Strategies for Improving Staff Wellness
Rosa Parks Elementary
San Diego Unified
Strong Wellness Council
Building Relationships
Hey teachers! This year for teacher appreciation week, we are going to add a component of self appreciation! Rosa Parks got a grant for ____ which allowed us to renovate the staff room, and will allow us to provide other wellness related services for all staff. This survey is to give YOU a voice to decide how these funds will be allocated!

Please fill this survey out and return it by ____ in the tiger cub box!

1. What workshop would you be most interested in. Rank them in order from most interesting (4) to least interesting (1):
   ( ) Healthy cooking class ( ) Stress management ( ) Weight management ( ) other:

2. Which day of the week would be best for you to attend this workshop? Please rank (5) best to (1) worst:
   ( ) Monday ( ) Tuesday ( ) Wednesday ( ) Thursday ( ) Friday

3. What time of the day would be best for you to attend this workshop? Please rank (3) best to (1) worst:
   ( ) 2:15-3:15 ( ) 2:45-3:45 ( ) 3:00-4:00 ( ) 3:15-4:15 ( ) other:

4. We will also be starting a friendly school-wide self-appreciation competition! Please rank what competition you are most interested in (4) most to (1) least
   ( ) Steps walked ( ) minutes of exercise ( ) water intake ( ) other:

5. Would you prefer to have this be an individual or grade level competition? Please pick one
   ( ) Grade level ( ) Individual
Staff Lounge Makeover
Building Staff “Buy-in”
Translated to staff support in the classroom!