

STUDENT WELLNESS AND EDUCATION SURVEY

Grades 4-5: Wellness



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Percentage of eligible public schools that participated at the provincial level $\% \mid$ 2022-2023	n/a	98
Number of students who participated Number 2024-2025	762	14,964
Percentage of students who participated % 2022-2023	91	86
Gender identity Gender identity refers to the gender that a person feels internally and individually.		
Identifies as a boy % 2024-2025	48.4	50.6
Identifies as a girl % 2024-2025	51.3	49.2
Indigenous identity		
Self-identifies as Indigenous % 2024-2025	10.6	6.7
Immigrant		
Immigrant % 2024-2025	10.1	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	13.9	21.2
Moderate level of mental fitness % 2024-2025	66.5	62.8



Low level of mental fitness % 2024-2025 19.6 15.9		Zone 7 Miramichi Area	Province New Brunswick
Need for autonomy highly satisfied % 2024-2025 78.3 82.1 Need for competence highly satisfied % 2024-2025 91.3 91.5 Need for relatedness highly satisfied % 2024-2025 91.3 91.5 Life domains of mental fitness Below are students reporting "A lot like me" for the scale items. Needs highly satisfied by family % 2024-2025 74.0 78.7 I have a choice about when and how to do my household chores % 2024-2025 27.3 32.4 I feel I do things well at home % 2024-2025 57.4 58.5 I like to spend time with my parents/guardians % 2024-2025 79.7 82.1 Needs highly satisfied by friends % 2024-2025 61.1 65.4 I have a choice about which activities to do with my friends % 2024-2025 40.0 46.3 I like to spend time with my friends % 2024-2025 40.0 46.3 I like to spend time with my friends % 2024-2025 56.0 65.4 I have a choice about which activities to do with my friends % 2024-2025 56.0 65.4 I have a choice about when and how to do my schoolwork % 2024-2025 39.1 48.0 Pro-social behaviours Pro-social behaviours Pro-social behaviours Pro-social behaviours are actions intended to benefit others. Below are students reporting "A lot like me" for the scale litems. High level of pro-social behaviour 2024-2025 38.2 38.4 I do favours for people % 2024-2025 38.2 38.4	Low level of mental fitness % 2024-2025	19.6	15.9
Need for competence highly satisfied % 2024-2025 78.3 82.1 Need for relatedness highly satisfied % 2024-2025 91.3 91.5 Life domains of mental fitness Below are students reporting "A lot like me" for the scale items. 74.0 78.7 Needs highly satisfied by family % 2024-2025 74.0 78.7 I have a choice about when and how to do my household chores % 2024-2025 27.3 32.4 I feel I do things well at home % 2024-2025 57.4 58.5 I like to spend time with my parents/guardians % 2024-2025 79.7 82.1 Needs highly satisfied by friends % 2024-2025 84.6 88.0 I feel I do things well when I am with my friends % 2024-2025 61.1 65.4 I have a choice about which activities to do with my friends % 2024-2025 40.0 46.3 Needs highly satisfied by school % 2024-2025 56.0 65.4 I have a choice about when and how to do my schoolwork % 2024-2025 28.0 31.6 I feel I do things well at school % 2024-2025 47.6 54.0 I like to spend time with my teachers % 2024-2025 39.1 48.0 Pro-social behaviours </td <td>Mental fitness needs</td> <td></td> <td></td>	Mental fitness needs		
Need for relatedness highly satisfied % 2024-2025 91.3 91.5 Life domains of mental fitness Below are students reporting "A lot like me" for the scale items. 74.0 78.7 Needs highly satisfied by family % 2024-2025 74.0 78.7 I have a choice about when and how to do my household chores % 2024-2025 27.3 32.4 I feel I do things well at home % 2024-2025 57.4 58.5 I like to spend time with my parents/guardians % 2024-2025 79.7 32.1 Needs highly satisfied by friends % 2024-2025 84.6 88.0 I feel I do things well when I am with my friends % 2024-2025 61.1 65.4 I have a choice about which activities to do with my friends % 2024-2025 40.0 46.3 I like to spend time with my friends % 2024-2025 56.0 65.4 I have a choice about when and how to do my schoolwork % 2024-2025 28.0 31.6 I feel I do things well at school % 2024-2025 47.6 54.0 I like to spend time with my teachers % 2024-2025 39.1 48.0 Pro-social behaviours 2024-2025 39.1 48.0 Pro-social behaviours	Need for autonomy highly satisfied % 2024-2025	43.7	51.5
Life domains of mental fitness Below are students reporting "A lot like me" for the scale items. Needs highly satisfied by family % 2024-2025 74.0 78.7 I have a choice about when and how to do my household chores % 2024-2025 27.3 32.4 I feel I do things well at home % 2024-2025 57.4 58.5 I like to spend time with my parents/guardians % 2024-2025 79.7 82.1 Needs highly satisfied by friends % 2024-2025 84.6 88.0 I feel I do things well when I am with my friends % 2024-2025 61.1 65.4 I have a choice about which activities to do with my friends % 2024-2025 40.0 46.3 I like to spend time with my friends % 2024-2025 56.0 65.4 I have a choice about when and how to do my schoolwork % 2024-2025 28.0 31.6 I feel I do things well at school % 2024-2025 47.6 54.0 I like to spend time with my teachers % 2024-2025 39.1 48.0 Pro-social behaviours 2024-2025 39.1 48.0 Pro-social behaviours 2024-2025 39.1 48.0 Pro-social behaviours are actions intended to benefit others. Below	Need for competence highly satisfied % 2024-2025	78.3	82.1
Below are students reporting "A lot like me" for the scale items. Needs highly satisfied by family % 2024-2025 74.0 78.7 I have a choice about when and how to do my household chores % 2024-2025 27.3 32.4 I feel I do things well at home % 2024-2025 57.4 58.5 I like to spend time with my parents/guardians % 2024-2025 79.7 82.1 Needs highly satisfied by friends % 2024-2025 84.6 88.0 I feel I do things well when I am with my friends % 2024-2025 61.1 65.4 I have a choice about which activities to do with my friends % 2024-2025 40.0 46.3 Needs highly satisfied by school % 2024-2025 56.0 65.4 I have a choice about when and how to do my schoolwork % 2024-2025 28.0 31.6 I feel I do things well at school % 2024-2025 47.6 54.0 I like to spend time with my teachers % 2024-2025 39.1 48.0 I like to spend time with my teachers % 2024-2025 39.1 48.0 Pro-social behaviours 2024-2025 39.1 48.0 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 38.2 <t< td=""><td>Need for relatedness highly satisfied % 2024-2025</td><td>91.3</td><td>91.5</td></t<>	Need for relatedness highly satisfied % 2024-2025	91.3	91.5
