

Appendix F

Well-being Survey

Your happiness is important to us at King's. Therefore, we occasionally ask for feedback on how you are going.

We take this feedback seriously and would ask that you also take this survey seriously and be accurate in your responses.

Please keep your responses confidential and do not let others be a party to how you respond.

NAME: _____ (optional) YEAR: _____

TUTOR'S NAME: _____

On a scale of 1 to 5, where: 1 = unsuccessful
5 = very successful

Unsuccessful → Successful

1. How successful have you been with:

		<i>Please circle</i>				
1.1	The amount of sleep you are having? (At least 8 hours is recommended each night)	1	2	3	4	5
1.2	The amount of exercise you are doing? (Avoid doing too much or too little)	1	2	3	4	5
1.3	The diet you have? (It is better to avoid junk food)	1	2	3	4	5
1.4	Avoiding online addictions? (It is good to set limits on time spent gaming, Facebooking and social networking)	1	2	3	4	5
1.5	Avoiding other addictions? (Smoking can kill and other recreational drugs can also damage your health)	1	2	3	4	5
1.6	Avoiding alcohol consumption? (Underage drinking can seriously damage your health)	1	2	3	4	5

On a scale of 1 to 5, where: 1 = A problem
5 = No problem at all

Big Problem → No problem

2. Have you been a victim this year of:

		<i>Please circle</i>				
2.1	Physical bullying (fighting, causing pain, etc.)?	1	2	3	4	5
2.2	Verbal bullying (teasing, taunting, etc.)?	1	2	3	4	5
2.3	Social bullying (exclusion, rejection, etc.)?	1	2	3	4	5
2.4	Racism (putting down others because of racial and cultural differences)?	1	2	3	4	5
2.5	Cyber bullying (hate mail, being trashed, etc.)?	1	2	3	4	5

3. In your Year Group, who are the students who are bullied?

4. In what ways are they bullied? Give examples.

5. Who are the students who are bullies?

On a scale of 1 to 5, where: 1 = Unhappy
5 = Very happy

Unhappy → Very happy

6. How do you feel about:

		<i>Please circle</i>				
3.1	Your situation at home (relationship with parents, etc.)?	1	2	3	4	5
3.2	Your relationship with friends (mates at school, etc.)?	1	2	3	4	5
3.3	Your quality of <u>effort</u> in academic work?	1	2	3	4	5
3.4	Your quality of <u>performance</u> in academic work?	1	2	3	4	5
3.5	Being safe and well-protected at School?	1	2	3	4	5
3.6	Your level of general happiness?	1	2	3	4	5

7. What do you most like about School?

8. What recommendations would you like to make the School a better place?

Please check your answers and make sure you have not muddled up the scales.

After checking – submit your survey.

Thank you for filling in this survey. This feedback is valuable in helping us to know how you are going and in finding out how we can make the School a better place.

With warm appreciation,

Dr T F Hawkes
Headmaster