



St Leonards
St Andrews, Fife

ACTIVITIES, SPORTS AND GAMES HANDBOOK



INTRODUCTION

ESSENTIAL INFORMATION ABOUT THIS HANDBOOK

The purpose of this booklet is to describe to parents and pupils the many extra-curricular activities which are available at St Leonards. These activities range from debating, and chess, through all of the musical activities to the more physical activities! Drama also plays a major part in our activities programme, with the opportunity for all years to take part in large-scale productions, some of which take place in the neighbouring Byre Theatre, and with others performed on stage in our own School Hall.

Please note that within the IB Diploma Programme in the Sixth Form there is a requirement for each student to engage for 18 months in the three strands of CAS; Creativity, Activity and Service. Many of the activities listed in this booklet will count towards this, as will the Games lessons, which are compulsory, and are essential for the 'Activity' strand. Pupils should discuss this with their tutors and with the CAS Co-ordinator.



CHOOSING ACTIVITIES AND INDIVIDUAL SPORTS



There are several factors to take into account when choosing activities. The booklet will indicate any costs incurred. These may be in the form of a termly fee or they may be pay-as-you-go costs, for example, skiing.

Please note that, although it is not compulsory for pupils to remain in school for the 4.30 – 5.30 pm activities sessions, St Leonards strongly believes in the well-rounded education, which these help to foster, and would encourage all pupils to attend.

In Years 8 to 11 it is recommended that pupils pursue a balanced variety of activities across music, sport, practical skills and intellectual pursuits. Students in the Sixth Form usually prefer to concentrate their attention on a narrower range of activities. A great many of the activities can be used to fulfil the various sections of CAS.

Boarders are expected to attend at least four After-school Activities/ Supervised Prep Sessions, and these must be agreed with the Housemaster/ Housemistress in advance.

Pupils choose their Autumn Term activities by completing an activities form early in the first week. The completed form must be signed by both pupil and parent (Housemaster/Housemistress for boarders). This constitutes written permission for the pupils to participate in the chosen activities.

Pupils will be given the opportunity at the end of each of the Autumn and Spring Terms to choose their activities for the following term.

MUSIC AT ST LEONARDS

Just over 20 instrumental and singing teachers work in St Leonards Music School, covering between them all the usual orchestral, folk and pop instruments. Our teachers are expert performers in their own right and have a superb record of bringing out the best in our young musicians. If you already have singing or instrumental lessons, our teachers will prepare you for exams, encourage you to perform in concerts, and to join one of our many ensembles. If you do not already play or sing, why not give music lessons a try? There is huge pleasure to be had in playing an instrument or singing – and the skills learned in practising and performing will enhance all your other educational and like skills.

Ensemble playing is central to our music programme and instrumental groups and choirs rehearse throughout the week, usually during lunchtime (1.25pm – 1.55pm) or in Activity Time after school. There is an expectation that musicians will join ensembles when their teachers say they are ready. Our Ensembles and other musical activities are listed here. Please note, all musical groups and activities require a three-term commitment.

Concert Band	Monday	1.25-1.55 pm
Music Theory	Tuesday	1.25-1.55 pm
Love's Angels	Wednesday	11.05-1.25 pm
Show Choir	Wednesday	1.25-1.55 pm
Jazz Band	Wednesday	4.30-5.30 pm
Daemon Barbers	Thursday	11.05-1.25 pm
Clarinet Choir	Thursday	1.25-1.55 pm
String Ensemble	Thursday	1.25-1.55 pm
St Leonards Choir	Thursday	4.30-5.30 pm
St Leonards Choir	Friday	1.25-1.55 pm
Pipe Band	Friday	4.30-5.30 pm
St Leonards Orchestra	Friday	4.30-5.30 pm



The Music School can also be used for private practice, either in Activity Time or at other times outside school hours. Priority for private practice goes to pupils who take their lessons in the school. Only one person should be in a practice room at a time unless special permission has been given.

We aim to stage a concert or similar musical event most weeks during term time, so there are many opportunities to perform, and we expect our pupils to make the most of these. Concerts vary from relaxed, informal events for younger musicians to grander performances by experienced and expert pupils. Family and friends are always welcome to attend.

Fiona Love
Director of Music



DRAMA AT ST LEONARDS

Sixth Form and Year 11 Drama

Drama activities for the Sixth Form and Year 11 take place on a Tuesday and Wednesday evening during Activity Time, and those pupils who would like to be involved in the school production are encouraged to participate. It is a two-term commitment and involves extra regular rehearsals on a Wednesday night between 7.00 – 9.00pm as this is, traditionally, our rehearsal time.

