

Well-being tracker

1. Over the last two weeks how have you been feeling at school?

0-10 scale

0 very bad

10 - great xxxx

2. Are the things which cause you the most stress outside of school or inside school?

Inside the school

Outside the school

3. Do

4. you feel confident talking with other staff about personal issues that cause you stress?

5 - very confident

4

3 fairly confident

2

1 not confident

5. If I felt stressed or worried at work, I would be most likely to seek help from:

Rank 1 to 4

Friends or family outside of work

A Colleague

Line manager

SLT

6. Considering the things which cause you most stress in school over the last two weeks

Rank 1 to 4

Planning

Meetings

Assessment

Parent engagement

Other please specify

7. Which of the following would benefit you the most having support with

Rank 1 to 4

Planning

Parent communication

Assessment

Other please specify

8. Which of the following activities would you be interested in attending for staff well-being?

Yoga in hall

Running after school

Staff dog walk

Attending a musical or concert

Other please specify

9. What is your favourite chocolate bar or other small confectionery of choice
