

# YOUNG CARERS NEWSLETTER

## TERM 4 – MARCH 2021

This past year has shown a lot of changes within your school life, friendship groups and in your social activities – but we are moving on to better times and Wrotham School wants you to know that

**You are amazing!**

A lot of YOUNG CARERS have taken on extra responsibilities during lockdown – duties that they may not have had to do before, simply because they are usually at school.

DON'T FORGET – if you are having trouble in school or things are getting tough at home because of caring and you think that you need more help, then please let us know and we can see what extra support that we may be able to provide.

Being a YOUNG CARER can have a negative impact on your daily life , with challenges in school and lessons twinned with responsibilities and worries. However, there is a positive side to this and that is that YOUNG CARERS develop some pretty powerful skills through their role as a carer.

Time Management, resilience, empathy, respect and confidence. YOUNG CARERS learn how to cook, budget money and pay bills, to cleaning up and looking after siblings.

Please do not hesitate to contact [lyoung@wrotham.kent.sch.uk](mailto:lyoung@wrotham.kent.sch.uk) if you would like a personal chat or need help with anything.