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 % | 2023-2024	**99.5**
Number of students who participated Number | 2023-2024	**14,993**
Percentage of students who participated % | 2023-2024	**91.6**

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

Identifies as a boy % | 2023-2024	**50.3**
Identifies as a girl % | 2023-2024	**49.4**

Indigenous identity

Self-identifies as Indigenous % | 2023-2024	**6.8**

Immigrant

Immigrant % | 2023-2024	**15.7**

Social and Emotional Development

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

High level of mental fitness % | 2023-2024	**19.8**
Moderate level of mental fitness % | 2023-2024	**63.6**

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Low level of mental fitness %	2023-2024	**16.6**

Mental fitness needs

Need for autonomy highly satisfied %	2023-2024	**49.4**
Need for competence highly satisfied %	2023-2024	**81.0**
Need for relatedness highly satisfied %	2023-2024	**91.6**

Life domains of mental fitness
Students reporting "A lot like me."

Needs highly satisfied by family %	2023-2024	**77.2**
I have a choice about when and how to do my household chores %	2023-2024	**31.5**
I feel I do things well at home %	2023-2024	**55.3**
I like to spend time with my parents %	2023-2024	**81.5**
Needs highly satisfied by friends %	2023-2024	**87.8**
I feel I do things well when I am with my friends %	2023-2024	**65.0**
I have a choice about which activities to do with my friends %	2023-2024	**44.4**
I like to spend time with my friends %	2023-2024	**89.8**
Needs highly satisfied by school %	2023-2024	**64.6**
I have a choice about when and how to do my schoolwork %	2023-2024	**30.8**
I feel I do things well at school %	2023-2024	**53.6**
I like to spend time with my teachers %	2023-2024	**47.6**

Pro-social behaviours
Pro-social behaviours are actions intended to benefit others. Below are students reporting "A lot like me".

High level of pro-social behaviour %	2022-2023	**35.4**
I do favours for people %	2022-2023	**35.7**
I lend things to people %	2022-2023	**30.5**
I help people %	2022-2023	**53.7**

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I compliment people % | 2022-2023	**48.1**
I share things with people % | 2022-2023	**42.3**

Oppositional behaviours

Oppositional behaviours are disruptive actions that can be a nuisance to the individual or to others. Below are students reporting "A lot like me".

High level of oppositional behaviour % | 2022-2023	**19.0**
I make other people do what I want % | 2022-2023	**3.7**
I disobey my parents % | 2022-2023	**4.0**
I talk back to my teachers % | 2022-2023	**3.9**
I get into fights % | 2022-2023	**7.0**
I often say mean things to people to get what I want % | 2022-2023	**1.8**
I take things that are not mine % | 2022-2023	**1.8**

Bullying

A student is being bullied when another student, or a group of students, say or do unpleasant things to them. It is also bullying when a student is teased repeatedly in a way they do not like or when they are deliberately left out of things.

Victim of bullying this year % | 2023-2024	**35.0**
I feel I can tell adults at the school about bullying problems % | 2023-2024	**79.4**

Healthy Lifestyles

Movement and rest

Daily physical activity, 1 hour % | 2023-2024	**21.9**
Commutes actively % | 2023-2024	**12.5**
Physically active at school most days, 1 hour or more % | 2023-2024	**60.8**
Physically active outside school most days, 1 hour or more % | 2023-2024	**60.9**
Has 2 hours or less of screen time, most days % | 2023-2024	**25.8**
Has more than 2 hours of screen time, most days % | 2023-2024	**74.2**

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Spends 3 hours or more playing video games, most days %	2023-2024	**18.4**

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 %	2023-2024	**56.5**
Drinks sugary drinks %	2023-2024	**67.2**
Eats non nutritious foods %	2023-2024	**86.0**
Drinks milk 2 times or more per day %	2023-2024	**48.1**
Eats breakfast, daily %	2023-2024	**50.5**
Eats breakfast, most days %	2023-2024	**65.8**
Eats at a breakfast or snack program at school %	2023-2024	**51.6**

Second-hand smoke

Smoking allowed inside home %	2023-2024	**10.8**
Smoking allowed inside family vehicule %	2023-2024	**12.2**

Modeling

Lives with someone who smokes %	2023-2024	**31.6**
Parent or guardian is physically active %	2023-2024	**86.3**
Parent or guardian eats healthy food %	2023-2024	**96.9**

School

School connectedness
A sense of school connectedness can support students in making healthy choices. Below are students reporting "A lot like me".

High level of school connectedness %	2022-2023	**60.3**
I feel close to people at my school %	2022-2023	**44.9**
I feel I am part of my school %	2022-2023	**58.8**
I am happy to be at my school %	2022-2023	**63.3**

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I feel the teachers at my school treat me fairly % | 2022-2023	**68.0**
I feel safe in my school % | 2022-2023	**69.6**

Learning

Engages in leisure reading % | 2023-2024	**78.3**

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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.
The questionnaire comprises modules, which means that certain questions are 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