CONNECT

Inclusive open schooling with engaging and future-oriented science

BEST PRACTICES

Description for the website:

Title: "Improving mental health in schools"

This good practice reports an open schooling initiative about "Improving mental health in schools", which was developed by the teachers **Neus Esparó and Rosanna Adam** of **the Joaquim Ruyra School in L'Hospitalet de Llobregat** from 02/05/22 to 20/05/22. The activities included professionals from Living Lab for Health of IrsiCaixa). It was supported by IrsiCaixa. This practice was presented previously at the Living Lab and the presentation is available here (in Catalan).

Care: Students were interested and concerned around mental health, which is a real-life problem. The question we asked to attract the interest of students was: What is Mental Health for you? Do you think it can be cured? Students who participated in the activities were 52 students of 4th of primary, of 9 and 10 years.

Know: Students used knowledge about values and ethics, of the environment, of the senses and application of part of the scientific method. The skills that students practiced were to ask questions, analyze data, discuss claims and evidence, take and write conclusions.

Do: At the end, students prepared a mural with all the questions and answers of the research on mental health, with proposals for improvement and finally elaborated a presentation in digital format to prepare the participation in the sentinel congress held in the auditorium of the Cosmocaixa in Barcelona. They completed the activities in groups and supported by community members.

Findings related to Open Schooling approach: The activity did not fit in the curriculum. It was challenging and innovative. Open schooling might be useful for other teachers because it can change the vision of students in relation to mental health problems and how to help people who suffer from it.

Change/innovation supported by: [X] schoolhead [ ] school association/network [ ] local government
[X] Other: Living Lab for Health

Students' Outcomes: Students learned about mental health concepts and that related diseases can be suffered by anyone and at any age. As an example, a student mentioned "When I talk to my psychiatrist, I feel much better". With these words he shared and normalized going to the psychiatrist and the work that these specialists do.

This practice contributed to increasing:

[ ] families' engagement in science [X] girls' participation in science. [ ] students' science careers awareness

Please justify: there has been an equal participation of boys and girls in the activities**.**

