

16th February 2024



Caston News



Dates for your Diary:

19th February - 23rd February - Half Term
5th March - Parents Evening
8th March - World Book Day
14th March - Parents Evening
15th March - Comic Relief - Red Nose Day
27th March - 2.15pm Easter Service at School
27th March - End of Term
15th April - Back to School - Summer Term
6th May - Bank Holiday
27th May - 31st May - Half term
10th -13th June - Year 5 & 6 Bikeability
19th July - End of Term - Summer Holidays
4th September - Back to School

Parent Activity Sessions

Nelson Class - 27th February - 1.30pm
Cavell Class - 12th March - 1.45pm
Carter Class - 20th March - 2.30pm
Fry Class - 22nd March - TBA

Weekly Attendance

9-15 February

As a School - 95.93%
Fry Class - 98%
Nelson Class - 93.85%
Carter Class - 97.5%
Cavell Class - 96.3%
Congratulations to Fry Class for having the best attendance figures this week.

Office E-Mail

The office email address has changed to:

office@caston.dneat.org

Any emails sent to the old one are being forwarded but the old address is no longer being monitored. Shortly, the old address will be closed.

Family Hub Support

Please see attached flyers regarding the Family Hubs support for Breckland Families.

Parents Evening Consultations

There is still time to book your appointment. Please complete the reply slip on the letter sent out recently and return it to the office even if you do not require an appointment. Mrs Buckeridge will then arrange to send appointment times slips home. If your child has SEN appointments will be arranged separately. Please speak to the class teacher or contact the office

After School Club

This will be changing to Football every Thursday after half term. Click below to sign your child up

[After School Football Club – Premier Education \(premier-education.com\)](http://premier-education.com)

Family Transitions

Please find attached a flyer from Family Transitions. This is help and support for parents who are divorced or separated

Yellow Team Housepoint Rewards

Well done to the Yellow team (Hins) who won the Housepoint Challenge this half term. Their reward was Doughnuts and Hot Chocolate with Mr Halmshaw.



We hope you all have a lovely half term.
See you all on Monday 26th February at 8.45am

FRY CLASS NOTICES

Class Teachers - Miss Lindop &
Mr Halmshaw

Fry Class have been very busy
again this week.

They have been:

1. Having a Spa Day.
2. Making and eating Pancakes.





Family Transitions Triple P

The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what suits you and your family best.

Who is this for?

Parents who are divorced or separated (with children and/or teenagers)

Triple P can help you

- encourage behavior you like
- deal with problem behavior
- become confident as a parent
- be realistic about parenting
- take care of yourself

Is this you?

You're divorced or separated. Your child is caught in the middle. You may have problems with your extended family, your new partner or your ex. Holidays and birthday cause arguments. You may be concerned about your finances. And you're worried about the impact this is all having on your child's behavior and emotions. If this sounds familiar, Family Transitions Triple P can help.

What is Family Transitions Triple P?

Family Transitions is a group parenting program for divorced or separated parents. It gives you new ways to help protect your child – and yourself – from the fallout from a family split.

What happens at Family Transitions Triple P?

At Family Transitions sessions, you meet other parents going through many of the problems that come with divorce or separation. Your Family Transitions Triple P provider will give you new ideas, techniques and strategies to help you through the day-to-day dramas and ongoing trauma of your situation. These ideas can help you cope with stress, anger and change, resolve conflict, and communicate better with your ex.

Throughout the sessions, you'll also watch the *Family Transitions* DVD, which shows how other parents have used the ideas to help their families. And you'll also receive the Family Transitions Workbook to support you as you put your new ideas into practice.

How long does it take?

There are five weekly sessions of two hours each. After the five sessions, it's recommended you also do a Group or Standard Triple P program. This will give you a broader range of positive parenting ideas that can help you calmly manage other behavior and parenting issues in the home. When you're finished, you'll feel confident you're doing everything you can for your child.

Does my ex-partner need to attend with me?

No. Family Transitions is not a mediation program so you should attend on your own or, if you want support, with your new partner. If your ex-partner wants to do Family Transitions, you should attend separate groups.