

Coronavirus (COVID-19) Reopening Schools

- Staff Wellbeing Self-Assessment

- Mental and physical wellbeing is always important but even more so during the current climate.
- Being aware of your own feelings and concerns may help you to overcome anxiety and avoid stress, improve your wellbeing and allow you to fulfil your role whilst maintaining good health.
- Use this survey to help you to identify your own feelings surrounding the phased reopening of your school.
- Not agreeing with any of the statements is natural and reasonable and should be used as a signpost to open up conversations and to potentially seek further support.
- Flagging your concerns with your senior leadership team should provide an opportunity to address them.
- Speaking to colleagues about how you are feeling can help you both emotionally and practically.
- Taking the time to check on each other's wellbeing is important too; ask colleagues if they are OK. Even though people may appear to be outwardly strong, they may be hiding their own struggles and anxieties.
- Other outside agencies may also be able to support, particularly with mental wellbeing; a list of these can be found at the end of the assessment.
- This self-assessment is not intended to be a replacement for any mental health support service.

The Organisation of Groups and Teaching

I feel clear about the expectations of my job role during the phased reopening.

Yes / No / Don't Know / NA

I am feeling confident about returning to face-to-face teaching.

Yes / No / Don't Know / NA

I feel happy about how teaching groups have been organised.

Yes / No / Don't Know / NA

I feel confident about teaching an unfamiliar age group.

Yes / No / Don't Know / NA

I feel confident about promoting good hygiene practices with children.

Yes / No / Don't Know / NA

I feel confident about helping children to prevent infection.

Yes / No / Don't Know / NA

I feel confident about supporting children's wellbeing.

Yes / No / Don't Know / NA

I feel happy about arrangements put in place to promote social distancing.

Yes / No / Don't Know / NA

I feel confident promoting social distancing between adults within my role.

Yes / No / Don't Know / NA

I feel confident about what is expected to be taught and planned in the groups I will be working with.

Yes / No / Don't Know / NA

I feel happy about timetable changes made to prevent infection.

Yes / No / Don't Know / NA

Phased Reopening

I feel confident that I will be safe while at school.

Yes / No / Don't Know / NA

I feel happy with the PPE available to me.

Yes / No / Don't Know / NA

I feel confident about when and why PPE should be used.

Yes / No / Don't Know / NA

I feel my own personal safety has been considered and I will be cared for.

Yes / No / Don't Know / NA

I feel that I will be well protected from coronavirus.

Yes / No / Don't Know / NA

I feel that I have been provided with the equipment and resources I need to carry out my role safely.

Yes / No / Don't Know / NA

The Building

I feel happy about the space I will be working in with my group of children.

Yes / No / Don't Know / NA

I feel confident with how to manage pupil movement around the classroom.

Yes / No / Don't Know / NA

I feel anxious about working in the space I have been given.

Yes / No / Don't Know / NA

I feel anxious about maintaining a safe social distance between myself and children.

Yes / No / Don't Know / NA

General

I feel that my thoughts and concerns have been listened to.

Yes / No / Don't Know / NA

I feel well supported by my colleagues.

Yes / No / Don't Know / NA

I feel that I have someone I can share my worries or concerns with in school.

Yes / No / Don't Know / NA

I feel motivated and keen to fulfil my role.

Yes / No / Don't Know / NA

I feel comfortable with any changes.

Yes / No / Don't Know / NA

I feel happy about my own personal circumstances in relation to the phased reopening.

Yes / No / Don't Know / NA

I feel happy about my family in relation to coronavirus.

Yes / No / Don't Know / NA

I feel positive about what is expected of me.

Yes / No / Don't Know / NA

Add anything else that you think would be helpful in supporting you during the phased reopening of school to eligible pupils:

If you feel overwhelmed, unable to cope or would just like to talk about your feelings and wellbeing further, then contact one of the following organisations:

Education Support

Call: 08000 562 561 Text: 07909 341229

NEU Adviceline

Email: adviceline@neu.org.uk

NASUWT Member Support

Call: 03330 145550
Email: advice@mail.nasuwt.org.uk

NHS

Website: www.nhs.uk/oneyou/every-mind-matters

Mind

Call: 0300 123 3393 (9am–6pm, Mon–Fri)
Text: 86463 Email: info@mind.org.uk

The Samaritans

Call: 116 123 (24 hours a day)
Email: jo@samaritans.org (24 hour response time)

CALM

Call: 0800 58 58 58 (5pm - midnight, daily)
Website: www.thecalmzone.net