

### Appendix 1.

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#### The Emotional Wellbeing Team (EWT) would like to hear from you.

This questionnaire intends to help the EWT to understand how the staff team at Rowhill School are currently managing their own emotional wellbeing. We are also keen to think about how our service may help to support the emotional wellbeing of staff now and moving forwards.

Over the next few pages you will be presented with **19 statements**. Please read each statement carefully, and select the response that best fits how much you agree with each statement. Responses are recorded on a scale from **‘strongly disagree’** to **‘strongly agree’**. There is also some space at the end to hear more of your thoughts.

The questionnaire should take up to, but no longer than 10 minutes for you to complete.

Your responses will be handled with the strictest confidence.

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Please select the response that reflects how much you agree with each statement below:

Completely Disagree	Disagree	Neither agree nor disagree	Agree	Completely Agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1. I feel positive when I am at work
2. I feel able to ask for help when I need it
3. I am encouraged by my colleagues
4. I get the help and support I need, from my colleagues
5. Relationships at work are good
6. I have someone I can speak to when I need to
7. I am supported through emotionally demanding work and situations
8. I am supported to reflect on and take action to support my own wellbeing
9. I would find additional space to think and reflect on the demands of my job, useful
10. I have the knowledge and skills to develop young people’s social and emotional wellbeing
11. I often leave work feeling overwhelmed
12. It is not unusual for me to feel tired at this point of the academic year
13. It is not unusual for me to feel stressed at this point of the academic year
14. When I have not been at work, I have been able to switch off
15. I feel too overwhelmed to provide emotional support to my colleagues

Best care by the best people

- 16. I feel cheerful and in good spirits
- 17. I feel calm and relaxed
- 18. I feel active and have energy
- 19. My daily life is filled with things that interest me
- 20. Are there things that you do at the moment that help you to manage your own emotional wellbeing? *i.e. yoga, exercise, mindfulness.*

- 21. And finally, if there are things that you believe would improve your emotional wellbeing at work please make a note of them here:

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**Telling us more about you:**

**1. What is your role in the school?**

- Teacher (including SLT)                       Office / IT / Admin
- Teaching Assistant                               Other agency (OT, SaLT, school counsellor)
- Other (please specify): \_\_\_\_\_

**2. Are you?**

- Male                       Female                       Other (please specify) \_\_\_\_\_

**3. What is your age?**

- Under 18 years     18 – 24 years old     25 – 34 years old
- 35 – 44 years old     45 – 54 years old     55 – 64 years old
- 65 and older

**4. What is your ethnic origin?**

- White
- Black / African / Caribbean / Black British
- Asian / Asian British
- Mixed / Multiple ethnic groups
- Other ethnic group

Thank you for completing this survey

If you have any concerns or questions about what has been asked in this survey, or if you would like to discuss your answers with us then please do get in touch.

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We recognise that COVID-19 is having an ongoing impact on our work and personal lives. Maintaining and promoting staff wellbeing is especially important during challenging times such as this. There are a lot of resources available for promoting staff wellbeing, including specifically for staff working in the Education sector.

Please also find alternative resources below:

**Education Support:** Night or day, trained counsellors (BACP Accredited) are here to listen without judgement and help you find a way forward, whatever your worries or concerns and make you feel better.

UK-wide: **08000 562 561 day or night**

Txt: **07909 341229 (answered within 24 hours)**

The helpline service is free and available to all serving and retired teachers, lecturers and staff in education (primary, secondary, further or higher education) in England, Wales and Scotland **24/7, 365 days a year.**

[Mind | Mind, the mental health charity - help for mental health problems](#)