

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
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**Immigrant**

Immigrant %   2025-2026	20.6
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**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  
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**

## 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" or "A little like me" for the scale items.

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

## 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.

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### 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