Many pupils have found being involved in the school production a useful way of engaging with the Creativity or Service strands of CAS, producing memorable theatre. Pupils are given the opportunity to work backstage as part of the technical team or perform as a member of the cast. Auditions for the production will take place at the beginning of the academic year.

Senior School Drama – Years 8 – 10

Drama activities for Senior School will take place on a Monday, Tuesday and Friday evening, during Activity Time. Pupils who would like to be involved in the school production are encouraged to participate but must commit themselves for the entirety of the academic year.

Pupils are given the opportunity to work backstage as part of the technical team or perform as a member of the cast. Auditions for the production will take place at the beginning of the academic year.

Other Information

It is not essential to have had previous theatrical experience in order to get involved in the school productions. The department is keen to help give all those who want it the opportunity to create, develop and perform theatre. What we do ask is that pupils commit themselves totally to the project and attend all rehearsals.

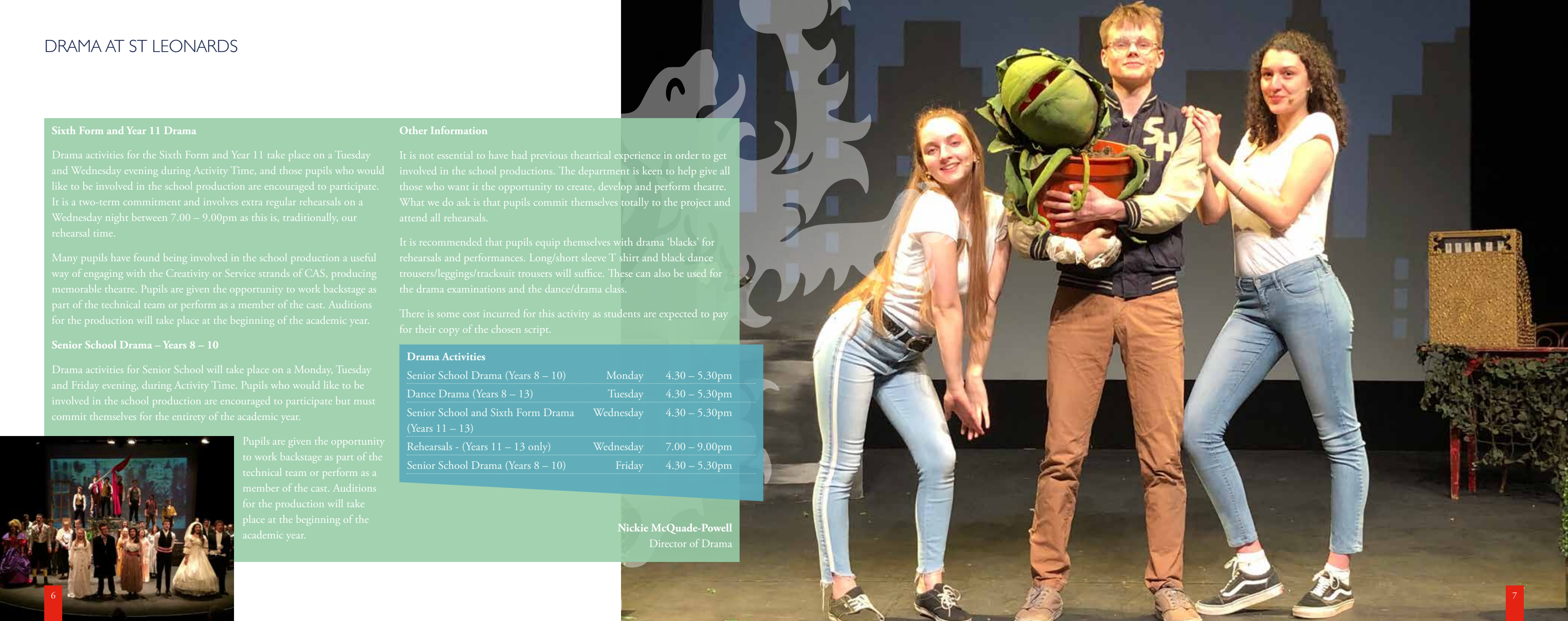
It is recommended that pupils equip themselves with drama ‘blacks’ for rehearsals and performances. Long/short sleeve T shirt and black dance trousers/leggings/tracksuit trousers will suffice. These can also be used for the drama examinations and the dance/drama class.