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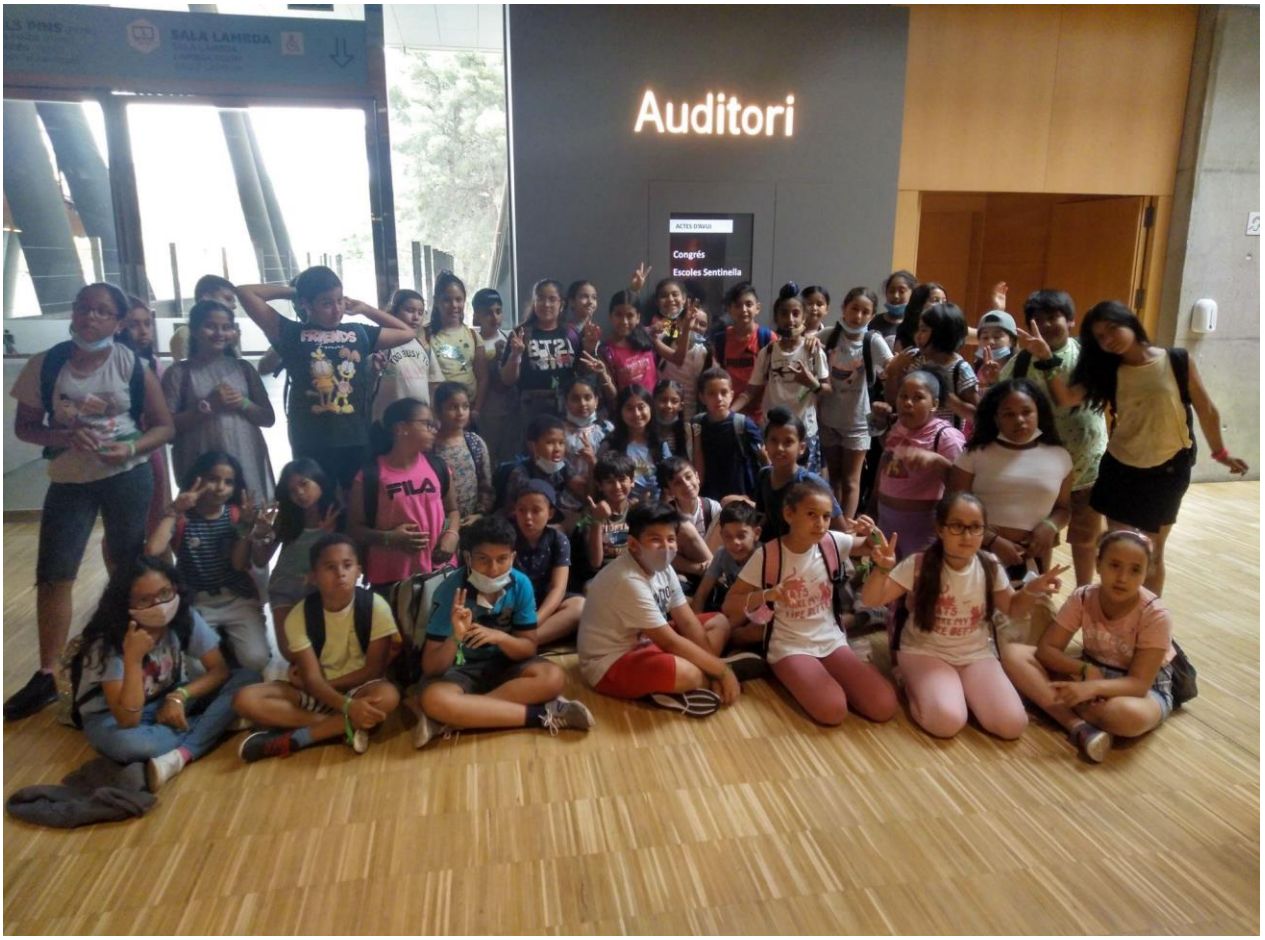
Please select the most relevant photo about your initiative (which will be public, and will be published with open license to represent the practice.



ABOUT THE CONNECT INSTITUTION that supported the educational center	
ORGANIZATION	IRSI (SENTINEL SCHOOLS)
COUNTRY	SPAIN
Contact Person Name	LAIA VIVES
Implementation period	Start date: 02/ 05/ 22 End date: 20/ 05/ 22
ABOUT THE TEACHERS INTERVIEWED	
EDUCATIONAL CENTER	JOAQUIM RUYRA SCHOOL (L'HOSPITALET DE LLOBREGAT)
TEACHERS (name and surname) (for certificates of inspiring practices)	NEUS ESPARÓ TOLDRÀ ROSA ANA ADAM ROIG
GENRE	FEMININE
AREA (Science, Physics, Chemistry, Biology, ...)	PRIMARY EDUCATION: (Values and ethics), Environment.

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How many sessions have you implemented the CONNECT Educational Resource?	6 SESSIONS OF 1.5 HOURS
Title of the educational resource used	"Participatory research to improve the model of promotion of mental health in schools"
Curriculum	
ABOUT THE STUDENTS OF THE TEACHERS	
Course	4th PRIMARY
Age	9-10 YEARS
Total number of students participating	52 STUDENTS
Total number of students who have completed the activities	52 STUDENTS
SCIENTISTS INVOLVED:	
Name	Laia Vives Adrián and Rosina Malagrida
Field	

QUESTIONNAIRE

01. How did you (teachers) use open schooling resources? Could you please describe what did you do in your lessons?

Participatory research resources from the Living Lab of Health were used following their instructions, adapted in different sessions taking into account the age of the students, so these were clear and understandable to carry them out. The Living Lab provided an adaptation of the activities to the academic level of our students, but we needed to split the sessions in order to carry them out, given the complexity of the concepts treated.

