



The Granby Well-Being Survey Questions 2017

This questionnaire is for school staff to complete as a measure of well-being. A survey is undertaken annually, last in April 2016.

Higher scores suggest greater levels of well-being amongst subjects of the questionnaire, whilst lower totals tend to indicate elevated degrees of stress/poor mental health. **Please note that a score of 100 or more does not necessarily indicate the absence of a problem.** It is important to seek advice wherever evidence of stress emerges – the earlier it is tackled, the easier it is to put right.

Instructions: For each of the following questions, enter the number matching the description which most closely represents how you feel.

1 = Not at all 2 = Not much 3 = Sometimes 4 = Mostly 5 = Very much so

Do you feel able to concentrate on what you are doing at school?	
Do you feel that you are playing a useful part in school life?	
Do you feel capable of making decisions at school?	
Do you generally feel relaxed in your home and school life?	
Do you feel that most problems you encounter at school can be surmounted?	
Do you generally manage to keep your sense of humour?	
Do you feel happy at work, all things considered?	
Are you sleeping well?	
Are you eating well?	
Are you drinking sensibly?	
Do you cope well with changes to your job?	
Do you have a reasonable amount of energy?	
Do you feel in control of your job?	
Do you feel you are coping well in the classroom?	
Do you receive appropriate support when you need it?	
Do you get on well with pupils?	
Do you get on well with your colleagues?	



Do you get on well with your managers?

Do you feel free from the threat of bullying/harassment at school?

Do you enjoy a reasonable degree of autonomy, unaffected by excessive monitoring regimes?

Do you manage to work 'on time' fairly regularly?

Do you find your job satisfying and fulfilling?

Do you have a life outside work?

Do you intend to remain in school for the foreseeable future?

Do you look forward to returning to school after a weekend or holiday?

Now add up your score.

Please circle the description that best applies to your role:

Teacher	Teaching assistant	Other
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You do not have to give us your name, but we can respond to you specifically if you do.

Name: *(Optional)*

Please use the space below to add any other comments.