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Dear Parent/ Guardian,

The children of St Clement's and St John's Infant School have recently received assemblies provided by MYTIME Young Carers. The purpose of the assembly was to introduce to the children who young carers are, and what support can be offered by MYTIME and school. Research suggests that 1 in 5 children carry out a vital caring role within their home. For many young carers, caring and supporting a family member has become normal to them. They may not always recognise that they are in fact carrying out a very responsible and important role.



Who are Young Carers?

A young carer is a child under the age of 18 who cares for another person in their home. Young carers could provide care for their parents, siblings or grandparents. There are many reasons young people become young carers including caring for someone with a mental health condition, SEND, disability, long term illness or substance use disorder.

Being a young carer can make other areas of life more demanding. It can affect school, home life and their social life but support is available. If you feel that your child may be a young carer or you would like to know more information, please:

- ▷ Speak to someone in school or your Young Carer Champion.
- ▷ Visit www.mytimeyoungcarers.org to find more information about young carer support and the work that MYTIME do.

Yours Sincerely

Lawrence Woodward
Headteacher
St Clement's and St John's CE Infant School