There is some cost incurred for this activity as students are expected to pay for their copy of the chosen script.

Drama Activities

Senior School Drama (Years 8 – 10)	Monday	4.30 – 5.30pm
Dance Drama (Years 8 – 13)	Tuesday	4.30 – 5.30pm
Senior School and Sixth Form Drama (Years 11 – 13)	Wednesday	4.30 – 5.30pm
Rehearsals - (Years 11 – 13 only)	Wednesday	7.00 – 9.00pm
Senior School Drama (Years 8 – 10)	Friday	4.30 – 5.30pm

Nickie McQuade-Powell
 Director of Drama



SPORTS, GAMES AND ACTIVITIES AT ST LEONARDS

Our first Headmistress, Miss Louisa Lumsden (1877-1882), believed sport and activity played an important part in development of her students. To this day St Leonards continues to commit to a strong sporting tradition and a particular reputation for excelling in lacrosse, hockey, golf, athletics and tennis for girls, and for the boys, we have developed a strong core of team sports including athletics, rugby, golf, football, hockey and tennis with success. Our team games instil a sense of co-operation, effort, collaboration and team building in all of our pupils at whatever level the desire to achieve – life skills which will be taken by them into further education and life beyond.

We also encourage pupils to explore and develop an array of skills in individual and fitness-based activities. Our aim is that every pupil leaving St Leonards should enjoy a fit and active lifestyle and be proficient in at least one sport or activity which they can continue to pursue once they have left our care. Current trends show that sport and fitness is a major factor to employers worldwide in keeping their employees healthy and content in the work place. We aim to instil the positive fitness and social benefits that sport provides in all of our pupils; while providing balance to their workload and release from the growing pressures of academia.

In Years 8, 9 and 10, the opportunity to pursue sport comes primarily through the curricular games programme and is augmented by our expansive activities

programme. Additional sporting activities which we do not offer can be sourced and pursued locally in the evenings and weekends should commitments allow. In addition, all pupils have one PE lesson every week in which more individual activities are targeted such as cross country, swimming, fitness gymnastics, basketball, orienteering and dance.

For Year 11 and Sixth Form, the major curricular games time can offer individual sports activities to those not taking part in squad training, and again, the extracurricular activities programme offers additional opportunities for all. Although these are the GCSE and International Baccalaureate exam years, the goal of a healthy mind in a healthy body is still an important one. Time spent on sport in the evenings and weekends, in addition to that provided during the curricular day is a valuable recreational opportunity for our hard-working students.

Our aim is that every pupil leaving St Leonards should enjoy a fit and active lifestyle and be proficient in at least one sport or activity which they can continue to pursue once they have left our care.



St Andrews is internationally renowned as the home of golf. As you would expect, the golfing opportunities open to St Leonards pupils are outstanding. A St Leonards pupil can purchase a coveted Links ticket, at a cost of approximately £50.00, which allows unlimited access to play on all seven Links golf courses in St Andrews. Coaching and the opportunity to compete, as well as gain a handicap, are available to all, as a complement to academic studies at St Leonards. Whether you know that golf is the sport for you, or whether you are just keen to give it a try, St Leonards offers unrivalled opportunities.

Our St Leonards Golf Programme provides structured progression to all pupils from Years 1 to 13, and from the beginner to the scratch golfer, under the watchful eye of our Director of Golf, Fintan Bonner, and the team of PGA Professionals at the state-of-the-art St Andrews Links Golf Academy. Our access to courses is unrivalled by any other school in the United Kingdom, from the 9-hole Balgove Course to the famous Old and Castle Courses in St Andrews, there is golf here for everyone.



The main aim of my department is to promote sporting opportunities to each and every one of our pupils and foster positive ideals about the wider benefits of being involved in sport and lifelong activity. Our attitude is one of 'can do', where we will access facilities locally and link our pupils to established community teams to provide those activities which we cannot cater for in school. Fitness and wellbeing are to be considered essential life skills and assist in the development of the whole child. We aim to maximise sporting opportunities for all at St Leonards.

