

15 January 2026

Dear Parents and Carers

Young Carers

We are writing to you to raise awareness about **young carers** and the important role schools play in supporting them.

A young carer is a child or young person who helps care for a family member with a physical or mental illness, disability, or substance misuse. This may involve carrying out practical tasks, providing emotional support or both. Every caring situation can be different.

National research shows that many young carers are not being identified in schools, meaning many children may be caring without access to vital support. By informing the school about your child's caring role, we can ensure they receive the right support which can result in a significant difference to their wellbeing, education and future opportunities.

If you believe your child/ children has a caring role at home (even if you are unsure) and would like to discuss this in confidence, please reach out to **Mrs. Herath** (szh@rgshw.com). We would welcome the opportunity to speak with you and explore what support may be beneficial. .

Please remember that identifying your child as a young carer is not about labelling; but about ensuring they are recognised, understood and given the best chance to belong, achieve and thrive at our school.

For external support; we would also recommend registering any carers within your household with [Carers Bucks](#), our local carers support service.

Once a young carer is identified, they may benefit from:

- Peer support groups and activities
- Targeted wellbeing interventions
- One-to-one support sessions
- Advice, information and guidance

You can complete a self-referral via their website, alternatively we understand that this can be daunting and would be happy to do this on your behalf after we have spoken.

Thank you for working with us to support the wellbeing and success of all our pupils.

Kind regards,

David Durning
Assistant Head Pastoral

