

# What happens in the case of partial closure?

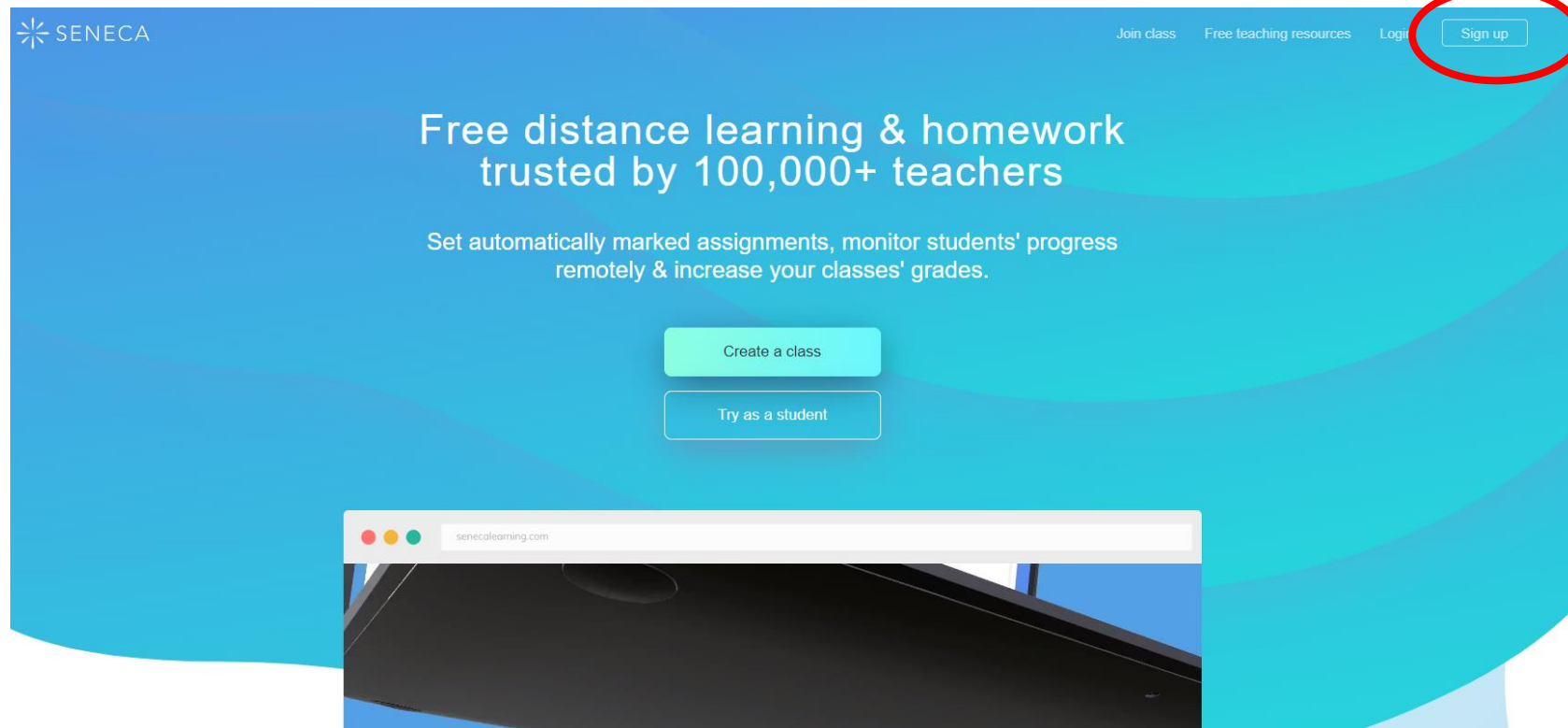
- As it is still term time, teachers have a legal obligation to set work
- Students should use this time to maximise the learning opportunities they are given

# What should you do at home during school hours?

- Get yourself into a routine: try to follow your timetable as closely as possible, using work set on Class Charts by your class teacher.
- Don't worry if you can't follow the timetable exactly, but try to do as much as you can.
- Try to include a variety of activities.

Many teachers will be using Seneca to assign you work.

## Accessing Seneca senecalearning.com



# Accessing Seneca

Follow the sign up instructions on screen.  
Use your school email address

### Sign up

[Try without signing up?](#)

First name

Last name

Email

Password

I agree to the [Terms and Conditions](#)

Already have an account? [Login](#)

