STUDENT WELLNESS AND EDUCATION SURVEY

Grades 4-5: Wellness

Community
Florenceville-Bristol, Woodstock, Wakefield Area

Zone 3
Fredericton and River Valley Area

Province
New Brunswick

Demographics
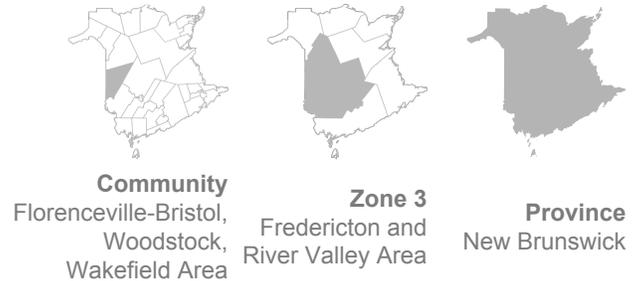
Context

	Community	Zone 3	Province
Percentage of eligible public schools that participated at the provincial level % | 2022-2023	n/a	n/a	98
Number of students who participated Number | 2025-2026	489	3,452	13,537
Percentage of students who participated % | 2022-2023	88.9	89.1	86.3

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

	Community	Zone 3	Province
Identifies as a boy % | 2025-2026	47.9	50.9	50.1
Identifies as a girl % | 2025-2026	51.9	48.4	49.2

Indigenous identity

	Community	Zone 3	Province
Self-identifies as Indigenous % | 2025-2026	9.2	9.0	6.5

Immigrant

	Community	Zone 3	Province
Immigrant % | 2025-2026	13.4	16.4	20.6

Social and Emotional Development

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

	Community Florenceville-Bristol, Woodstock, Wakefield Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
High level of mental fitness % | 2025-2026	20.1	22.1	22.4
Moderate level of mental fitness % | 2025-2026	63.2	62.2	61.9
Low level of mental fitness % | 2025-2026	16.7	15.7	15.8

Mental fitness needs

Need for autonomy highly satisfied % | 2025-2026	52.8	54.3	53.2
Need for competence highly satisfied % | 2025-2026	80.7	81.1	81.4
Need for relatedness highly satisfied % | 2025-2026	89.3	90.6	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	77.3	79.6	79.3
I have a choice about when and how to do my household chores % | 2025-2026	32.5	35.3	34.0
I feel I do things well at home % | 2025-2026	60.7	61.6	59.4
I like to spend time with my parents/guardians % | 2025-2026	79.6	80.6	81.8
Needs highly satisfied by friends % | 2025-2026	87.7	87.3	87.1
I feel I do things well when I am with my friends % | 2025-2026	66.7	62.9	64.4
I have a choice about which activities to do with my friends % | 2025-2026	52.4	49.7	46.6
I like to spend time with my friends % | 2025-2026	88.6	88.3	88.8
Needs highly satisfied by school % | 2025-2026	55.4	60.6	65.4
I have a choice about when and how to do my schoolwork % | 2025-2026	28.4	31.4	33.0
I feel I do things well at school % | 2025-2026	41.9	49.5	53.6
I like to spend time with my teachers % | 2025-2026	38.5	45.2	48.7

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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.

	Community	Zone 3	Province
Victim of bullying this year %	2025-2026	**41.1**	**36.8**	**34.9**
I feel I can tell adults at the school about bullying problems %	2025-2026	**80.6**	**81.3**	**80.4**

Physical activity and leisure screen time

Physical activity

	Community	Zone 3	Province
Daily physical activity, 1 hour or more %	2025-2026	**33.7**	**31.0**	**28.2**
Commutes actively %	2025-2026	**7.0**	**11.0**	**13.0**

Leisure screen time

	Community	Zone 3	Province
Has 2 hours or less of leisure screen time, most days %	2025-2026	**23.2**	**23.4**	**23.5**
Spends 3 hours or more playing video games, most days %	2025-2026	**25.9**	**23.5**	**22.9**

Healthy eating

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

	Community	Zone 3	Province
Eats vegetables or fruits 5 or more times per day %	2025-2026	**64.2**	**66.0**	**65.0**
Eats breakfast, daily %	2025-2026	**41.4**	**45.7**	**49.6**
Eats breakfast, most days %	2025-2026	**56.0**	**61.8**	**65.4**
Eats at a breakfast or snack program at school %	2025-2026	**72.4**	**66.8**	**61.8**

Parents'/Guardians' healthy lifestyles

	Community	Zone 3	Province
Lives with someone who smokes %	2025-2026	**41.5**	**35.0**	**30.9**
Parent or guardian is physically active %	2025-2026	**90.3**	**91.0**	**88.8**

	Community Florenceville-Bristol, Woodstock, Wakefield Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Parent or guardian eats healthy food % | 2025-2026	97.1	98.0	97.7
Smoking allowed inside home % | 2025-2026	10.1	11.7	10.8
Smoking allowed inside family vehicle % | 2025-2026	14.0	12.6	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	54.1	55.9	57.8
I feel close to people at my school % | 2025-2026	44.5	46.0	46.5
I am happy to be at my school % | 2025-2026	45.3	52.0	55.0
I feel the teachers at my school treat me fairly % | 2025-2026	58.4	62.1	63.0
I feel safe in my school % | 2025-2026	65.9	65.8	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