STUDENT WELLNESS AND EDUCATION SURVEY

Grades 4-5: Wellness

School district
Anglophone East

Education sector
Anglophone

Province
New Brunswick

Demographics

Context
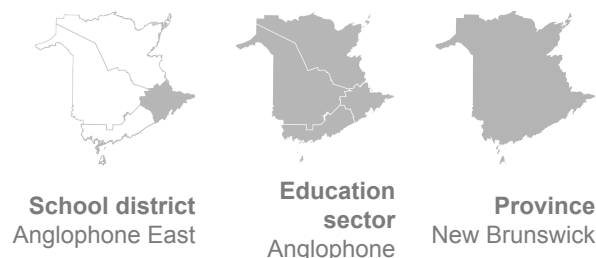
	School district	Education sector	Province
Percentage of eligible public schools that participated at the provincial level % | 2022-2023	n/a	n/a	**98.0**
Number of students who participated Number | 2023-2024	**2,769**	**10,715**	**14,993**
Percentage of students who participated % | 2023-2024	**92.8**	**93.1**	**91.6**

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

Identifies as a boy % | 2023-2024	**50.8**	**50.4**	**50.3**
Identifies as a girl % | 2023-2024	**48.6**	**49.2**	**49.4**

Indigenous identity

Self-identifies as Indigenous % | 2023-2024	**5.9**	**8.0**	**6.8**

Immigrant

Immigrant % | 2023-2024	**26.6**	**16.7**	**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	**18.4**	**17.9**	**19.8**

	School district Anglophone East	Education sector Anglophone	Province New Brunswick
Moderate level of mental fitness % | 2023-2024	63.5	63.8	63.6
Low level of mental fitness % | 2023-2024	18.1	18.3	16.6

Mental fitness needs

	School district Anglophone East	Education sector Anglophone	Province New Brunswick
Need for autonomy highly satisfied % | 2023-2024	48.6	48.6	49.4
Need for competence highly satisfied % | 2023-2024	80.5	80.0	81.0
Need for relatedness highly satisfied % | 2023-2024	89.3	90.0	91.6

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

	School district Anglophone East	Education sector Anglophone	Province New Brunswick
Needs highly satisfied by family % | 2023-2024	74.4	74.6	77.2
I have a choice about when and how to do my household chores % | 2023-2024	28.3	29.1	31.5
I feel I do things well at home % | 2023-2024	56.5	55.3	55.3
I like to spend time with my parents % | 2023-2024	78.5	78.7	81.5
Needs highly satisfied by friends % | 2023-2024	86.9	87.4	87.8
I feel I do things well when I am with my friends % | 2023-2024	64.1	64.0	65.0
I have a choice about which activities to do with my friends % | 2023-2024	47.6	47.7	44.4
I like to spend time with my friends % | 2023-2024	88.5	89.2	89.8
Needs highly satisfied by school % | 2023-2024	61.2	60.2	64.6
I have a choice about when and how to do my schoolwork % | 2023-2024	29.3	29.0	30.8
I feel I do things well at school % | 2023-2024	52.2	50.9	53.6
I like to spend time with my teachers % | 2023-2024	41.4	42.1	47.6

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

	School district Anglophone East	Education sector Anglophone	Province New Brunswick
High level of pro-social behaviour % | 2022-2023	30.9	32.8	35.4

	School district Anglophone East	Education sector Anglophone	Province New Brunswick
I do favours for people % | 2022-2023	29.3	30.6	35.7
I lend things to people % | 2022-2023	27.5	28.1	30.5
I help people % | 2022-2023	51.4	52.7	53.7
I compliment people % | 2022-2023	45.0	47.9	48.1
I share things with people % | 2022-2023	40.6	41.5	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	16.1	15.5	19.0
I make other people do what I want % | 2022-2023	2.4	2.2	3.7
I disobey my parents % | 2022-2023	3.0	3.2	4.0
I talk back to my teachers % | 2022-2023	2.3	2.6	3.9
I get into fights % | 2022-2023	7.1	7.3	7.0
I often say mean things to people to get what I want % | 2022-2023	1.6	1.6	1.8
I take things that are not mine % | 2022-2023	1.4	1.4	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	36.8	35.1	35.0
I feel I can tell adults at the school about bullying problems % | 2023-2024	78.5	79.6	79.4

Healthy Lifestyles

Movement and rest

Daily physical activity, 1 hour % | 2023-2024	23.7	24.1	21.9
Commutes actively % | 2023-2024	19.7	14.5	12.5

	School district Anglophone East	Education sector Anglophone	Province New Brunswick
Physically active at school most days, 1 hour or more %	2023-2024	54.3	59.8	60.8
Physically active outside school most days, 1 hour or more %	2023-2024	57.1	60.3	60.9
Has 2 hours or less of screen time, most days %	2023-2024	23.5	24.1	25.8
Has more than 2 hours of screen time, most days %	2023-2024	76.5	75.9	74.2
Spends 3 hours or more playing video games, most days %	2023-2024	19.8	19.2	18.4

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

	School district Anglophone East	Education sector Anglophone	Province New Brunswick
Eats vegetables or fruits 5 or more times per day %	2023-2024	57.0	56.9	56.5
Drinks sugary drinks %	2023-2024	66.9	70.4	67.2
Eats non nutritious foods %	2023-2024	85.0	88.3	86.0
Drinks milk 2 times or more per day %	2023-2024	48.8	49.9	48.1
Eats breakfast, daily %	2023-2024	47.7	46.5	50.5
Eats breakfast, most days %	2023-2024	62.3	61.7	65.8
Eats at a breakfast or snack program at school %	2023-2024	54.7	55.9	51.6

Second-hand smoke

	School district Anglophone East	Education sector Anglophone	Province New Brunswick
Smoking allowed inside home %	2023-2024	8.6	11.8	10.8
Smoking allowed inside family vehicle %	2023-2024	10.1	13.0	12.2

Modeling

	School district Anglophone East	Education sector Anglophone	Province New Brunswick
Lives with someone who smokes %	2023-2024	29.3	34.3	31.6
Parent or guardian is physically active %	2023-2024	84.5	86.0	86.3
Parent or guardian eats healthy food %	2023-2024	96.6	96.6	96.9

School

	School district Anglophone East	Education sector Anglophone	Province New Brunswick
School connectedness			

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

	School district Anglophone East	Education sector Anglophone	Province New Brunswick
High level of school connectedness % | 2022-2023	**60.0**	**62.0**	**60.3**
I feel close to people at my school % | 2022-2023	**39.3**	**44.1**	**44.9**
I feel I am part of my school % | 2022-2023	**56.3**	**57.9**	**58.8**
I am happy to be at my school % | 2022-2023	**65.6**	**65.5**	**63.3**
I feel the teachers at my school treat me fairly % | 2022-2023	**70.4**	**71.2**	**68.0**
I feel safe in my school % | 2022-2023	**68.7**	**70.5**	**69.6**

Learning

	School district Anglophone East	Education sector Anglophone	Province New Brunswick
Engages in leisure reading % | 2023-2024	**79.0**	**78.8**	**78.3**

New Brunswick | Conseil de la santé
Health Council | du Nouveau-Brunswick

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