Villiers staff wellbeing and training needs survey

When developing a whole school approach to mental health, it is important to ensure that staff development and wellbeing are supported. Resilient and confident staff are key for resilient, happy children.

Please answer the following statements about your experience at school. All answers are **confidential,** and the information will only be used to identify priorities for staff training and wellbeing.

This survey will take approximately 5-10 minutes to complete.

Thank you for taking part.

1. Please select your gender\*
   1. Female
   2. Male
   3. Non-Binary
   4. Transgender
   5. Other (please specify)

Free Text box

1. Please select your age bracket\*
   1. 18-25
   2. 26-35
   3. 36-45
   4. 46-55
   5. 55-65
   6. 65+
2. Please select your role\*
   1. Admin/support staff
   2. Teaching Assistant
   3. Teacher
   4. Middle Leader
   5. Senior Leader
   6. Other (please specify)

Free Text box

**The following questions relate to your mental health and wellbeing**

1. I have been feeling optimistic about the future\*
   1. Never
   2. Rarely
   3. Sometimes
   4. Often
   5. Always
2. I have been feeling useful
   1. Never
   2. Rarely
   3. Sometimes
   4. Usually
   5. Always
3. I have been feeling relaxed
   1. Never
   2. Rarely
   3. Sometimes
   4. Usually
   5. Always
4. I have been feeling interested in people
   1. Never
   2. Rarely
   3. Sometimes
   4. Usually
   5. Always
5. I have had energy to spare
   1. Never
   2. Rarely
   3. Sometimes
   4. Usually
   5. Always
6. I have been dealing with problems well
   1. Never
   2. Rarely
   3. Sometimes
   4. Usually
   5. Always
7. I have been thinking clearly
   1. Never
   2. Rarely
   3. Sometimes
   4. Usually
   5. Always
8. I have been feeling good about myself
   1. Never
   2. Rarely
   3. Sometimes
   4. Usually
   5. Always
9. I have been feeling close to other people
   1. Never
   2. Rarely
   3. Sometimes
   4. Usually
   5. Always
10. I have been feeling confident
    1. Never
    2. Rarely
    3. Sometimes
    4. Usually
    5. Always
11. I have been able to make up my mind about things
    1. Never
    2. Rarely
    3. Sometimes
    4. Usually
    5. Always
12. I have been feeling loved
    1. Never
    2. Rarely
    3. Sometimes
    4. Usually
    5. Always
13. I have been interested in new things
    1. Never
    2. Rarely
    3. Sometimes
    4. Usually
    5. Always
14. I have been feeling cheerful
    1. Never
    2. Rarely
    3. Sometimes
    4. Usually
    5. Always

**The following questions relate to your experience and wellbeing at school. For these questions, please try to think back to normal circumstances when you were at school rather than working from home**

1. I know what is expected of me at work
   1. Never
   2. Rarely
   3. Sometimes
   4. Usually
   5. Always
2. I have the materials and equipment I need to do my work\*
   1. Never
   2. Rarely
   3. Sometimes
   4. Often
   5. Always
3. I feel safe in school\*
   1. Never
   2. Rarely
   3. Sometimes
   4. Often
   5. Always
4. There is someone at school who cares about me as a person\*
   1. Never
   2. Rarely
   3. Sometimes
   4. Often
   5. Always
5. I have good friendships at school\*
   1. Never
   2. Rarely
   3. Sometimes
   4. Often
   5. Always
6. Staff have good working relationships with each other\*
   1. Never
   2. Rarely
   3. Sometimes
   4. Often
   5. Always
7. There is someone at work who encourages my development\*
   1. Never
   2. Rarely
   3. Sometimes
   4. Often
   5. Always
8. Staff behave positively at school\*
   1. Never
   2. Rarely
   3. Sometimes
   4. Often
   5. Always
9. I have opportunities to express myself and use my strengths\*
   1. Never
   2. Rarely
   3. Sometimes
   4. Often
   5. Always
10. I feel listened to at school\*
    1. Never
    2. Rarely
    3. Sometimes
    4. Often
    5. Always
11. I feel happy at school\*
    1. Never
    2. Rarely
    3. Sometimes
    4. Often
    5. Always
12. I can manage my workload\*
    1. Never
    2. Rarely
    3. Sometimes
    4. Often
    5. Always
13. I generally enjoy my work\*
    1. Never
    2. Rarely
    3. Sometimes
    4. Often
    5. Always
14. I feel like my achievements are acknowledged\*
    1. Never
    2. Rarely
    3. Sometimes
    4. Often
    5. Always
15. My job has a positive effect on my wellbeing\*
    1. Never
    2. Rarely
    3. Sometimes
    4. Often
    5. Always
16. What could school do to further support your wellbeing?\*

Free Text box

**The following questions relate to your confidence and training needs**

1. I have a good understanding of mental health and how young people are affected
   1. Strongly Agree
   2. Agree
   3. Neither agree nor disagree
   4. Disagree
   5. Strongly Disagree
2. I feel confident talking to pupils about their mental health
   1. Strongly Agree
   2. Agree
   3. Neither agree nor disagree
   4. Disagree
   5. Strongly Disagree
3. I feel confident supporting pupils with their mental health
   1. Strongly Agree
   2. Agree
   3. Neither agree nor disagree
   4. Disagree
   5. Strongly Disagree
4. I know how to support my own wellbeing
   1. Strongly Agree
   2. Agree
   3. Neither agree nor disagree
   4. Disagree
   5. Strongly Disagree
5. I know what to do if I feel anxious or stressed at school
   1. Strongly Agree
   2. Agree
   3. Neither agree nor disagree
   4. Disagree
   5. Strongly Disagree
6. There is someone at work I can talk to about mental health and wellbeing
   1. Strongly Agree
   2. Agree
   3. Neither agree nor disagree
   4. Disagree
   5. Strongly Disagree
7. My mental health training needs are met
   1. Strongly Agree
   2. Agree
   3. Neither agree nor disagree
   4. Disagree
   5. Strongly Disagree
8. I would be interested in the following training sessions:
   1. Mental Health Awareness
   2. How to improve your resilience and wellbeing
   3. Relaxation and mindfulness, 30 minutes virtual
   4. Relaxation and mindfulness, 45 minutes interactive
   5. Sleep hygiene, 30 minutes virtual
   6. Sleep hygiene, 45 minutes interactive
   7. Manage your everyday anxieties, 30 minutes virtual
   8. Manage your everyday anxieties, 45 minutes interactive
   9. Other

Free Text box