

CONNECT

Inclusive open schooling
with engaging and
future-oriented science



BEST PRACTICES

Description for the website:

Title: Participatory Research to improve mental health at the Vázquez Montalban Secondary School

This good practice reports an open schooling initiative about " Participatory Research to improve mental health at the Vázquez Montalban Secondary School ", which was developed by the teacher **Yolanda Navarro de l'Institut Manuel Vázquez Montalbán** from 07/03/22 to 27/04/22. The activities were supported by the Living Lab for Health of IrsiCaixa.

Care: Students were worried about how to take care of their mental health. In total, 108 students who were 16-17 years old and were studying 1st year of Baccaulaureate participated.

Know: The students learned about using the scientific method to solve real-life problems, biology concepts on mental health, and participation and communication skills. Other skills that the students put into practice were debating, asking questions, voting and consensus, co-creating recommendations and presenting results.

Do: In the end, the students participated in the Final Congress of Sentinel Schools presenting the recommendations for improvement agreed by the educational community. They completed the activities in groups and with the support of families, although not in full.

Findings related to Open Schooling approach: The activity includes aspects from the curriculum, but it is necessary to consider the time to spend into the activities to match them in the schedule. It was challenging to implement it because it was new to teachers, but very relevant and innovative. Open Schooling can be useful for other teachers because it allows them to work on any topic of interest with a very interesting collaborative approach

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

Students' Outcomes: The students fulfilled the task, but without too much motivation since it was not a topic that they had chosen. However, in the end they ended up happy with the results obtained.

This practice contributed to increasing:

families' engagement in science girls' participation in science. students' science careers awareness

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





Recomanacions de millora del model de promoció de la salut mental als centres educatius

ESCOLES sentinella
ESCOLA ACTIVA EN LA PREVENCIÓ DE LA COVID-19

Eix 5/5: ADAPTACIÓ D'INFRASTRUCTURES

Presenta:

- Institut Vázquez Montalbán de Sant Adrià del Besòs

ABOUT THE CONNECT INSTITUTION that supported the educational center	
ORGANIZATION	IRSI (SENTINEL SCHOOLS)
COUNTRY	SPAIN
Contact Person Name	LAIA VIVES
Implementation period	Start date: 07/ 03/ 22 End date: 27/ 04/ 22
ABOUT THE TEACHERS INTERVIEWED	
EDUCATIONAL CENTER	INSTITUT MANUEL VÁZQUEZ MONTALBÁN
TEACHERS (name and surname) (for certificates of inspiring practices)	YOLANDA NAVARRO
GENRE	FEMININE
AREA (Science, Physics, Chemistry, Biology, ...)	Science
How many sessions have you implemented the CONNECT Educational Resource?	6 SESSIONS OF 50 minutes
Title of the educational resource used	"Participatory research to improve the model of promotion of mental health in schools"
Curriculum	Science
ABOUT THE STUDENTS OF THE TEACHERS	
Course	1 st Bacallaureate
Age	16-17 YEARS
Total number of students participating	108 STUDENTS
Total number of students who have completed the activities	108 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?

We used the 6-session participatory research guide. It took us a while to understand the dynamics that were proposed, but with the support of Living Lab we were able to solve them and implement the activities as they were described.

Activities of Students with scientists:

At the final congress where we presented the results of our participatory research together with other educational centers (us online) we could hear the scientists of the project presenting their results and we were able to see a session of exchange of opinions with Lluís Lalucat, a mental health professional.

Activities of Students with families:

During participatory research, the students twice proposed activities with their family. However, we did not get a full participation in this part.

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

Any example of what students prepared?

Grid of problems and opportunities of the current model of mental health promotion in our school and recommendations for improvement.

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





Recerca participativa: Millores per a la prevenció de la Covid-19 per i amb nosaltres