I have a choice about when and how to do my household chores % 2024-2025 27.3 32.4 I feel I do things well at home % 2024-2025 57.4 58.5 I like to spend time with my parents/guardians % 2024-2025 79.7 82.1 Needs highly satisfied by friends % 2024-2025 84.6 88.0 I feel I do things well when I am with my friends % 2024-2025 61.1 65.4 I have a choice about which activities to do with my friends % 2024-2025 40.0 46.3 I like to spend time with my friends % 2024-2025 90.9 89.3 Needs highly satisfied by school % 2024-2025 56.0 65.4 I have a choice about when and how to do my schoolwork % 2024-2025 28.0 31.6 I feel I do things well at school % 2024-2025 47.6 54.0 I like to spend time with my teachers % 2024-2025 39.1 48.0 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 38.2 38.4 I do favours for people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 29.8 31.0 I lend things to people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 29.8 31.0 I lend things to people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 90.2 I lend things to people % 2024-2025 90.2 I lend things to people % 2024-2025 90.2 I lend things to peo			
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Needs highly satisfied by friends % 2024-2025	I have a choice about when and how to do my household chores % 2024-2025	27.3	32.4
Needs highly satisfied by friends % 2024-2025 84.6 88.0 I feel I do things well when I am with my friends % 2024-2025 61.1 65.4 I have a choice about which activities to do with my friends % 2024-2025 40.0 46.3 I like to spend time with my friends % 2024-2025 90.9 89.3 Needs highly satisfied by school % 2024-2025 56.0 65.4 I have a choice about when and how to do my schoolwork % 2024-2025 28.0 31.6 I feel I do things well at school % 2024-2025 47.6 54.0 I like to spend time with my teachers % 2024-2025 39.1 48.0 Pro-social behaviours Pro-social behaviours Pro-social behaviours Pro-social behaviour % 2024-2025 38.2 38.4 I do favours for people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 29.8 31.0	I feel I do things well at home % 2024-2025	57.4	58.5
I feel I do things well when I am with my friends % 2024-2025	I like to spend time with my parents/guardians % 2024-2025	79.7	82.1
I have a choice about which activities to do with my friends % 2024-2025 40.0 46.3 I like to spend time with my friends % 2024-2025 90.9 89.3 Needs highly satisfied by school % 2024-2025 56.0 65.4 I have a choice about when and how to do my schoolwork % 2024-2025 28.0 31.6 I feel I do things well at school % 2024-2025 47.6 54.0 I like to spend time with my teachers % 2024-2025 39.1 48.0 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 38.2 38.4 I do favours for people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 29.8 31.0	Needs highly satisfied by friends % 2024-2025	84.6	88.0
I like to spend time with my friends % 2024-2025 90.9 89.3 Needs highly satisfied by school % 2024-2025 56.0 65.4 I have a choice about when and how to do my schoolwork % 2024-2025 28.0 31.6 I feel I do things well at school % 2024-2025 47.6 54.0 I like to spend time with my teachers % 2024-2025 39.1 48.0 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 38.2 38.4 I do favours for people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 29.8 31.0	I feel I do things well when I am with my friends % 2024-2025	61.1	65.4
Needs highly satisfied by school % 2024-2025 56.0 65.4 I have a choice about when and how to do my schoolwork % 2024-2025 28.0 31.6 I feel I do things well at school % 2024-2025 47.6 54.0 I like to spend time with my teachers % 2024-2025 39.1 48.0 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 38.2 38.4 I do favours for people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 29.8 31.0	I have a choice about which activities to do with my friends % 2024-2025	40.0	46.3
I have a choice about when and how to do my schoolwork % 2024-2025 28.0 31.6 I feel I do things well at school % 2024-2025 47.6 54.0 I like to spend time with my teachers % 2024-2025 39.1 48.0 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 38.2 38.4 I do favours for people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 29.8 31.0	I like to spend time with my friends % 2024-2025	90.9	89.3
I feel I do things well at school % 2024-2025 47.6 54.0 I like to spend time with my teachers % 2024-2025 39.1 48.0 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 38.2 38.4 I do favours for people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 29.8 31.0	Needs highly satisfied by school % 2024-2025	56.0	65.4
Pro-social behaviours 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 38.2 38.4 I do favours for people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 29.8 31.0	I have a choice about when and how to do my schoolwork % 2024-2025	28.0	31.6
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 38.2 38.4 I do favours for people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 29.8 31.0	I feel I do things well at school % 2024-2025	47.6	54.0
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 I do favours for people % 2024-2025 I lend things to people % 2024-2025 29.8 31.0	I like to spend time with my teachers % 2024-2025	39.1	48.0
I do favours for people % 2024-2025 35.2 36.3 I lend things to people % 2024-2025 29.8 31.0		ng "A lot like me" for	the scale items.
I lend things to people % 2024-2025 29.8 31.0	High level of pro-social behaviour % 2024-2025	38.2	38.4
	I do favours for people % 2024-2025	35.2	36.3
I help people % 2024-2025 54.0 53.0	I lend things to people % 2024-2025	29.8	31.0
	I help people % 2024-2025	54.0	53.0



