**2018-2019 New Brunswick Student Wellness Survey**

**General Information**

The NBSWS is a provincial initiative of the Department of Social Development’s Wellness Branch, in co-operation with the Department of Education and Early Childhood Development. Data collection, data analysis and knowledge transfer is led by the New Brunswick Health Council (NBHC). The portion of the survey dedicated to students in grades 6 to 12 began in 2006-2007 and was repeated in 2009-2010, in 2012-2013 and in 2015-2016.

The survey examines student perceptions on school, social relationships and environments, and addresses important aspects of well-being emphasized in the **10-year education plans**: resilience; mental fitness; prosocial and oppositional behaviours; physical activity; healthy eating; tobacco-free living; and bullying.

Participating schools will receive a Feedback Report summarizing their results. Information from the NBSWS has been used for planning by school districts. Other government departments and local groups have also used information from the survey to develop strategies and programs and to support community partnerships.

Please note that this year, our survey coincides with the **Canadian Student Tobacco, Alcohol and Drugs Survey (CSTADS)**. CSTADS is a national survey sponsored by Health Canada and administered every two years to students in grades 7 to 12 in participating provinces. The last time New Brunswick participated in the CSTADS was in 2012-2013. In order to minimize the impact of surveys for students, the CSTADS will be incorporated into our survey cycle. This means that 1 out of every 9 students from participating schools will be randomly selected to complete the CSTADS instead of the NBSWS. **This will not compromise NBSWS district and school level reports**. CSTADS data provide provincially-representative estimates on the use of tobacco, drugs and alcohol, and related factors such as ease of access, prices paid, and perceptions of harm.

All participating schools are asked to provide a contact person for this survey, as well as a complete class enrolment list (number of students per class) for grades 6 to 12.

Since this is a paper survey, the materials will be mailed directly to each participating school:

* Version A questionnaires for students in grade 6, which do not include questions about sex, drugs and alcohol
* Version B questionnaires for students grades 7-12, which include questions about sex, drugs and alcohol. 1 out of every 9 students from grades 7-12 will be randomly selected to complete the CSTADS instead of the NBSWS.
* Surveys will be completed in class. Teachers should allow up to 50 minutes for students to complete the survey.

Schools will be asked to:

* Inform staff, parents and students of the survey
* Distribute the surveys to the participating classrooms’ teachers
* Collect the completed surveys
* Return all materials back in the box provided, at no cost to the school.

Participation by students is anonymous and voluntary. Participants are encouraged to answer honestly; the information will remain confidential. Parents who do not want their child to participate can call the NBHC (1.877.225.2521) at least two days before the survey date to ensure that their child will not receive a survey.

We thank you in advance for your contribution to the successful completion of the *New Brunswick Student Wellness Survey*. Any questions regarding the survey can be directed to Philippe Rousselle (NBHC) toll-free at 1.877.225.2521 or via email at surveys@nbhc.ca. Please visit the NBHC’s website for more information on the NBSWS, at [www.nbhc.ca](http://www.nbhc.ca). For more information on the CSTADS, please visit their website at [www.cstads.ca](http://www.cstads.ca).