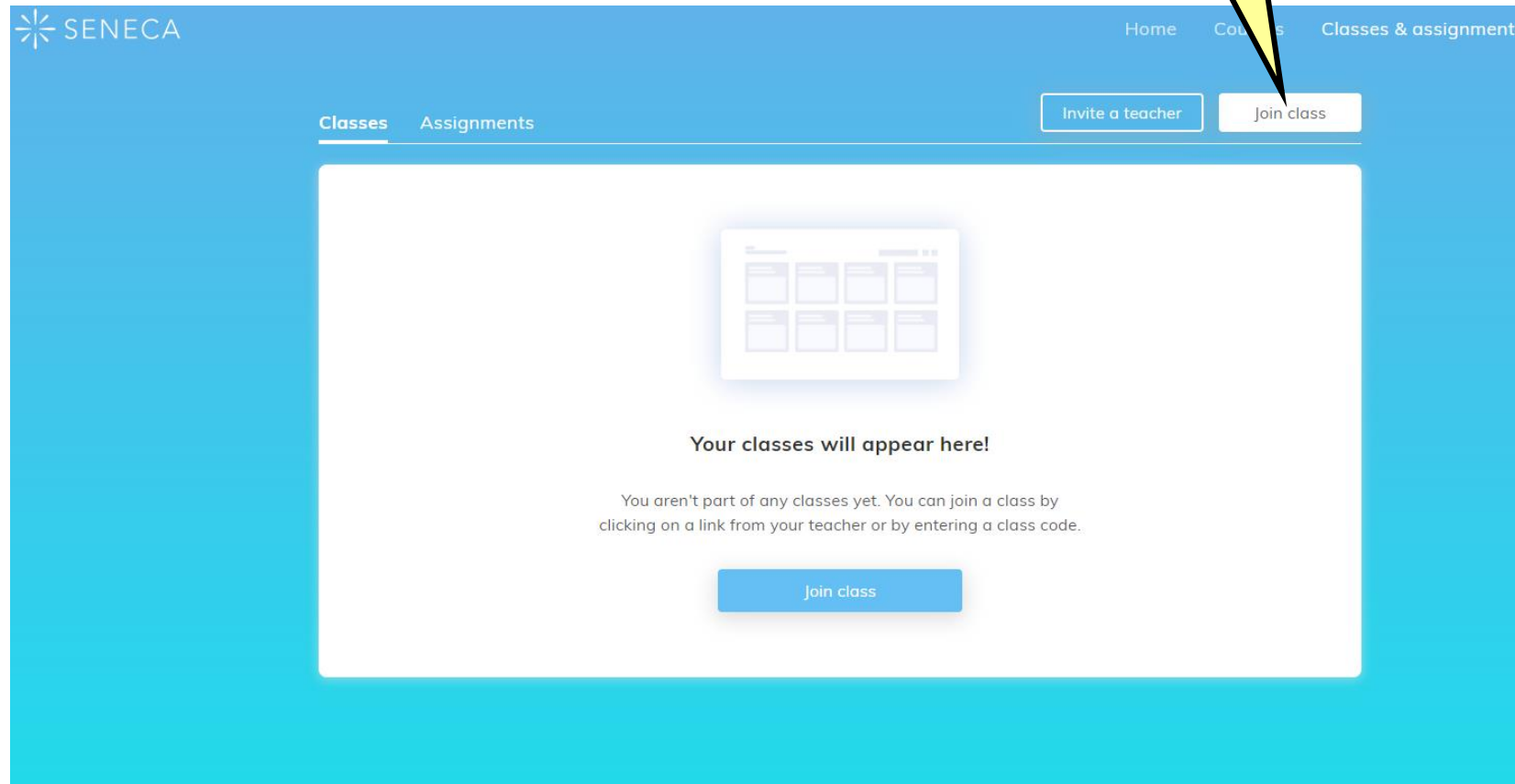
# Accessing Seneca

Click on "Classes and assignments"

The screenshot shows the Seneca website interface. At the top left is the Seneca logo, a starburst icon followed by the word "SENECA". To the right of the logo are navigation links: "Home", "Courses", and "Classes & assignments". A yellow callout box with a black border points to the "Classes & assignments" link, containing the text "Click on 'Classes and assignments'". Below the navigation bar is a light blue banner with the text "Click here to find out more about Seneca Premium" and a small rocket icon. Underneath is a white search bar with a magnifying glass icon and the placeholder text "Search for a course...". Below the search bar is a "Recent courses" section. It features two course cards: "Biology: AQA A Level" with a blue and white image of a globe, and "11+ Maths" with a white background and a blue number "2" on a wooden block. To the right of these cards is a "See all" link. To the right of the "Recent courses" section is a dark blue promotional card for "Smart Learning Mode" with a lightning bolt icon and the text "Let our Smart Algorithm suggest the best thing to".

