

STUDENT WELLNESS AND EDUCATION SURVEY

Grades 4-5: Wellness



Zone 5
Restigouche 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 2025-2026	356	13,537
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 % 2025-2026	54.9	50.1
Identifies as a girl % 2025-2026	45.1	49.2

Indigenous identity

Self-identifies as Indigenous % 2025-2026	17.8	6.5
---	------	-----

Immigrant

Immigrant % 2025-2026	10.2	20.6
-------------------------	------	------

Social and Emotional Development

Levels of mental fitness

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

High level of mental fitness % 2025-2026	22.9	22.4
Moderate level of mental fitness % 2025-2026	60.0	61.9

	Zone 5 Restigouche Area	Province New Brunswick
Low level of mental fitness % 2025-2026	17.1	15.8

Mental fitness needs

Need for autonomy highly satisfied % 2025-2026	51.7	53.2
Need for competence highly satisfied % 2025-2026	82.4	81.4
Need for relatedness highly satisfied % 2025-2026	92.1	91.3

Life domains of mental fitness

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

Needs highly satisfied by family % 2025-2026	75.4	79.3
I have a choice about when and how to do my household chores % 2025-2026	34.9	34.0
I feel I do things well at home % 2025-2026	57.8	59.4
I like to spend time with my parents/guardians % 2025-2026	80.3	81.8
Needs highly satisfied by friends % 2025-2026	89.1	87.1
I feel I do things well when I am with my friends % 2025-2026	65.8	64.4
I have a choice about which activities to do with my friends % 2025-2026	42.0	46.6
I like to spend time with my friends % 2025-2026	89.7	88.8
Needs highly satisfied by school % 2025-2026	66.7	65.4
I have a choice about when and how to do my schoolwork % 2025-2026	39.3	33.0
I feel I do things well at school % 2025-2026	54.4	53.6
I like to spend time with my teachers % 2025-2026	50.3	48.7

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 % 2025-2026	35.3	34.9
I feel I can tell adults at the school about bullying problems % 2025-2026	76.5	80.4

Zone 5
 Restigouche Area
 Province
 New Brunswick

Physical activity and leisure screen time

Physical activity

Daily physical activity, 1 hour or more % 2025-2026	31.5	28.2
Commutes actively % 2025-2026	8.1	13.0

Leisure screen time

Has 2 hours or less of leisure screen time, most days % 2025-2026	22.5	23.5
Spends 3 hours or more playing video games, most days % 2025-2026	27.4	22.9

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 % 2025-2026	61.7	65.0
Eats breakfast, daily % 2025-2026	44.1	49.6
Eats breakfast, most days % 2025-2026	56.4	65.4
Eats at a breakfast or snack program at school % 2025-2026	66.8	61.8

Parents'/Guardians' healthy lifestyles

Lives with someone who smokes % 2025-2026	40.1	30.9
Parent or guardian is physically active % 2025-2026	82.6	88.8
Parent or guardian eats healthy food % 2025-2026	99.1	97.7
Smoking allowed inside home % 2025-2026	14.7	10.8
Smoking allowed inside family vehicle % 2025-2026	18.9	11.0

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 % 2025-2026	52.3	57.8
--	------	------

	Zone 5 Restigouche Area	Province New Brunswick
I feel close to people at my school % 2025-2026	46.2	46.5
I am happy to be at my school % 2025-2026	52.5	55.0
I feel the teachers at my school treat me fairly % 2025-2026	60.9	63.0
I feel safe in my school % 2025-2026	66.4	68.3

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 connectedness.

The questionnaire previously contained modules, which means that certain questions were 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