Activities of Students with scientists:

The scientists from the Escoles Sentinella project and mental health professionals attended the final congress and we had the opportunity share and discuss our results with them. During the implementation in the classroom, there were no activities carried out with any scientists. The contact was through the teachers.

Activities of Students with families:

Given the characteristics of the families, their direct participation in the activity was not possible. However, the students shared the realization of the activity with them.

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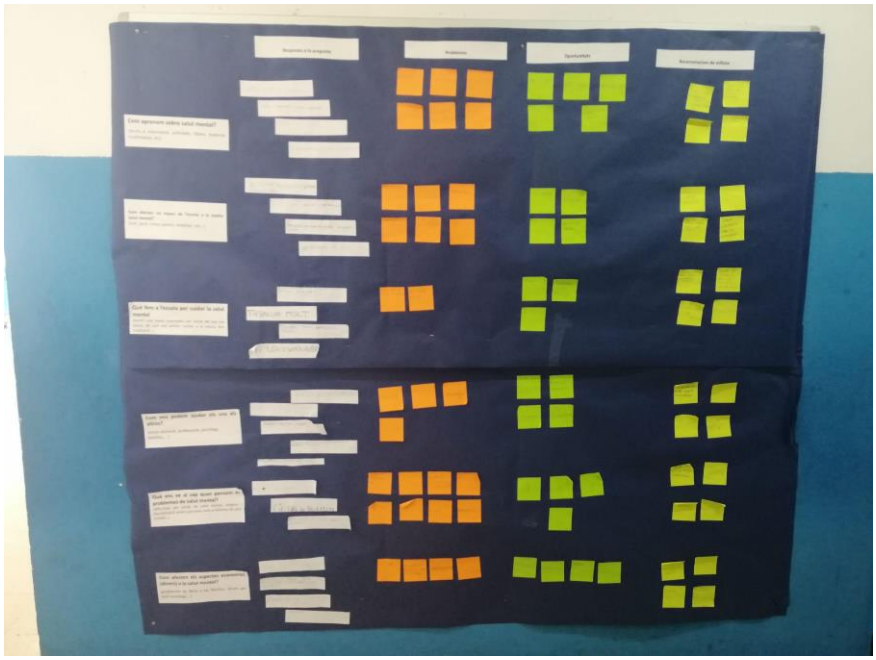
02. How did your students used CONNECT resources? Do you have (or could describe) any samples of best science actions (for our website / reward)?

The students used the resources provided in the student's guide. The final product can be seen at the presentation of the research done (in Catalan).

Any example of what students prepared?

The examples can be seen in the previously cited presentation.

Slide? Poster? Video clip? (Add some images if it is possible)



03. How well did science-action resources meet your needs?

Needs for example related to school curriculum:

No relationships were found with the currently school curriculum.

Students' engagement:

Students have actively participated in the proposed activities.

Students' interest and confidence in science:

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Students are interested in the subject, but they are not enough confidence to talk about the topic.

04. How easy or difficult were science-action resources to use?

Please add any specific issues related to materials, procedures, interactions or curriculum:

The pressure of the curriculum difficulted time management.

05. What were the benefits of open schooling for your students?

Describe the students' outcomes in their science-actions related to:

KNOWLEDGE	• What is mental health. • Specialists dealing with mental health. • Symptoms of some mental health-related illnesses
SKILLS	• Knowing what mental health is • Meet the specialists who treat it. • Identify some of the symptoms that may have some diseases.
ATTITUDE	• Reflect on the topics covered. • Share different points of view. • Recognition of symptoms compatible with a poor mental health. • Empathize with your environment • Draw conclusions.

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06. What were the challenges of using science-actions for your students?

Select the main challenges faced by students with and example:

☒ Difficult…

☒ Long…

☐ Boring…

☐ Other (Please, specify): …

07. Which activities worked well with the curriculum?

What helped kids to meet the learning objectives:

The constant work of the teachers.

08. Which activities did not work well with the curriculum?

Anything that could be done differently or avoided:

We believe that this research would be more suitable for higher education and/or ESO.

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