

MARTIN HIGH'S YOUNG CARER CHAMPION



MARTIN
HIGH SCHOOL
Lionheart Educational Trust

MISS



FLIGHT



WHAT MISS FLIGHT CAN SUPPORT WITH



Identification & Awareness

Recognising signs that a student may be a young carer



Emotional Support

Offering a trusted adult to talk to about worries, stress, or home situations



Academic Support

Helping manage homework or deadlines when caring responsibilities make things difficult



Practical Help in School

Adjusting timetables where necessary



Wellbeing & Mental Health

Signposting to counselling or mental health support



Communication & Advocacy

Working with local young carer services



Connecting With External Agencies

Working with local young carer services



Family Support

Communicating with families to understand needs

