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Thursday, 8th January 2026

Young Carers

Dear Parents and Carers,

As a school we play an important role in supporting young carers. 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. Or it could be due to the amount of time you spend caring for another family member means that your child has to be more independent or may not receive as much time with you as you would like. 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) we encourage you to let us know. You can speak to me confidentially, and together we can 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, the 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 and gain advice, information and guidance. You can complete a self-referral via their [website](#) or alternatively, as we understand that this can be daunting, I 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,

Mrs. Cavanagh
Pastoral Support Lead