



Cardiff High School

Ysgol Uwchradd Caerdydd

Headteacher/Pennaeth
Mr S M Jones

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[@officialCHS](https://twitter.com/officialCHS)

Dear parent(s) / carer(s),

Identifying and supporting young carers at Cardiff High School

At Cardiff High School we are aware that some of our pupils are young carers. A young carer is someone under 18 who is caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. Research suggests there are at least 800,000 young carers in the UK but many do not realise they are a young carer.

We know that young carers may need a little extra support to enjoy and do well at school. At Cardiff High School we are committed to ensuring that all pupils who are young carers are identified, and supported effectively. If you think your child might be a young carer, or could be affected by any of the issues we've highlighted, please let me know by filling in the form below and bringing it into school in a sealed envelope addressed to me. If you do not feel comfortable doing this, or have any further questions, please feel free to contact me on **VennA4@Hwbcymru.net**.

Any information that is given to us will be treated sensitively and no information will be shared without your knowledge.

Yours sincerely,

Mrs. A. Venn
Associate Assistant Headteacher
(Wellbeing and Achievement)

Reply slip

Pupil's name: _____

Does the pupil have parents or other family members who have a long-term illness or disability, or who are affected by mental ill-health or substance misuse?

Yes No

If you wish, you can give further details here: (not required)