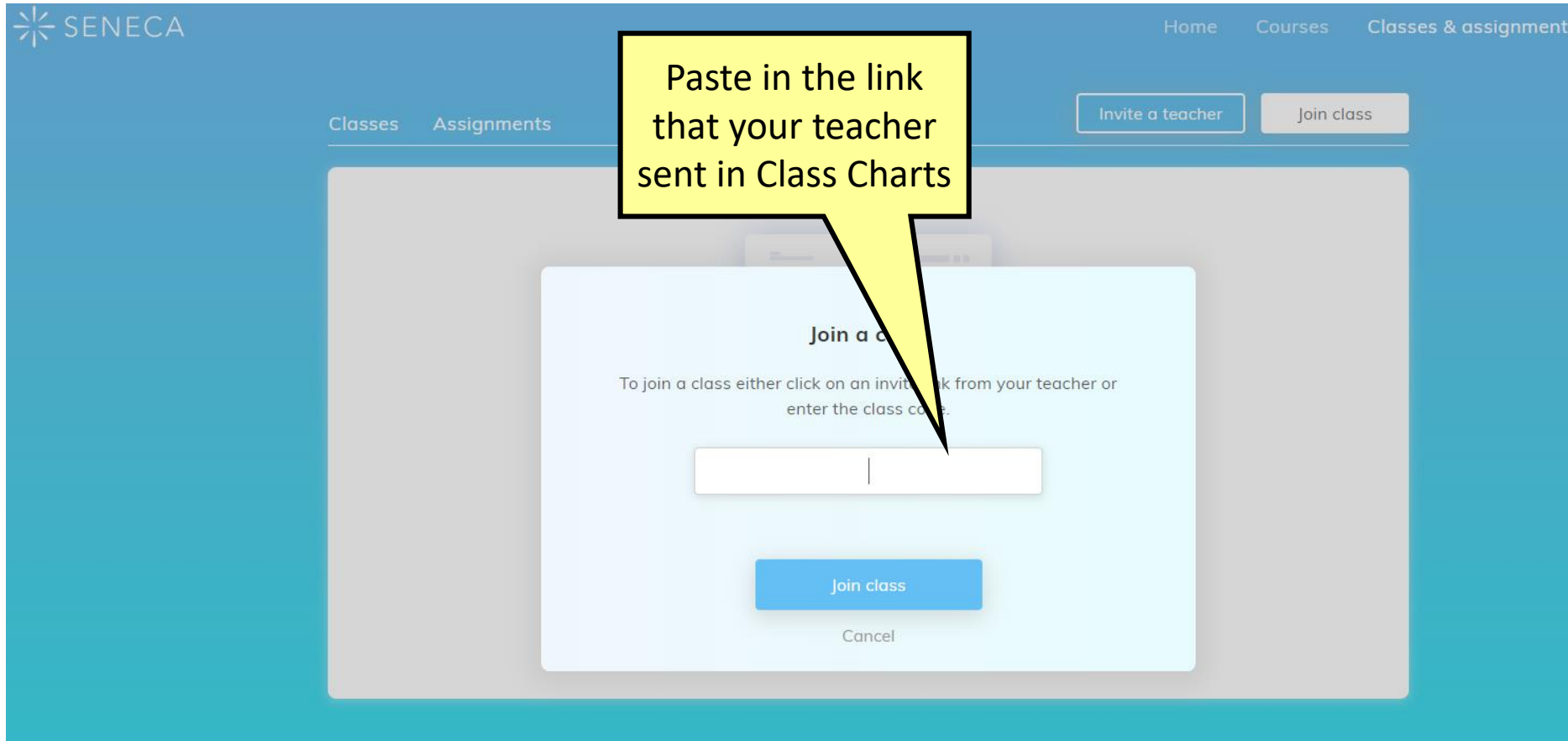
# Accessing Seneca

Click "Join class"



The screenshot shows the Seneca LMS interface. At the top left is the Seneca logo. The top navigation bar includes 'Home', 'Courses', and 'Classes & assignments'. Below this, there are tabs for 'Classes' and 'Assignments'. On the right side of the main content area, there are two buttons: 'Invite a teacher' and 'Join class'. A yellow callout box with a black border points to the 'Join class' button. The main content area contains a placeholder for classes with the text: 'Your classes will appear here! You aren't part of any classes yet. You can join a class by clicking on a link from your teacher or by entering a class code.' Below this text is a blue 'Join class' button.

# Accessing Seneca



The screenshot displays the Seneca LMS interface. At the top left is the Seneca logo. The top navigation bar includes 'Home', 'Courses', and 'Classes & assignments'. Below this, there are tabs for 'Classes' and 'Assignments'. On the right side of the interface, there are two buttons: 'Invite a teacher' and 'Join class'. A central dialog box is open, titled 'Join a class'. The dialog contains the text: 'To join a class either click on an invite link from your teacher or enter the class code.' Below this text is a text input field with a vertical cursor. Underneath the input field are two buttons: 'Join class' and 'Cancel'. A yellow callout box with a black border and a pointer to the input field contains the text: 'Paste in the link that your teacher sent in Class Charts'.

# Looking after your mental health

- Check in with your friends and family via social media and over the phone.
- Limit the news and be careful what you read – decide on a specific time when to check in with the news.
- Stick to government websites, the NHS, WHO to avoid misinformation.
- Have breaks from social media when you are feeling anxious - mute key words which might be triggering on twitter, unfollow accounts, mute WhatsApp groups.
- If you are self isolating; this might be proactive time. Read books you have wanted to read, enjoy being with your family, cooking, practise an instrument, catch up with homework, helping with tasks about the house. Strike a balance between having routine and having variety each day.
- Continue to access nature and sunlight where ever possible, exercise, eat well and stay hydrated.



<https://www.mind.org.uk/>



# Looking after each other

- Be kind to each other, especially on Social Media
- Be patient and understanding with brothers, sisters, parents and friends.
- Offer to help around the house, especially with looking after younger siblings.
- If you are not self-isolating, think about others in your community who may need help or support.
- Keep things in perspective.
- Keep smiling!



<https://www.mind.org.uk/>

