



Aylsham High School

*Part of the Aylsham Learning Federation
It takes a Whole Community to Educate a Child*

Dear Parent/Carers

September 2026

Identifying and supporting young carers at Aylsham High School

We are committed to ensuring that all students get the support they need to have a positive school experience, are happy in school and can achieve their full potential.

We know that for some students, factors outside of school can have a big impact on this, particularly if there is someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction. We think in every class there could be as many as 2 pupils who are helping to support someone because of one of these factors – we call these students **young carers**.

Students can be young carers for lots of different reasons:

- They might be providing physical support to a parent with a physical illness such as fibromyalgia or ME, such as cooking, fetching things or helping with things like putting shoes on or doing the shopping
- They might be helping a parent with a disability who needs help with more personal tasks such as getting dressed, bathing or changing dressings
- Or it could be more emotional support – like being there if their autistic sibling is upset, taking responsibility for young siblings whilst parents attend health appointments, or checking that a parent with depression/anxiety is ok.

Some young carers might be doing lots of caring, others just a small amount but are impacted by the situation at home for example by worrying about the person with the health condition, or needing to do more things for themselves compared to other students.

There is lots of support available for young carers and their families should they ever need it – both inside and outside of school. Carers Matter Norfolk & The Benjamin Foundation can help to support Young Carers in the community attending groups, and fun sessions. School can help you to contact these groups and help with referrals.

If you think that any of the above applies to your child and that they might possibly be a young carer then please contact Mrs J Coles (see below for email) Even if you feel your child or family are doing really well and don't need any support, we find that it's better for us to be aware and have them on our radar as potential young carers, in case the situation suddenly changes and they (or you) do need support. It just means that you and your child don't have to start from scratch with letting us know what is going on if things have become difficult.

Yours sincerely

Mrs J Coles
Young Carers' Lead in school
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Mrs K Garnham
Young Carers' Deputy Headteacher & Designated
Safeguarding Lead kgarnham@aylshamhigh.norfolk.sch.uk



Business & Enterprise



LEADERSHIP in LEARNING
The Cambridge Network

Executive Headteacher: Mr D Spalding B.A. (Hons) M.Ed. (Cantab)

Deputy Headteachers: Mr C Bridge B.Sc. (Hons), Mr P Brockington B.Sc. (Hons) M.A., Mrs K Garnham B.A. (Hons) M.A.

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