An Enquire guide for children and young people

Extra help at school when you are looked after

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We hope you like this guide. We'd like to say thank you to the young people and adults who gave us their ideas and suggestions when we were writing it.

Introduction

This Enquire guide is about getting extra help at school or with your learning when you are looked after. It tells you about the kind of support you can get.

Can I get extra help with my learning because I am looked after?

Yes. The people who work in schools know that you might be having a hard time. They know that having lots of worries can make learning more difficult.

The law says that ***all*** children and young people who are looked after should have extra support at school if they need it.

This means you must be given the support you need to do the best you can at school.

Tell a teacher or someone who supports you if you're having a hard time or are feeling worried about anything. They are there to support you.

What is extra support?

There are many types of support. What you get will depend on what you need and what works for you.

You may need help for a long time or only for a few weeks or months.

Here are some examples of the kind of support you might get:

Extra time with a teacher or assistant

To help with your learning, you may get some extra time 1-to-1 with a teacher, or in a small group.

Extra help with your work, homework or exams

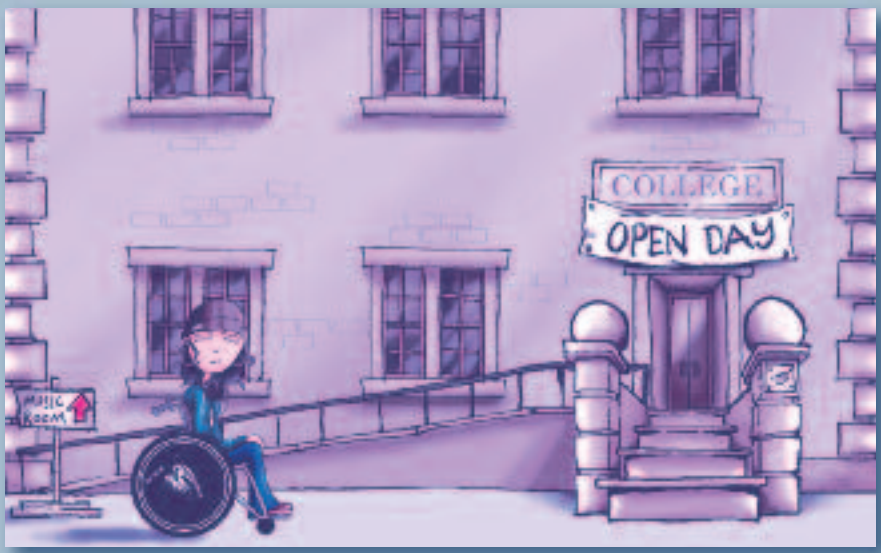
Your teachers can help you with your work if you need it. Or they could give you different work or homework to do. You may need more time to do your work, homework or study for exams.

Different places where you can learn

Learning can happen in many ways. It's good to find out what works best for you. For example, you may be able to study somewhere else like a local college.

Extra help outside school

There are many people out of school who can help you for example, a social worker, support worker, or youth worker. Your parents or carers can also do a lot to support your learning. Enquire has a guide called *People who can help you in and out of school*. It's on **www.enquire.org.uk/yp**



Help from a ‘buddy’ or befriender

A buddy is an older pupil who can look out for you at school and in the playground, or help you study. A befriender is someone who is there to spend time with you, doing things you like. Befrienders usually work for organisations outside school but they may visit you at school.

Someone to help you have your say

You should be involved in making decisions about what you learn and what support you need. You can ask for an advocacy worker to come to meetings with you and help you get your views across.

How can I get support?

You have a say in decisions about what you learn at school and what extra help you need.

Every school term, you should get the chance to talk to a teacher about your learning. Sometimes other people may come along too, such as your social worker and your parents or carers.

You can use these meetings to talk about how you are getting on and whether the support is helping you. You may also go to **Panel meetings** or **Looked after children (LAC) reviews** where you can have your say.

You can ask for extra help if you think you need it. And if you think the help you already get is not working, don't be afraid to say so.

You can ask for a parent, or carer, or an advocacy worker to help you get your views across. They can go to meetings with you. Enquire has written a guide to help you get ready for meetings called *Going to meetings*. It's on **www.enquire.org.uk/yp**

Decisions you make about your learning and support during these meetings will be written into a plan. Because you are looked after, you may have more than one plan. The next few pages explain what plans you may have.

My plans

All children and young people who are looked after have a plan called a **child's plan**. It describes what you need to make sure you are cared for properly. This plan will include information about the kind of support you need at school.

