



Fairisle Road

Lordshill

Southampton

SO16 8BY

Telephone: (023) 8073 3415

E-mail: info@fjslive.net

Headteacher: Robin Hayes LL.B (Hons), NPQH

Chair of Governors: Mrs Nikki Webb

Tuesday 3rd February 2026

Dear Parent/Carer,

We are aware that some of our children are young carers. A young carer is a child who provides care for a family member (another child or an adult). They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. These may include:

- Practical tasks, like cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, including talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget.
- Collecting prescriptions or helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

We know that young carers may need a little extra support to enjoy and do well at school. We are committed to ensuring that all our children, who are young carers, are identified and supported effectively as they move through our school.

We will be asking the children about whether they feel they might identify as a young carer. However, so that we do not miss any families, we are also seeking your support with this.

If you think your child might be a young carer, or could be affected by any of the issues we've highlighted, please let me know by completing the Google form. I will then give you a call to talk about how we might best support your child.

Thank you for your support.

Rachael Woods

Assistant Headteacher for Inclusion

