

STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 4-5: Wellness



**Zone 4**  
Madawaska and  
North-West Area



**Province**  
New Brunswick

## Demographics

### Context

Percentage of eligible public schools that participated at the provincial level %   2022-2023	n/a	98.0
Number of students who participated Number   2023-2024	869	14,993
Percentage of students who participated %   2022-2023	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	50.6	50.3
Identifies as a girl %   2023-2024	49.2	49.4

### Indigenous identity

Self-identifies as Indigenous %   2023-2024	6.2	6.8
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### Immigrant

Immigrant %   2023-2024	11.4	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

High level of mental fitness %   2023-2024	26.4	19.8
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	Zone 4 Madawaska and North-West Area	Province New Brunswick
Moderate level of mental fitness %   2023-2024	60.5	63.6
Low level of mental fitness %   2023-2024	13.1	16.6

### Mental fitness needs

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

### Life domains of mental fitness

Students reporting "A lot like me."

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

### Pro-social behaviours

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

High level of pro-social behaviour %   2022-2023	43.1	35.4
I do favours for people %   2022-2023	51.0	35.7

	Zone 4 Madawaska and North-West Area	Province New Brunswick
I lend things to people %   2022-2023	36.3	30.5
I help people %   2022-2023	58.5	53.7
I compliment people %   2022-2023	50.4	48.1
I share things with people %   2022-2023	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	28.2	19.0
I make other people do what I want %   2022-2023	6.3	3.7
I disobey my parents %   2022-2023	7.4	4.0
I talk back to my teachers %   2022-2023	5.7	3.9
I get into fights %   2022-2023	8.6	7.0
I often say mean things to people to get what I want %   2022-2023	2.9	1.8
I take things that are not mine %   2022-2023	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	36.8	35.0
I feel I can tell adults at the school about bullying problems %   2023-2024	80.4	79.4

## Healthy Lifestyles

### Movement and rest

Daily physical activity, 1 hour %   2023-2024	18.8	21.9
Commutes actively %   2023-2024	11.2	12.5
Physically active at school most days, 1 hour or more %   2023-2024	64.8	60.8
Physically active outside school most days, 1 hour or more %   2023-2024	59.1	60.9

	<b>Zone 4</b> Madawaska and North-West Area	<b>Province</b> New Brunswick
Has 2 hours or less of screen time, most days %   2023-2024	<b>33.2</b>	<b>25.8</b>
Has more than 2 hours of screen time, most days %   2023-2024	<b>66.8</b>	<b>74.2</b>
Spends 3 hours or more playing video games, most days %   2023-2024	<b>14.8</b>	<b>18.4</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>52.2</b>	<b>56.5</b>
Drinks sugary drinks %   2023-2024	<b>61.1</b>	<b>67.2</b>
Eats non nutritious foods %   2023-2024	<b>78.4</b>	<b>86.0</b>
Drinks milk 2 times or more per day %   2023-2024	<b>41.7</b>	<b>48.1</b>
Eats breakfast, daily %   2023-2024	<b>52.5</b>	<b>50.5</b>
Eats breakfast, most days %   2023-2024	<b>67.4</b>	<b>65.8</b>
Eats at a breakfast or snack program at school %   2023-2024	<b>47.8</b>	<b>51.6</b>

### Second-hand smoke

Smoking allowed inside home %   2023-2024	<b>15.1</b>	<b>10.8</b>
Smoking allowed inside family vehicle %   2023-2024	<b>17.5</b>	<b>12.2</b>

### Modeling

Lives with someone who smokes %   2023-2024	<b>36.1</b>	<b>31.6</b>
Parent or guardian is physically active %   2023-2024	<b>85.0</b>	<b>86.3</b>
Parent or guardian eats healthy food %   2023-2024	<b>96.8</b>	<b>96.9</b>

## School

### School connectedness

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

High level of school connectedness %   2022-2023	<b>59.2</b>	<b>60.3</b>
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	<b>Zone 4</b> Madawaska and North-West Area	<b>Province</b> New Brunswick
I feel close to people at my school %   2022-2023	<b>48.4</b>	<b>44.9</b>
I feel I am part of my school %   2022-2023	<b>63.4</b>	<b>58.8</b>
I am happy to be at my school %   2022-2023	<b>58.5</b>	<b>63.3</b>
I feel the teachers at my school treat me fairly %   2022-2023	<b>66.7</b>	<b>68.0</b>
I feel safe in my school %   2022-2023	<b>67.7</b>	<b>69.6</b>
<b>Learning</b>		
Engages in leisure reading %   2023-2024	<b>76.2</b>	<b>78.3</b>

## 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