



“If you look after someone at home you should have someone at school to talk to.”

A pupil

## Lots of children look after someone at home who is ill or disabled

They often learn lots of skills because they look after someone.

But sometimes they:

- Feel tired, sad or worried.
- Want a break or some fun.
- Miss school.
- Find school difficult.

**If you help look after someone at home, don't miss out.**

### Talk to:

Year 5/6 Bubble – Mr Ray, Deputy Head  
Year 3/4 Bubble – Mrs Smith, Learning Mentor  
Year 1/2 Bubble – Mr Ray, Deputy Head  
Reception Bubble – Mrs Smith, Learning Mentor