

Sample Size → N= 41

1. Gender

Boys	Girls
15	26

2. First Language

English	French	Spanish	Other
37	0	0	3 - portuguese 1- nepali

3. Siblings

0	1	2	3	4	More than 4
7	19	11	5	0	1

4. Birth Order

Youngest	Middle	Oldest	Only Child
15	5	17	6

5. Grade

9	10	11	12	Returning
4	7	26	4	1

6. Fav Subject Area

Arts	Phys Ed	Tech	Math	Sci	Eng	CWS	Bus.	SocSci	Other
8	9	7	3	4	1	4	0	7	0

7. Courses Taken

Bio	Phys Ed	Social Sci	None
21	32	32	1

8. Learning about health outside of school

Training Courses	Sports/Clubs	Family	Media	Work	Peers	None
17	20	24	27	17	21	2

9. Importance on health

TOP 3

Nut	Fit	Relig	Stress	SocLife	Coping	Esteem	Sleep	Ed	SES
27	23	4	14	15	4	9	23	10	0

BOTTOM 3

Nut	Fit	Relig	Stress	SocLife	Coping	Esteem	Sleep	Ed	SES
2	8	28	7	11	20	5	3	13	26

10. Regular Health Maintenance

Nothing	4
Eat Well	28
Exercise	26
Meditation/ Relaxation	7
Wellness classes	5
Meds / Suppl.	16
Socialize	19
Counselling	12
Personal Hygiene	34
School	30

Other	Reading sleeping
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