

Bully Zero

On the 12th of August the Year 5/6s listened to a guest speaker, called Kosta, who came to talk to us about resilience.

The definition of resilience is to withstand or to recover quickly from difficulties and challenges in life. We discussed knowing your strengths and turning a negative into a positive. We learned that F.A.I.L stood for first attempt in learning or as teachers and parents say, '*mistakes are how you learn*'. Kosta made the session more relatable by explaining resilience using sports and homework while making it fun for everyone.

Kosta was from *Bully Zero* the foundation which deals with preventing bullying and developing resilience. The school participated in the BULLY ZERO Superhero Day on Wednesday the 14th of August. For more information visit their [website](#) or [Facebook page](#) or just look at the poster.

[Kids helpline](#) is always there to help. It's a kid friendly website with real people there to discuss your issues. You can look at online stories and ways to cope, chat in text or call them for assistance.

Their phone number is [1800 55 1800](tel:1800551800)

