STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 4-5: Wellness



**Province**
New Brunswick

## Demographics

### Context

| | |
|---|---|
| Percentage of eligible public schools that participated at the provincial level % \| 2025-2026 | **90** |
| Number of students who participated Number \| 2025-2026 | **13,537** |
| Percentage of students who participated % \| 2025-2026 | **81.8** |

### Gender identity

Gender identity refers to the gender that a person feels internally and individually.

| | |
|---|---|
| Identifies as a boy % \| 2025-2026 | **50.1** |
| Identifies as a girl % \| 2025-2026 | **49.2** |

### Indigenous identity

| | |
|---|---|
| Self-identifies as Indigenous % \| 2025-2026 | **6.5** |

### Immigrant

| | |
|---|---|
| Immigrant % \| 2025-2026 | **20.6** |

## Social and Emotional Development

### Levels of mental fitness

Mental fitness encompasses the psychological needs for competence, autonomy, and relatedness

| | |
|---|---|
| High level of mental fitness % \| 2025-2026 | **22.4** |
| Moderate level of mental fitness % \| 2025-2026 | **61.9** |

| | Province<br>New Brunswick |
|---|---|
| Low level of mental fitness % \| 2025-2026 | **15.8** |

## Mental fitness needs

| | |
|---|---|
| Need for autonomy highly satisfied % \| 2025-2026 | **53.2** |
| Need for competence highly satisfied % \| 2025-2026 | **81.4** |
| Need for relatedness highly satisfied % \| 2025-2026 | **91.3** |

## Life domains of mental fitness

Below are students reporting "A lot like me" for the scale items.

| | |
|---|---|
| Needs highly satisfied by family % \| 2025-2026 | **79.3** |
| I have a choice about when and how to do my household chores % \| 2025-2026 | **34.0** |
| I feel I do things well at home % \| 2025-2026 | **59.4** |
| I like to spend time with my parents/guardians % \| 2025-2026 | **81.8** |
| Needs highly satisfied by friends % \| 2025-2026 | **87.1** |
| I feel I do things well when I am with my friends % \| 2025-2026 | **64.4** |
| I have a choice about which activities to do with my friends % \| 2025-2026 | **46.6** |
| I like to spend time with my friends % \| 2025-2026 | **88.8** |
| Needs highly satisfied by school % \| 2025-2026 | **65.4** |
| I have a choice about when and how to do my schoolwork % \| 2025-2026 | **33.0** |
| I feel I do things well at school % \| 2025-2026 | **53.6** |
| I like to spend time with my teachers % \| 2025-2026 | **48.7** |

## Bullying

It is BULLYING when a person or group of people say or do unfriendly things to hurt others. It is done on purpose, and more than once. It is different from an argument, conflict or fight because the person being bullied has difficulty defending herself or himself.

| | |
|---|---|
| Victim of bullying this year % \| 2025-2026 | **34.9** |
| I feel I can tell adults at the school about bullying problems % \| 2025-2026 | **80.4** |

**Province**
New Brunswick

# Physical activity and leisure screen time

## Physical activity

| | |
|---|---|
| Daily physical activity, 1 hour or more % \| 2025-2026 | **28.2** |
| Commutes actively % \| 2025-2026 | **13.0** |

## Leisure screen time

| | |
|---|---|
| Has 2 hours or less of leisure screen time, most days % \| 2025-2026 | **23.5** |
| Spends 3 hours or more playing video games, most days % \| 2025-2026 | **22.9** |

# Healthy eating

**Canada's Food Guide recommends eating a variety of healthy foods each day, including plenty of vegetables and fruits.**

| | |
|---|---|
| Eats vegetables or fruits 5 or more times per day % \| 2025-2026 | **65.0** |
| Eats breakfast, daily % \| 2025-2026 | **49.6** |
| Eats breakfast, most days % \| 2025-2026 | **65.4** |
| Eats at a breakfast or snack program at school % \| 2025-2026 | **61.8** |

# Parents'/Guardians' healthy lifestyles

| | |
|---|---|
| Lives with someone who smokes % \| 2025-2026 | **30.9** |
| Parent or guardian is physically active % \| 2025-2026 | **88.8** |
| Parent or guardian eats healthy food % \| 2025-2026 | **97.7** |
| Smoking allowed inside home % \| 2025-2026 | **10.8** |
| Smoking allowed inside family vehicle % \| 2025-2026 | **11.0** |

# School connectedness

**A sense of school connectedness can support students in making healthy choices. Below are students reporting "A lot like me" for the scale items.**

| | Province<br>New Brunswick |
|---|---|
| High level of school connectedness % \| 2025-2026 | **57.8** |
| I feel close to people at my school % \| 2025-2026 | **46.5** |
| I feel I am part of my school % \| 2025-2026 | **61.6** |
| I am happy to be at my school % \| 2025-2026 | **55.0** |
| I feel the teachers at my school treat me fairly % \| 2025-2026 | **63.0** |
| I feel safe in my school % \| 2025-2026 | **68.3** |

# About this Table

**Content and description**
This table presents data collected from students in grades 4 and 5 through the New Brunswick Student Wellness and Education Survey (SWES). It contains self-reported information regarding demographic characteristics, social and emotional development, healthy lifestyles, and school connectedness.
The questionnaire previously contained modules, which means that certain questions were asked every other cycle.

**Why it is important**
Only when we understand who our students are and what their needs are can we better plan for services and allocate resources to meet their health and educational needs.

**Availability of the data**
The information in this data table is available by school district, school sector and overall New Brunswick, by the seven (7) New Brunswick health zones and 33 communities created by the NBHC, as well as by demographic groups. More information is available on our New Brunswick Student Wellness and Education Survey page.

**Note about demographic groups**
In 2023, the NBHC undertook a review of the demographic questions in its surveys to more accurately report on the experience of citizens who identify with particular groups. As such, starting in 2024, all demographic groups (characteristics) have been adjusted to reflect this change. Data tables and indicator pages were adjusted to allow for trending where applicable.

**Caption**

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size

Above-average performance

Below-average performance