

## STUDENT WELLNESS AND EDUCATION SURVEY

### Grades 4-5: Wellness



School district  
Anglophone  
North



Education  
sector  
Anglophone



Province  
New Brunswick

## Demographics

### Context

Percentage of eligible public schools that participated at the provincial level %   2022-2023	n/a	n/a	98
Number of students who participated Number   2024-2025	1,091	10,675	14,964
Percentage of students who participated %   2024-2025	93	91	91

### Gender identity

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

Identifies as a boy %   2024-2025	51.0	50.6	50.6
Identifies as a girl %   2024-2025	48.8	49.1	49.2

### Indigenous identity

Self-identifies as Indigenous %   2024-2025	15.5	7.6	6.7
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### Immigrant

Immigrant %   2024-2025	11.8	19.7	18.7
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## Social and Emotional Development

### Levels of mental fitness

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

High level of mental fitness %   2024-2025	17.0	19.5	21.2
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	School district Anglophone North	Education sector Anglophone	Province New Brunswick
Moderate level of mental fitness %   2024-2025	<b>63.0</b>	<b>63.3</b>	<b>62.8</b>
Low level of mental fitness %   2024-2025	<b>20.0</b>	<b>17.2</b>	<b>15.9</b>

### Mental fitness needs

Need for autonomy highly satisfied %   2024-2025	<b>47.1</b>	<b>51.1</b>	<b>51.5</b>
Need for competence highly satisfied %   2024-2025	<b>79.0</b>	<b>81.5</b>	<b>82.1</b>
Need for relatedness highly satisfied %   2024-2025	<b>91.4</b>	<b>90.4</b>	<b>91.5</b>

### Life domains of mental fitness

Below are students reporting "A lot like me" for the scale items.

Needs highly satisfied by family %   2024-2025	<b>73.2</b>	<b>77.2</b>	<b>78.7</b>
I have a choice about when and how to do my household chores %   2024-2025	<b>29.5</b>	<b>31.0</b>	<b>32.4</b>
I feel I do things well at home %   2024-2025	<b>56.9</b>	<b>59.1</b>	<b>58.5</b>
I like to spend time with my parents/guardians %   2024-2025	<b>78.9</b>	<b>80.7</b>	<b>82.1</b>
Needs highly satisfied by friends %   2024-2025	<b>85.0</b>	<b>87.7</b>	<b>88.0</b>
I feel I do things well when I am with my friends %   2024-2025	<b>63.0</b>	<b>64.7</b>	<b>65.4</b>
I have a choice about which activities to do with my friends %   2024-2025	<b>45.5</b>	<b>49.8</b>	<b>46.3</b>
I like to spend time with my friends %   2024-2025	<b>88.7</b>	<b>88.8</b>	<b>89.3</b>
Needs highly satisfied by school %   2024-2025	<b>57.4</b>	<b>61.0</b>	<b>65.4</b>
I have a choice about when and how to do my schoolwork %   2024-2025	<b>29.5</b>	<b>29.7</b>	<b>31.6</b>
I feel I do things well at school %   2024-2025	<b>47.0</b>	<b>51.1</b>	<b>54.0</b>
I like to spend time with my teachers %   2024-2025	<b>41.6</b>	<b>42.3</b>	<b>48.0</b>

### Pro-social behaviours

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

High level of pro-social behaviour %   2024-2025	<b>35.9</b>	<b>35.1</b>	<b>38.4</b>
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	School district Anglophone North	Education sector Anglophone	Province New Brunswick
I do favours for people %   2024-2025	33.2	31.1	36.3
I lend things to people %   2024-2025	27.1	28.2	31.0
I help people %   2024-2025	50.3	51.5	53.0
I compliment people %   2024-2025	57.5	58.3	59.2
I share things with people %   2024-2025	41.4	40.7	42.0

### 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” for the scale items.

High level of oppositional behaviour %   2024-2025	18.1	18.3	20.2
I make other people do what I want %   2024-2025	2.7	2.8	3.9
I disobey my parents/guardians %   2024-2025	4.5	3.4	3.8
I talk back to my teachers %   2024-2025	2.7	3.0	3.8
I get into fights %   2024-2025	6.9	7.7	7.2
I often say mean things to people to get what I want %   2024-2025	1.4	1.7	1.8
I take things that are not mine %   2024-2025	1.6	1.6	1.9

### 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.

Victim of bullying this year %   2024-2025	39.8	34.5	33.5
I feel I can tell adults at the school about bullying problems %   2024-2025	78.0	80.8	80.1

## Physical activity and leisure screen time

### Physical activity

Daily physical activity, 1 hour %   2023-2024	25.5	24.1	21.9
Commutes actively %   2023-2024	5.0	14.5	12.5

	<b>School district</b> Anglophone North	<b>Education sector</b> Anglophone	<b>Province</b> New Brunswick
Physically active at school most days, 1 hour or more %   2024-2025	<b>65.3</b>	<b>64.1</b>	<b>66.5</b>
Plays outside 1 hour or more, most days %   2024-2025	<b>71.2</b>	<b>65.3</b>	<b>67.3</b>

### Leisure screen time

Has 2 hours or less of leisure screen time, most days %   2024-2025	<b>19.6</b>	<b>22.8</b>	<b>23.6</b>
Spends 3 hours or more playing video games, most days %   2024-2025	<b>28.4</b>	<b>23.7</b>	<b>22.7</b>

## 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	<b>53.3</b>	<b>56.9</b>	<b>56.5</b>
Drinks sugary drinks %   2023-2024	<b>75.3</b>	<b>70.4</b>	<b>67.2</b>
Eats non-nutritious foods %   2023-2024	<b>89.0</b>	<b>88.3</b>	<b>86.0</b>
Eats breakfast, daily %   2024-2025	<b>40.2</b>	<b>46.6</b>	<b>50.0</b>
Eats breakfast, most days %   2024-2025	<b>53.2</b>	<b>61.6</b>	<b>64.9</b>
Eats at a breakfast or snack program at school %   2024-2025	<b>60.9</b>	<b>57.3</b>	<b>52.9</b>

## Second-hand smoke

Smoking allowed inside home %   2023-2024	<b>17.2</b>	<b>11.8</b>	<b>10.8</b>
Smoking allowed inside family vehicle %   2023-2024	<b>18.0</b>	<b>13.0</b>	<b>12.2</b>

## Parents'/Guardians' healthy lifestyles

Lives with someone who smokes %   2023-2024	<b>44.4</b>	<b>34.3</b>	<b>31.6</b>
Parent or guardian is physically active %   2023-2024	<b>84.8</b>	<b>86.0</b>	<b>86.3</b>
Parent or guardian eats healthy food %   2023-2024	<b>94.8</b>	<b>96.6</b>	<b>96.9</b>

## School

School district	Education sector	Province
Anglophone North	Anglophone	New Brunswick

**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 %   2024-2025	58.3	61.1	60.7
I feel close to people at my school %   2024-2025	47.4	46.0	48.1
I feel I am part of my school %   2024-2025	55.7	59.0	60.3
I am happy to be at my school %   2024-2025	61.4	62.1	61.6
I feel the teachers at my school treat me fairly %   2024-2025	66.5	68.6	66.6
I feel safe in my school %   2024-2025	66.0	69.5	69.6

**Learning**

Engages in leisure reading %   2024-2025	77.6	79.8	79.4
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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