

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
Number of students who participated Number 2024-2025	862	14,964
Percentage of students who participated % 2022-2023	81	86
Gender identity Gender identity refers to the gender that a person feels internally and individually.		
Identifies as a boy % 2024-2025	50.5	50.6
Identifies as a girl % 2024-2025	49.5	49.2
Indigenous identity		
Self-identifies as Indigenous % 2024-2025	6.1	6.7
Immigrant		
Immigrant % 2024-2025	12.8	18.7

Social and Emotional Development

Levels of mental fitness

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

High level of mental fitness % 2024-2025	26.4	21.2



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Moderate level of mental fitness % 2024-2025	59.9	62.8
Low level of mental fitness % 2024-2025	13.7	15.9
Mental fitness needs		
Need for autonomy highly satisfied % 2024-2025	54.2	51.5
Need for competence highly satisfied % 2024-2025	80.3	82.1
Need for relatedness highly satisfied % 2024-2025	94.2	91.5
Life domains of mental fitness Below are students reporting "A lot like me" for the scale items.		
Needs highly satisfied by family $\% \mid$ 2024-2025	81.8	78.7
I have a choice about when and how to do my household chores $\% \mid$ 2024-2025	36.7	32.4
I feel I do things well at home % 2024-2025	57.7	58.5
I like to spend time with my parents/guardians % 2024-2025	87.4	82.1
Needs highly satisfied by friends % 2024-2025	86.4	88.0
I feel I do things well when I am with my friends % 2024-2025	61.7	65.4
I have a choice about which activities to do with my friends $\% \mid 2024\text{-}2025$	40.6	46.3
I like to spend time with my friends $\%\mid$ 2024-2025	88.5	89.3
Needs highly satisfied by school % 2024-2025	76.1	65.4
I have a choice about when and how to do my schoolwork $\% \mid 2024\text{-}2025$	38.6	31.6
I feel I do things well at school % 2024-2025	56.8	54.0
I like to spend time with my teachers % 2024-2025	63.0	48.0
Pro-social behaviours Pro-social behaviours are actions intended to benefit others. Below are students rep	porting "A lot like me" for	the scale items.
High level of pro-social behaviour % 2024-2025	44.6	38.4
I do favours for people % 2024-2025	48.9	36.3



	Zone 4 Madawaska and North-West Area	Provinc New Brunswic
I lend things to people % 2024-2025	39.7	31.
I help people % 2024-2025	53.9	53.
I compliment people % 2024-2025	60.1	59.
I share things with people % 2024-2025	45.9	42.

High level of oppositional behaviour % 2024-2025	26.3	20.2
I make other people do what I want % 2024-2025	4.8	3.9
I disobey my parents/guardians % 2024-2025	6.2	3.8
I talk back to my teachers % 2024-2025	6.3	3.8
I get into fights % 2024-2025	6.9	7.2
I often say mean things to people to get what I want $\%$ 2024-2025	2.4	1.8
I take things that are not mine $\%$ 2024-2025	2.6	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	37.4	33.5
I feel I can tell adults at the school about bullying problems % 2024-2025	78.6	80.1

Physical activity and leisure screen time

Physical activity

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 % 2024-2025	75.6	66.5



Sure screen time Has 2 hours or less of leisure screen time, most days % 2024-2025 Spends 3 hours or more playing video games, most days % 2024-2025 Palthy eating ada's Food Guide recommends eating a variety of healthy foods each day, including plent Eats vegetables or fruits 5 or more times per day % 2023-2024 Drinks sugary drinks % 2023-2024 Eats non-nutritious foods % 2023-2024 Eats breakfast, daily % 2024-2025 Eats breakfast, most days % 2024-2025 Eats at a breakfast or snack program at school % 2024-2025 CCOND-hand smoke	74.3 31.7 17.8 Ty of vegetables 52.2	23.6 22.7
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Smalling allowed incide home 0/ 1 2022 2024		
Smoking allowed inside home % 2023-2024	15.1	10.8
Smoking allowed inside family vehicule % 2023-2024	17.5	12.2
rents'/Guardians' healthy lifestyles		
Lives with someone who smokes % 2023-2024	36.1	31.6
Parent or guardian is physically active % 2023-2024	85.0	86.3
Parent or guardian eats healthy food % 2023-2024	96.8	96.9
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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	59.4	60.7
I feel close to people at my school % 2024-2025	53.0	48.1
I feel I am part of my school % 2024-2025	65.0	60.3
I am happy to be at my school % 2024-2025	60.0	61.6
I feel the teachers at my school treat me fairly % 2024-2025	62.3	66.6
I feel safe in my school % 2024-2025	67.0	69.6
Learning		
Engages in leisure reading % 2024-2025	77.9	79.4



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