

14.07.2025

Dear Parents and Carers,

We're getting in touch to raise awareness about something that may affect more children than we realise — and that's **young carers**.

A young carer is a child who helps to look after someone in their family who may be ill, disabled, have a mental health condition or a problem with drugs or alcohol. Many children who take on a caring role at home don't see themselves as carers, and sometimes, neither do the adults around them.

We want to make sure that any young carers in our school community get the support they need — both emotionally and in their learning. But to do that, we need your help.

We're asking all parents and carers to take a moment to read a bit more about what it means to be a young carer. You can find some useful information at the link below:

[Young Carers Parents Guide Notts](#)

If, after reading it, you think your child might be a young carer, or if you're just not sure and would like to talk it through, please feel free to get in touch with us. You can speak to Miss Fox, our young carers lead, by calling the school or emailing jfox@birklandsschool.co.uk

Every child deserves the chance to feel supported and understood — both at home and at school. Thank you for helping us make that possible.

Kind regards,

Miss Fox

Acting Deputy Head Teacher

Senior Designated Safeguarding Lead