Personal learning plan

At school, you will have your own **personal learning plan**. This sets out your learning targets for each term.

Learning support plan

You may also have a **learning support plan**, which says what support you will get at school to reach these targets.

Co-ordinated support plan

You might also have a plan called a **CSP**. CSP is short for co-ordinated support plan. It's there to make sure all the people who support you work together to help you get the most out of school.

You can get more information about plans in *What's the plan? Your education and support*. It's on **www.enquire.org.uk/yp**

If getting enough sleep is difficult for you, tell one of your teachers or a member of staff. They need to know because it will affect how you feel at school.

What should happen before I leave school?

When you are getting ready to leave school you have many choices about what to do next. Enquire has written a guide called *Getting ready to leave school*. It's on **www.enquire.org.uk/yp**

Because you are looked after, your school should help you plan what you might do after leaving school. This should start at least a year before you leave so that you have time to think about all the different options.

Your school should get in touch with people who could support you after you leave – like staff at a college or a social worker. If you say it's ok, the school should tell them about you and the support you need.

Transition meetings

One way you can be involved is by going to transition meetings. At these meetings you can talk about your options with people who support you. Don't forget, you can ask for an advocacy worker to go to meetings with you to help you get your views across.

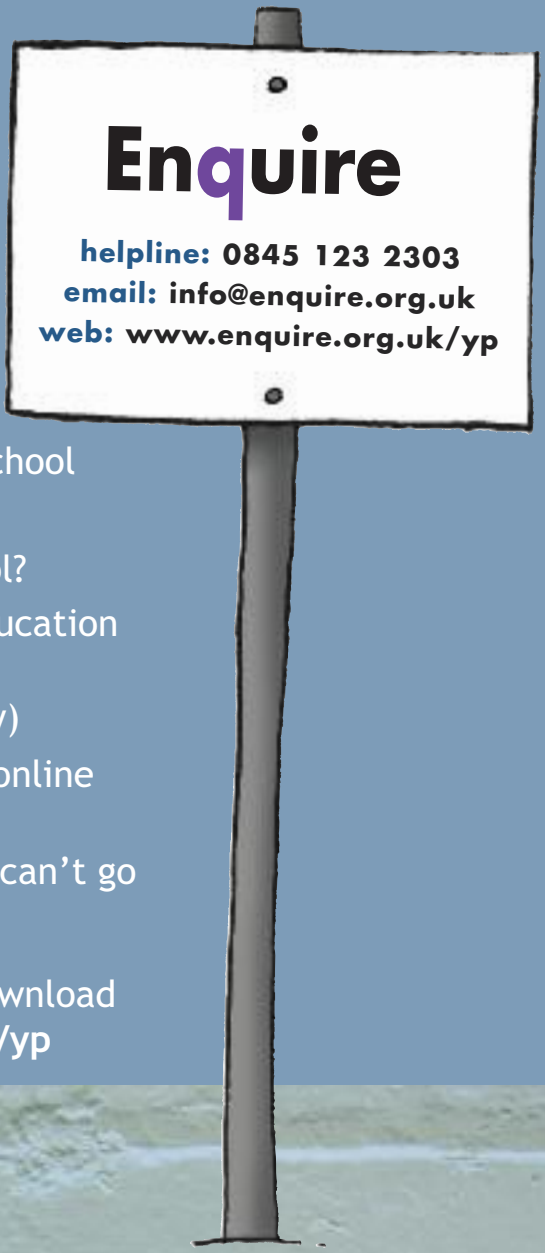
What if I am not happy with the support I am getting?

If you are not happy with the support you are getting, speak to an adult at school who supports you or ask your parent or carer to speak to them.

Ask your school for a meeting to talk about why you are unhappy. You have the right to take someone along to the meeting with you. This could be a friend, a family member or anyone else who supports you. You can also ask for an advocacy worker, who can help you decide what you want to say and get your views across.

Your parents or carers or you, if you are over 16, can appeal to the Additional Support Needs Tribunals if you are not happy with the planning that has been done for when you leave school or with anything to do with co-ordinated support plans (CSPs).

A tribunal is a group of people who know about getting extra help at school. They will listen to everyone's views, including yours, and try to decide what is the best thing for you. You can find out more about this from Enquire and at **www.asntscotland.gov.uk**



Other Enquire guides for young people:

- Going to a new school
- Getting ready to leave school
- Going to meetings
- Need extra help at school?
- What's the plan? Your education and support
- Nadia's story (online only)
- Extra support in exams (online only)
- What happens when you can't go to school?

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