STUDENT WELLNESS AND EDUCATION SURVEY

Grades 4-5: Wellness

Community
Edmundston, Rivière-Verte, Lac Baker Area

Zone 4
Madawaska and North-West Area

Province
New Brunswick

Demographics

Context

	Community	Zone 4	Province
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	**443**	**869**	**14,993**
Percentage of students who participated % | 2022-2023	**79.4**	**81.2**	**86.3**

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

Identifies as a boy % | 2023-2024	**51.2**	**50.6**	**50.3**
Identifies as a girl % | 2023-2024	**48.4**	**49.2**	**49.4**

Indigenous identity

Self-identifies as Indigenous % | 2023-2024	**6.2**	**6.2**	**6.8**

Immigrant

Immigrant % | 2023-2024	**15.1**	**11.4**	**15.7**

Social and Emotional Development

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

	Community Edmundston, Rivière-Verte, Lac Baker Area	Zone 4 Madawaska and North-West Area	Province New Brunswick
High level of mental fitness % | 2023-2024	32.3	26.4	19.8
Moderate level of mental fitness % | 2023-2024	56.2	60.5	63.6
Low level of mental fitness % | 2023-2024	11.5	13.1	16.6

Mental fitness needs

Need for autonomy highly satisfied % | 2023-2024	57.1	54.7	49.4
Need for competence highly satisfied % | 2023-2024	83.9	83.3	81.0
Need for relatedness highly satisfied % | 2023-2024	95.4	94.2	91.6

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

Needs highly satisfied by family % | 2023-2024	82.7	82.2	77.2
I have a choice about when and how to do my household chores % | 2023-2024	38.7	38.7	31.5
I feel I do things well at home % | 2023-2024	55.3	55.7	55.3
I like to spend time with my parents % | 2023-2024	88.3	87.9	81.5
Needs highly satisfied by friends % | 2023-2024	89.2	87.9	87.8
I feel I do things well when I am with my friends % | 2023-2024	67.7	65.0	65.0
I have a choice about which activities to do with my friends % | 2023-2024	45.4	42.0	44.4
I like to spend time with my friends % | 2023-2024	89.0	88.6	89.8
Needs highly satisfied by school % | 2023-2024	78.9	74.2	64.6
I have a choice about when and how to do my schoolwork % | 2023-2024	42.2	37.7	30.8
I feel I do things well at school % | 2023-2024	60.2	58.6	53.6
I like to spend time with my teachers % | 2023-2024	70.2	61.7	47.6

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

	Community Edmundston, Rivière-Verte, Lac Baker Area	Zone 4 Madawaska and North-West Area	Province New Brunswick
High level of pro-social behaviour % | 2022-2023	37.4	43.1	35.4
I do favours for people % | 2022-2023	48.9	51.0	35.7
I lend things to people % | 2022-2023	29.3	36.3	30.5
I help people % | 2022-2023	56.1	58.5	53.7
I compliment people % | 2022-2023	49.7	50.4	48.1
I share things with people % | 2022-2023	36.8	43.1	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	24.9	28.2	19.0
I make other people do what I want % | 2022-2023	5.7	6.3	3.7
I disobey my parents % | 2022-2023	7.7	7.4	4.0
I talk back to my teachers % | 2022-2023	5.0	5.7	3.9
I get into fights % | 2022-2023	7.4	8.6	7.0
I often say mean things to people to get what I want % | 2022-2023	3.7	2.9	1.8
I take things that are not mine % | 2022-2023	2.9	2.5	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	34.6	36.8	35.0
I feel I can tell adults at the school about bullying problems % | 2023-2024	81.0	80.4	79.4

Healthy Lifestyles

Movement and rest

Daily physical activity, 1 hour % | 2023-2024	18.3	18.8	21.9

	Community Edmundston, Rivière-Verte, Lac Baker Area	Zone 4 Madawaska and North-West Area	Province New Brunswick
Commutes actively % | 2023-2024	10.0	11.2	12.5
Physically active at school most days, 1 hour or more % | 2023-2024	67.0	64.8	60.8
Physically active outside school most days, 1 hour or more % | 2023-2024	60.8	59.1	60.9
Has 2 hours or less of screen time, most days % | 2023-2024	34.8	33.2	25.8
Has more than 2 hours of screen time, most days % | 2023-2024	65.2	66.8	74.2
Spends 3 hours or more playing video games, most days % | 2023-2024	15.1	14.8	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	56.8	52.2	56.5
Drinks sugary drinks % | 2023-2024	59.9	61.1	67.2
Eats non nutritious foods % | 2023-2024	79.7	78.4	86.0
Drinks milk 2 times or more per day % | 2023-2024	44.3	41.7	48.1
Eats breakfast, daily % | 2023-2024	58.1	52.5	50.5
Eats breakfast, most days % | 2023-2024	72.2	67.4	65.8
Eats at a breakfast or snack program at school % | 2023-2024	48.8	47.8	51.6

Second-hand smoke

Smoking allowed inside home % | 2023-2024	14.4	15.1	10.8
Smoking allowed inside family vehicle % | 2023-2024	14.3	17.5	12.2

Modeling

Lives with someone who smokes % | 2023-2024	29.5	36.1	31.6
Parent or guardian is physically active % | 2023-2024	85.3	85.0	86.3
Parent or guardian eats healthy food % | 2023-2024	97.4	96.8	96.9

	Community Edmundston, Rivière-Verte, Lac Baker Area	**Zone 4** Madawaska and North-West Area	**Province** New Brunswick

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 4	Province
High level of school connectedness % | 2022-2023	63.3	59.2	60.3
I feel close to people at my school % | 2022-2023	51.3	48.4	44.9
I feel I am part of my school % | 2022-2023	63.7	63.4	58.8
I am happy to be at my school % | 2022-2023	63.5	58.5	63.3
I feel the teachers at my school treat me fairly % | 2022-2023	73.4	66.7	68.0
I feel safe in my school % | 2022-2023	72.8	67.7	69.6

Learning

	Community	Zone 4	Province
Engages in leisure reading % | 2023-2024	81.8	76.2	78.3

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.
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