	Zone 7 Miramichi Area	Province New Brunswice
I compliment people % 2024-2025	57.9	59.
I share things with people % 2024-2025	42.1	42
Oppositional behaviours Oppositional behaviours are disruptive actions that can be a nuisance to the indivice porting "A lot like me" for the scale items.	dual or to others. Below a	re students
High level of oppositional behaviour % 2024-2025	19.9	20
I make other people do what I want % 2024-2025	3.6	3
I disobey my parents/guardians % 2024-2025	4.4	3
I talk back to my teachers % 2024-2025	3.7	3
I get into fights % 2024-2025	7.0	7
I often say mean things to people to get what I want % 2024-2025	1.8	1
I take things that are not mine % 2024-2025	2.1	1
Bullying is BULLYING when a person or group of people say or do unfriendly things to hunan once. It is different from an argument, conflict or fight because the person be r himself.		
		· ·
Victim of bullying this year % 2024-2025	42.1	-
Victim of bullying this year % 2024-2025 I feel I can tell adults at the school about bullying problems % 2024-2025	42.1 75.8	33
		33
I feel I can tell adults at the school about bullying problems % 2024-2025		33
I feel I can tell adults at the school about bullying problems % 2024-2025 Physical activity and leisure screen time		33
I feel I can tell adults at the school about bullying problems % 2024-2025 Physical activity and leisure screen time Physical activity	75.8	33
Physical activity and leisure screen time Physical activity Daily physical activity, 1 hour % 2023-2024	75.8 24.4	21
I feel I can tell adults at the school about bullying problems % 2024-2025 Physical activity and leisure screen time Physical activity Daily physical activity, 1 hour % 2023-2024 Commutes actively % 2023-2024	24.4 3.7	21
Physical activity and leisure screen time Physical activity Daily physical activity, 1 hour % 2023-2024 Commutes actively % 2023-2024 Physically active at school most days, 1 hour or more % 2024-2025	24.4 3.7 65.5	2° 12



