



Headteacher:
Daniel Sadler

Reades Lane
Sonning Common
Reading RG4 9LN

Tel.: 0118 972 1500
Fax: 0118 972 1501

EH/KM/Counsellor

14 September 2016

Deputy Headteacher:
Pauline Kelly

Assistant Headteacher:
Mollie Tustian
Emma Bliss

Dear Parents/ Guardians

My name is Emma Holmes and I am the school counsellor at Chiltern Edge.

One of my responsibilities is the support for Young Carers in school. A Young Carer is defined as someone under the age of 18 who has a significant caring responsibility for someone at home.

Some examples are:

A disabled parent or sibling

A sibling on the Autistic Spectrum

A parent with a physical or mental illness

Parents who have problems with substance misuse - alcohol or drugs

Or an elderly grandparent living with you who requires care

Being a Young Carer can have a large impact on their education. It might be harder to concentrate and they may spend a lot of time worrying about what is happening at home. A student who is a Young Carer may be late to school because they have had to help at home first - getting siblings ready and taking them to school, or helping a parent get ready - and often they don't have time to do homework because they are helping in the evenings.

As a school, we were awarded the Bronze and Silver Young Carers National School Standard in 2014, in recognition of the support we offer our students. All Young Carers have access to that support. They can have an initial appointment with me, during which we will look at what else they may need, whether that is support in school, or from the Young Carers services. I also run a monthly Young Carers drop-in session.

In order to ensure that we have identified and can therefore offer support to all the Young Carers at Chiltern Edge, I am currently updating our Young Carers list. Students do not have to access this support if they don't want to, but it would still be useful for me to be aware of them.

If you feel your son or daughter should be added to the Young Carers list, please do contact me in confidence.

Regards

Emma Holmes
School Counsellor
eholmes@chilternedge.oxon.sch.uk

