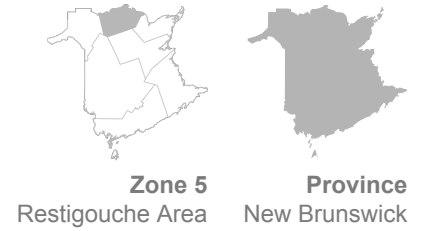


STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 4-5: Wellness



## 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	352	14,993
Percentage of students who participated %   2022-2023	90.1	86.3

### Gender identity

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

Identifies as a boy %   2023-2024	54.5	50.3
Identifies as a girl %   2023-2024	45.5	49.4

### Indigenous identity

Self-identifies as Indigenous %   2023-2024	14.4	6.8
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### Immigrant

Immigrant %   2023-2024	5.3	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	18.7	19.8
Moderate level of mental fitness %   2023-2024	66.2	63.6

	Zone 5 Restigouche Area	Province New Brunswick
Low level of mental fitness %   2023-2024	<b>15.2</b>	<b>16.6</b>
<b>Mental fitness needs</b>		
Need for autonomy highly satisfied %   2023-2024	<b>50.1</b>	<b>49.4</b>
Need for competence highly satisfied %   2023-2024	<b>77.6</b>	<b>81.0</b>
Need for relatedness highly satisfied %   2023-2024	<b>93.3</b>	<b>91.6</b>
<b>Life domains of mental fitness</b> Students reporting "A lot like me."		
Needs highly satisfied by family %   2023-2024	<b>75.7</b>	<b>77.2</b>
I have a choice about when and how to do my household chores %   2023-2024	<b>29.4</b>	<b>31.5</b>
I feel I do things well at home %   2023-2024	<b>45.4</b>	<b>55.3</b>
I like to spend time with my parents %   2023-2024	<b>85.6</b>	<b>81.5</b>
Needs highly satisfied by friends %   2023-2024	<b>87.4</b>	<b>87.8</b>
I feel I do things well when I am with my friends %   2023-2024	<b>64.4</b>	<b>65.0</b>
I have a choice about which activities to do with my friends %   2023-2024	<b>40.7</b>	<b>44.4</b>
I like to spend time with my friends %   2023-2024	<b>87.4</b>	<b>89.8</b>
Needs highly satisfied by school %   2023-2024	<b>67.7</b>	<b>64.6</b>
I have a choice about when and how to do my schoolwork %   2023-2024	<b>33.5</b>	<b>30.8</b>
I feel I do things well at school %   2023-2024	<b>54.2</b>	<b>53.6</b>
I like to spend time with my teachers %   2023-2024	<b>53.0</b>	<b>47.6</b>
<b>Pro-social behaviours</b> 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	<b>36.2</b>	<b>35.4</b>
I do favours for people %   2022-2023	<b>37.0</b>	<b>35.7</b>
I lend things to people %   2022-2023	<b>32.3</b>	<b>30.5</b>
I help people %   2022-2023	<b>52.9</b>	<b>53.7</b>

	Zone 5 Restigouche Area	Province New Brunswick
I compliment people %   2022-2023	41.3	48.1
I share things with people %   2022-2023	42.6	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	20.8	19.0
I make other people do what I want %   2022-2023	5.3	3.7
I disobey my parents %   2022-2023	5.1	4.0
I talk back to my teachers %   2022-2023	4.2	3.9
I get into fights %   2022-2023	7.0	7.0
I often say mean things to people to get what I want %   2022-2023	1.8	1.8
I take things that are not mine %   2022-2023	2.1	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	29.5	35.0
I feel I can tell adults at the school about bullying problems %   2023-2024	78.2	79.4

## Healthy Lifestyles

### Movement and rest

Daily physical activity, 1 hour %   2023-2024	19.0	21.9
Commutes actively %   2023-2024	6.3	12.5
Physically active at school most days, 1 hour or more %   2023-2024	72.1	60.8
Physically active outside school most days, 1 hour or more %   2023-2024	63.1	60.9
Has 2 hours or less of screen time, most days %   2023-2024	21.7	25.8
Has more than 2 hours of screen time, most days %   2023-2024	78.3	74.2

	Zone 5 Restigouche Area	Province New Brunswick
Spends 3 hours or more playing video games, most days %   2023-2024	22.0	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	47.5	56.5
Drinks sugary drinks %   2023-2024	68.4	67.2
Eats non nutritious foods %   2023-2024	85.1	86.0
Drinks milk 2 times or more per day %   2023-2024	46.9	48.1
Eats breakfast, daily %   2023-2024	51.9	50.5
Eats breakfast, most days %   2023-2024	63.5	65.8
Eats at a breakfast or snack program at school %   2023-2024	64.1	51.6

### Second-hand smoke

Smoking allowed inside home %   2023-2024	14.9	10.8
Smoking allowed inside family vehicle %   2023-2024	17.7	12.2

### Modeling

Lives with someone who smokes %   2023-2024	46.3	31.6
Parent or guardian is physically active %   2023-2024	85.8	86.3
Parent or guardian eats healthy food %   2023-2024	94.6	96.9

## 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	63.0	60.3
I feel close to people at my school %   2022-2023	49.5	44.9
I feel I am part of my school %   2022-2023	66.7	58.8
I am happy to be at my school %   2022-2023	61.6	63.3

	<b>Zone 5</b> Restigouche Area	<b>Province</b> New Brunswick
I feel the teachers at my school treat me fairly %   2022-2023	<b>60.7</b>	<b>68.0</b>
I feel safe in my school %   2022-2023	<b>71.0</b>	<b>69.6</b>
<b>Learning</b>		
Engages in leisure reading %   2023-2024	<b>71.8</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.

### 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