Ealing staff wellbeing survey: key findings

The summer 2020 staff wellbeing survey was created for schools in Ealing to get feedback on how staff were doing, and what additional support they may need. There were 830 participants from 26 schools. See below for the key findings.

Emotional health

How are you feeling compared to before school closures?

- 45% feel slightly more and 21% significantly more anxious
- 37% feel slightly more and 10% significantly more low
- 30% are sleeping slightly less and 18% significantly less well
- 63% feel that they were affected negatively

NHS information on anxiety, fear and panic, including what to do and not to do to reduce your symptoms

Guidance from **Mind** on going into work, anxiety, bereavement, loneliness, and wellbeing

Tips for improving your sleep from the NHS's **Sleepstation**

Concerns

What are you finding challenging?

1. The risk of a loved one becoming unwell (64%)
2. Missing friends and family (56%)
3. The risk of becoming unwell (54%)
4. How I can keep safe when back in school (53%)
5. Missing the routine of work (47%)

Top comment box responses were:

1. Feeling unsafe in school
2. Workload and pressure to be productive at home
3. A lack of engagement from pupils at home
4. Taking public transport to work
5. A lack of emotional support from school

What helps

What's helpful at work?

1. Communication from school
2. Staying in touch with colleagues
3. Feeling supported by school
4. Virtual meetings
5. New resources and guidance

What's helpful outside of work?

1. Exercise
2. Friends and family
3. Reading
4. Working
5. Gardening

School support

What has school done that has supported your wellbeing?

1. Communication
Updates are regular and prompt
2. Wellbeing check-ins
1:1 emails or phone calls home
3. Flexible working arrangements
Workload and working arrangements are flexible, expectations are realistic, staff are not under pressure
4. Supportive school culture
Staff are supported by school in general, there is a culture of staff wellbeing
5. Contact with colleagues
Staff stay in touch and support each other

School's comprehensive planning for staff safety and wellbeing and regular communication means that I know where I stand at all times

There are regular emails about staff wellbeing and opportunities for us to talk about any concerns

Further support from school

Is there anything else that would be helpful?

1. Communication
2. More flexibility and less pressure
3. Wellbeing support for all staff (e.g. resources, signposting)
4. Wellbeing support for individuals (e.g. check-ins)
5. More virtual contact with colleagues
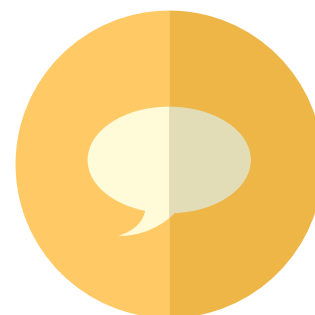
Resources

What resources are you interested in?

1. Supporting pupils to return to school
2. Supporting pupils with their mental health
3. Relaxation and mindfulness
4. Sleep hygiene
5. How to manage anxiety

2

Helping children and young people to manage anxiety from **the Anna Freud Centre**

Supporting children and young people's mental health during coronavirus from **Public Health England**

3

Mindful, creative, and physical relaxation exercises from **Mind**

1

Back to school after lockdown: school reintegration and youth mental health, seminars from **Emerging Minds**

Guidance for schools on transition during COVID-19 from **Ealing Educational Psychology Service**

Rebuild and recover resources from **Mentally Healthy Schools**

Strategies to support children's social and emotional wellbeing on returning to school, activities from **Early Intervention Foundation**

(See page 1 for 4 and 5)

Healthy Schools
EALING

ELP
Ealing Learning Partnership