Dear head teacher name,

My name is insert your nameand I am a young carer in year school yearat your school.

Young carers are being added to the school census in January. Caring Together and other young carer organisations have set a young carers challenge to help schools to be ready for this. Because of that I am writing to you about some things that I think you can do to help the young carers in our school. Here are some of my ideas:

* **A young carers champion**: They would have to be someone who is dedicated and knows about young carers previously or someone who has worked with the young people in our school before in that sort of department. One way of choosing them is to get the young carers in our school to vote so that you know that we are happy with who is chosen.
  + Leading on from the last point it is important that we know who we can talk to other than the young carers champion such as a young carers organisation like Carers Matter Norfolk.
* **Clubs / trips**: These would depend on whether the young carers can do the same times or not due to their caring role - one option could be breakfast club or other ones during school: “*I would have liked a young carers group or space at school*.” I think it is important as well as clubs to make sure that the young carers have equal number of opportunities and support on school trips as other students so that they feel included with people their own age outside of school one other young carer said: “*I feel like I miss out on trips and activities in school because of my caring responsibilities.”*
* **Other students / peers being taught about it**: This can be done through assemblies (done by Caring Together) or PSHE lessons. This could just be to teach them about young carers, what they are and what they go through, this doesn’t have to mean someone is singled out if they don’t want to be.
* **School staff training**: Most young carers say that one of the main problems at school is that teachers don’t understand or know about the struggles we go through and how to help us, this could be understanding that we might not be able to get our homework in on time because of our caring role. This could also be adding a young carers card that we can show to our teachers.
* **Young carers card**: These could have different uses; it could be for needing time out of class just to take a breather or to talk to their young carer champion. One young carer said: “*When my mum is not well or has had an operation, I worry about her. It would help if I could have times out of the day to use my phone or to check with her*.”

They were just some of my ideas, I hope you take them into account and think about how much even just one of these could help us. If you do decide to take this into consideration then this would allow the young carers to feel comfortable and heard in what are familiar surroundings to them, also giving them the opportunity to say what they like and don’t like. This is also important because these can give the young carer a chance to feel like they are their own age and do things that people their age would normally do.

Having more help in school could help young carers by making sure that they are with a local support group and confidential service where they can meet with others like them, have fun and access the help that they need.

I would be happy to speak to you more about this, or you can find out more by emailing Caring Together on [carerfriendlytick@caringtogether.org](mailto:carerfriendlytick@caringtogether.org) or going to [caringtogether.org/youngcarerchallenge](http://www.caringtogether.org/youngcarerchallenge)

Kind regards,

Your name