed) from outside agencies e.g Seesaw, CAN, Macmillan, PCAMHS, CAMHS etc</li> </ul>

**Please remember that any further suggestions and ideas are always welcome**



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**Our Young Carers that have been identified and registered by Langtree have received support in some the following ways (this can change each year depending on the funding available to each of the localities)**

▪ Access to the Young Carers groups in your area (if available)
▪ 1:1 Support Worker (6 week intervention)
▪ On line access to Babble – just need to register -
▪ Referrals to South and Vale Young Carers Service which offers trips and outings and other fun activities
▪ Support funds (when available) – laptops, swimming, gym memberships, iPods, bus passes etc.
▪ Young Carers Oxfordshire Discount Card
▪ Respite or holiday breaks
▪ On line access to Babble – register today
▪ Horse therapy (6 week intervention – Reading)
▪ Newsletters updating young carers on all that is happening
▪ Home visits (if required) and referrals made to other support agencies for specific family needs
▪ Any other children in the family are immediately identified and registered
▪ Referrals to Linda Gillham Counselling (Spurgeons Y.C) – if your life has been affected by Domestic Abuse
▪ Referrals to CAN (Charity) 1:1 support with a specialist drug & alcohol support worker (if your life has been Affected by this)
▪ Doctor surgeries will register Young Carers if they are made aware
▪ Study Higher is a partnership between the University of Oxford, University of Reading, Bucks New University and Oxford Brookes University. Four workshops for Year 10 or 11 students to be run at Langtree with the opportunity to the opportunity to attend a three day residential (please see further information Y.C on website)
▪ Year 10 work Placements at Reading Young Carers
▪ Registration is up until the age of 25 years old – on going support in future education : College or University

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