Province

New Brunswick

Zone 7

Miramichi Area

Spends 3 hours or more playing video games, most days % 2024-2025	27.7	22.7
Healthy eating		
Canada's Food Guide recommends eating a variety of healthy foods each day, including p	lenty of vegetables a	and fruits
Eats vegetables or fruits 5 or more times per day % 2023-2024	54.9	56.5
Drinks sugary drinks % 2023-2024	75.1	67.2
Eats non-nutritious foods % 2023-2024	89.9	86.0
Eats breakfast, daily % 2024-2025	42.7	50.0
Eats breakfast, most days % 2024-2025	55.3	64.9
Eats at a breakfast or snack program at school % 2024-2025	64.2	52.9
Second-hand smoke		
Smoking allowed inside home % 2023-2024	17.7	10.8
Smoking allowed inside family vehicule % 2023-2024	19.1	12.2
Parents'/Guardians' healthy lifestyles		
Lives with someone who smokes % 2023-2024	42.3	31.6
Parent or guardian is physically active % 2023-2024	87.4	86.3
Parent or guardian eats healthy food % 2023-2024	95.4	96.9
School		
School connectedness A sense of school connectedness can support students in making healthy choices. Below ar me" or "A little like me" for the scale items.	re students reporting '	"A lot like
High level of school connectedness % 2024-2025	55.3	60.7
I feel close to people at my school % 2024-2025	45.5	48.1

I feel I am part of my school % | 2024-2025

60.3

53.3



		Province New Brunswick
I am happy to be at my school % 2024-2025	59.2	61.6
I feel the teachers at my school treat me fairly % 2024-2025	63.4	66.6
I feel safe in my school % 2024-2025	63.7	69.6
Learning		
Engages in leisure reading % 2024-2025	77.7	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