

Survey Highlights

1

Connectedness and relationships matter. Strong relationships build strong children and youth. Research consistently shows a statistical relationship between quality of relationships and health and wellbeing. The majority of students report having more than one friend they can trust and report making friends easily, but belongingness needs more work. When students were asked if school is a place where they feel like they belong, just 68% of students agree or strongly agree. Further, the percentage of students who agree or strongly agree that they feel accepted for who they are drops from 83% in grade 4 to 77% in grade 6.



2

Regular physical activity for youth is an important indicator of wellbeing and has numerous benefits that extend into adulthood. Halton elementary students are physically active. Fifty-four percent of students report engaging in 30 minutes or more of intense physical activity after school each day. After-school physical activity increases steadily with grade.



Halton Region is a vibrant community located in Southern Ontario with nearly 550,000 residents and four municipalities – the City of Burlington and the towns of Halton Hills, Milton, and Oakville. Halton is one of the fastest growing communities in the province. Between 2006 and 2016, Halton's population increased by 25%, compared to an 11% increase overall in Ontario during this time period.

As Halton Region continues to grow, the population is also becoming more diverse. Nearly one in three Halton residents is an immigrant. In 2016, there were more than 20,000 newcomers living in Halton (those having immigrated to Canada in the last five years), an increase from about 13,000 newcomers in 2006.

3

Halton elementary students strongly believe in the value of learning and achievement for their future success. The majority of students (96%) agree or strongly agree that doing well in school is important for when they grow up, and this remains stable across grades.



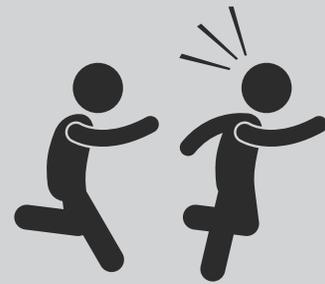
4

Canadian sedentary behaviour guidelines for children aged 5 to 11 (from the Canadian Society for Exercise Physiology, 2012) recommend limiting recreational screen time to no more than two hours per day. Forty-three percent of students are spending two hours or more in front of a screen after school each day, and screen time increases steadily with grade.



5

Bullying can lead to significant health, social, and emotional problems. Grade 4 students report the highest level of any type of bullying in the past four weeks. After grade 4, this percentage decreases steadily from 47% in grade 4 to 41% in grade 6. Cyber-bullying is the least commonly reported type of bullying experienced by elementary students.



As a result of the shifting demographic profile of Halton Region and growth in the newcomer population, this report highlights the experiences and wellbeing of immigrant students in Halton. This information can be used by community partners to better understand the needs of newcomer children in Halton, and help make Halton a welcoming, supportive, and inclusive place for immigrant families.