

# HEALTH & WELLNESS SURVEY RESULTS

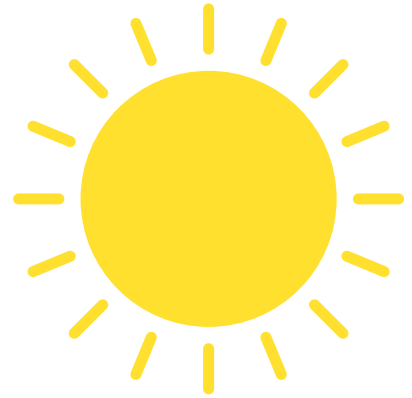
In April Surrey Schools conducted staff surveys to better understand how staff are doing during the COVID-19 pandemic. The survey was emailed to all staff and was available for 1 week.

# 3072

TOTAL RESPONSES

- 179 Principals & Vice-Principals
- 1824 Teachers
- 994 Support Workers
- 75 Exempt Staff (EPEG)

## Many reported bright spots in your day:



Connecting with colleagues and students via calls, and virtual meetings.



Knowing we're not alone in this and there are resources to support us.



Receiving encouraging messages from parents, students and colleagues



Learning new ways to reach out to students virtually

## Many reported strategies for staying resilient:



Exercise



Gardening



Maintaining a routine



Connecting with colleagues, friends and family



Reaching out when support is needed



Fresh air



Mindfulness

Respondents also reported on challenges. We care about what you are feeling and experiencing, and we want you to know that *you are not alone*.

### EXEMPT STAFF

- Feelings of uncertainty—dealing with constant uncertainty and coping with change
- Caring for our own family and supporting our children's learning and emotional well-being
- Increased work demands

### SUPPORT STAFF

- Isolation / loneliness
- Uncertainty around job security
- Caring for our own family and supporting our children's learning and emotional well-being

### TEACHERS

- Increased complexity managing at-home learning for students
- Caring for our own family and supporting our children's learning and emotional well-being
- Steep learning curve with technology and incorporating it into work

### PRINCIPALS / VICE PRINCIPALS

- Student and staff wellbeing during a time of such uncertainty and stress
- Caring for our own family and supporting our children's learning and emotional well-being
- Steep learning curve with technology and incorporating it into work

### NEXT STEPS

Results from this survey will be used to inform district wellness programming and communications. A follow up survey will be conducted in the coming months.

### Questions or need more information?

- Talk to your manager or principal
- Email us at [staffwellness@surreyschools.ca](mailto:staffwellness@surreyschools.ca)
- Wellness resources are available on the **HR page on Hub**.
- Digital resources to support instruction have been developed: [SurreySchoolsOne.ca](https://www.surreyschools.ca/SurreySchoolsOne)
- A **Microsoft Sway document** has been developed to support staff with technology