Aspectes a analitzar relacionats amb...	Problemes i oportunitats	Per què és un problema/oportunitat (causes i conseqüències)	Recomanacions de millora	Recomanacions de millora consensuades
Accés a recursos i coneixement <ul style="list-style-type: none"> • Facilitat a recursos de salut mental • com ens arriben el coneixement i els resultats de la recerca per a la promoció de la salut mental als centres educatius • com es desenvolupa la recerca que té impacte als centres educatius • com discernir entre coneixement contrastat i no contrastat... 	<p>Temps de espera excessiu per a accedir als recursos.</p> <p>L'estat no proporciona els recursos suficients, ni econòmics ni personals.</p>	<p>En temes relacionats amb salut mental és important posar-hi solució com més abans possible per evitar que empitïri</p> <p>Si no es proporcionen recursos econòmics per a personal de salut mental als instituts, els alumnes que no puguin permetre's pagar un psicòleg privat no tindran cap mena d'ajuda psicològica.</p>	<p>Posar més personal a disposició de les persones en necessitat d'aquest servei.</p> <p>Si no hi ha recursos per a introduir psicòlegs gratuïts a la ciutat, nosaltres proposem fer grups de suport on gent voluntària que ja ha passat per això, ajuda a persones que estan passant per un mal moment. És una manera de fer veure a aquestes persones que hi ha solucions i que no estan soles.</p>	<p>Posar més personal a disposició de les persones en necessitat d'aquest servei.</p> <p>Gestionar més eficaçment el temps destinat als afectats.</p> <p>Si no hi ha recursos per a introduir psicòlegs gratuïts a la ciutat, nosaltres proposem fer grups de recolzament on gent voluntària que ja ha passat per això, ajuda a persones que estan passant per un mal moment. És una manera de fer veure a aquestes persones que hi ha solucions i que no estan soles.</p> <p>I així posem en alça el valor del voluntariat.</p>
	<p>La gent obté informació no verídica</p>	<p>Si les fonts d'informació no són fiables, tots aquells que vulguin informar-se, només comptaran amb dades incorrectes</p>	<p>Han d'informar-se a partir de fonts fiables com per exemple gent amb coneixements o professionals. Després, garantir al centre llibres o documents verificats per professionals per poder-hi accedir des de el centre.</p>	<p>Han d'informar-se a partir de fonts fiables com per exemple gent amb coneixements o professionals. En acabar, garantir al centre llibres o documents verificats per professionals i així poder-hi accedir des de el centre.</p> <p>Per tant es podria fer més explícita la malaltia mental disposant d'una biblioteca dedicada al centre.</p>
	<p>Incorporar en les escoles psicòlegs de manera no complementària i fer saber a l'alumnat del que tenen a la seva disposició.</p>	<p>Això és necessari perquè en cas que hi hagi psicòlegs en el centre molts alumnes no ho saben d'igual manera que no saben les diferents coses que tenen al seu abast.</p>	<p>Això ajudarà al mateix centre, ja que els psicòlegs poden saber com pensa l'alumnat de l'escola per tal d'implementar millores.</p>	<p>Això ajudarà al mateix centre, ja que els psicòlegs poden saber com pensa l'alumnat de l'institut per tal d'implementar millores.</p>
	<p>Aportar a l'alumnat interessat fonts d'informació fiables.</p>	<p>Aquesta s'ha de realitzar perquè molts dels problemes és per falta d'informació o informació errònea</p>	<p>Comunicar, ja sigui mitjançant publicitat pel mòbil o anuncis en la televisió dels diferents recursos i informacions que es poden obtenir</p>	<p>Comunicar, ja sigui mitjançant publicitat pel mòbil o anuncis en la televisió dels diferents recursos i informacions que es poden obtenir.</p>

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

Needs for example related to school curriculum:

Students' engagement:

They complied and participated during the activities although it was not a topic of their choice.

Students' interest and confidence in science:

There is a great diversity among students regarding interest and confidence in science. They are generally interested in what science can offer them for their daily lives, but there are also some who have their reservations.





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

At first we found it a little difficult to understand, but after discussing them personally with the Living Lab for Health, the implementation of the resources was easy.

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

Participatory research within the educational program must be foreseen in advance, since it involves many hours that must have been taken from other subjects.

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

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

KNOWLEDGE	<ul style="list-style-type: none"> • Concepts about mental health • What affects mental health at the systemic level, from the different categories of analysis we used.
SKILLS	<ul style="list-style-type: none"> • Debate • Speaking • Ask yourself questions • Analysis of problems and opportunities and co-creation of recommendations for improvement
ATTITUDE	<ul style="list-style-type: none"> • Collaborative attitude • Respect for others

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?

I think the links are not very obvious although it is clear that scientific competence is a demand of the curriculum. Regarding the issue of mental health, it is addressed in some way but not from this perspective.

What helped kids to meet the learning objectives:





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

What has cost us the most has been to fit it within the programming, which is very demanding at that educational period.

Anything that could be done differently or avoided:

It would be necessary to start the implementation from the beginning of the academic year.

