

STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 4-5: Wellness



**Community**  
Perth-Andover,  
Plaster Rock,  
Tobique Area



**Zone 3**  
Fredericton and  
River Valley Area



**Province**  
New Brunswick

## Demographics

### Context

Percentage of eligible public schools that participated at the provincial level %   2022-2023	n/a	n/a	98.0
Number of students who participated Number   2023-2024	132	3,637	14,993
Percentage of students who participated %   2022-2023	87.7	89.1	86.3

### Gender identity

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

Identifies as a boy %   2023-2024	51.1	50.5	50.3
Identifies as a girl %   2023-2024	48.1	49.1	49.4

### Indigenous identity

Self-identifies as Indigenous %   2023-2024	21.2	9.1	6.8
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### Immigrant

Immigrant %   2023-2024	5.8	14.0	15.7
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## Social and Emotional Development

### Levels of mental fitness

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

	Community Perth-Andover, Plaster Rock, Tobique Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
High level of mental fitness %   2023-2024	14.4	17.1	19.8
Moderate level of mental fitness %   2023-2024	64.0	64.4	63.6
Low level of mental fitness %   2023-2024	21.5	18.4	16.6

### Mental fitness needs

Need for autonomy highly satisfied %   2023-2024	42.3	48.9	49.4
Need for competence highly satisfied %   2023-2024	79.3	80.0	81.0
Need for relatedness highly satisfied %   2023-2024	88.9	90.3	91.6

### Life domains of mental fitness

Students reporting "A lot like me."

Needs highly satisfied by family %   2023-2024	75.3	75.6	77.2
I have a choice about when and how to do my household chores %   2023-2024	27.0	29.5	31.5
I feel I do things well at home %   2023-2024	56.6	55.5	55.3
I like to spend time with my parents %   2023-2024	77.1	79.0	81.5
Needs highly satisfied by friends %   2023-2024	87.7	87.6	87.8
I feel I do things well when I am with my friends %   2023-2024	65.9	63.5	65.0
I have a choice about which activities to do with my friends %   2023-2024	48.6	47.2	44.4
I like to spend time with my friends %   2023-2024	85.8	89.1	89.8
Needs highly satisfied by school %   2023-2024	53.5	60.1	64.6
I have a choice about when and how to do my schoolwork %   2023-2024	24.8	28.4	30.8
I feel I do things well at school %   2023-2024	42.4	49.5	53.6
I like to spend time with my teachers %   2023-2024	45.7	43.0	47.6

### Pro-social behaviours

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

	Community Perth-Andover, Plaster Rock, Tobique Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
High level of pro-social behaviour %   2022-2023	39.7	32.9	35.4
I do favours for people %   2022-2023	37.8	30.7	35.7
I lend things to people %   2022-2023	28.8	28.5	30.5
I help people %   2022-2023	53.7	52.6	53.7
I compliment people %   2022-2023	59.6	49.8	48.1
I share things with people %   2022-2023	47.0	41.7	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	17.3	17.5	19.0
I make other people do what I want %   2016-2017	3.5	4.0	5.2
I disobey my parents %   2022-2023	6.0	3.9	4.0
I talk back to my teachers %   2022-2023	4.9	3.3	3.9
I get into fights %   2022-2023	7.7	7.8	7.0
I often say mean things to people to get what I want %   2016-2017	3.7	2.6	2.8
I take things that are not mine %   2016-2017	0.7	2.1	2.4

### 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	42.0	36.6	35.0
I feel I can tell adults at the school about bullying problems %   2023-2024	76.3	79.9	79.4

## Healthy Lifestyles

### Movement and rest

Daily physical activity, 1 hour %   2023-2024	26.3	23.8	21.9
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	Community Perth-Andover, Plaster Rock, Tobique Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Commutes actively %   2023-2024	4.7	11.1	12.5
Physically active at school most days, 1 hour or more %   2023-2024	56.9	59.5	60.8
Physically active outside school most days, 1 hour or more %   2023-2024	51.9	61.2	60.9
Has 2 hours or less of screen time, most days %   2023-2024	17.9	25.5	25.8
Has more than 2 hours of screen time, most days %   2023-2024	82.1	74.5	74.2
Spends 3 hours or more playing video games, most days %   2023-2024	20.6	18.6	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	47.2	58.9	56.5
Drinks sugary drinks %   2023-2024	85.1	70.2	67.2
Eats non nutritious foods %   2023-2024	90.9	88.6	86.0
Drinks milk 2 times or more per day %   2023-2024	55.6	51.6	48.1
Eats breakfast, daily %   2023-2024	28.5	46.4	50.5
Eats breakfast, most days %   2023-2024	45.8	63.1	65.8
Eats at a breakfast or snack program at school %   2023-2024	75.1	60.9	51.6

### Second-hand smoke

Smoking allowed inside home %   2023-2024	17.5	10.4	10.8
Smoking allowed inside family vehicle %   2023-2024	26.4	12.5	12.2

### Modeling

Lives with someone who smokes %   2023-2024	53.0	32.7	31.6
Parent or guardian is physically active %   2023-2024	81.7	87.6	86.3
Parent or guardian eats healthy food %   2023-2024	96.4	97.3	96.9

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## School

### School connectedness

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

	Community	Zone 3	Province
High level of school connectedness %   2022-2023	61.1	61.6	60.3
I feel close to people at my school %   2022-2023	47.8	45.6	44.9
I feel I am part of my school %   2022-2023	55.2	59.2	58.8
I am happy to be at my school %   2022-2023	63.6	63.5	63.3
I feel the teachers at my school treat me fairly %   2022-2023	71.9	70.1	68.0
I feel safe in my school %   2022-2023	67.8	70.3	69.6

### Learning

Engages in leisure reading %   2023-2024	75.2	79.2	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.

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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