Mark Baxter
Director of Sport

YEARS 8, 9 & 10 GAMES AND YEARS 8 & 9 PHYSICAL EDUCATION

AUTUMN Hockey Rugby Scottish Country Dancing Handball	SPRING Hockey Lacrosse Rugby Badminton	SUMMER Athletics Tennis Summer Games (Rounders, Ultimate Frisbee, Beach Hockey and Football)	PHYSICAL EDUCATION Basketball Football Swimming ¹ Parkour Gymnastics Dance Health & Fitness Tchoukball Table Tennis
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YEAR 11 & SIXTH FORM GAMES

AUTUMN Hockey Swimming Golf Football Basketball Rugby Contemporary Dance Gym Horse riding Cross Fit Walking Tennis Table Tennis Yoga	SPRING Hockey Lacrosse Swimming Golf Football Basketball Rugby Contemporary Dance Gym Horse riding Cross Fit Walking Tennis Table Tennis Yoga	SUMMER Athletics Tennis Swimming Golf Basketball Contemporary Dance Horse riding Summer Games (Rounders, Ultimate Frisbee, Beach Hockey and Football) Yoga
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School Team Commitments

Members of school teams are expected to attend team practices, which take place in Games times for the following sports:

Athletics • Swimming • Cricket • Basketball • Tennis • Rugby • Hockey
Golf • Gymnastics • Lacrosse • Football

They are also expected to attend fixtures as arranged (normally weekends). Matches are played throughout the year against school and university level teams, both at home and away. School Captains of each sport are involved in team training. Parents are very welcome to watch and support these games – all fixtures are listed in the calendar and weekly bulletin.

Sports Colours

Sports colours are awarded at the end of each term to team players who have represented St Leonards in school fixtures and have fulfilled 80% of the fixtures played.

This is a celebration of team and individual sporting achievements across the year. We also acknowledge pupil successes outside school, including at national level. A special three-team badge, for pupils representing the school in three different sports at first-team level, is presented by the Director of Sport.





SENIOR SCHOOL AND SIXTH FORM ACTIVITIES

St Leonards offers a wide and incredibly varied range of activities to encourage pupils to develop new interests, and pursue existing passions, wherever they may lie.

Pupils are given the opportunity to choose/change their activities for the Spring and Summer Term at the end of the previous term.

There is no extra charge for an activity unless so indicated.

Please note that insufficient numbers may mean that an activity does not run.

ART (YEARS 8 – 13)

Senior School

The Year 8-11 Art Activity takes place on a Wednesday from 4.30-5.30pm. Pupils can discuss what they would like to do with staff. In Year 8 and Year 9, the number of students is limited to 10 students per year group and there is a charge of £1.50 per session. There is no limit to the number of Year 10 or Year 11 Art examination candidates during Activities, nor is there a charge for the session. (Please note, this activity is suitable for Duke of Edinburgh 'Skills' section).

Sixth Form

Art Activity is on a Monday from 4.30-5.30pm for pupils in Years 12 and 13.



BASKETBALL (YEARS 10 – 13)

Basketball Activity is on Thursday from 4.30-5.30pm. Players will work on team play and individual skills and techniques through game play. Fixtures include games against local schools such as Madras College, and there are exciting plans to continue to grow our basketball fixture list.

CHESS CLUB (Years 8 – 13)

Players of all standards are welcome at Chess Club. Enthusiasm is the main characteristic! There will be opportunities to play in competitions and also just for fun. For able players who already understand more about the dynamics of the game, coaching is available on general themes and on theory (eg. Sicilian dragon). Previous grandmaster games are presented to aid development.

COMPUTER CLUB

Computer Club was started in 2018 as an after-school activity, giving interested students the time and space to develop their knowledge of programming, and work either individually or together on projects in their areas of interest, but above all, have fun. The atmosphere is informal and collegial, and all levels of programming ability are welcomed and supported. Club members range from complete beginners to very experienced coders, and collaboration and discussion is helpful at any level.

COOKING CLUB

Cooking Club was introduced to the activity programme in Spring Term 2019, providing pupils with the opportunity to learn how to cook, as well as promoting the benefits of a healthy diet and active lifestyle. Pupils learn how to make informed decisions about their diet and health and gain confidence to broaden food experiences by trying new ingredients and dishes, applying skills, and understanding how to plan, prepare and cook recipes safely and hygienically.

At Cooking Club, participants use a range of creative and innovative ideas to develop original menus, taste, evaluate and refine their ideas and dishes against specified needs, learn to make dishes from all over the world, and understand a little of the history behind food cultures, developing an understanding about where food comes from, and how to choose raw ingredients sensibly and sustainably.

CREATIVE WRITING (YEARS 8 – 13)

Writers' Group is open to anyone who is interested in creative writing. Whether you are interested in poetry, plays, short stories and other prose, or generally in generating ideas, you are very welcome.

The activity takes the form you want it to – it is a group, not a lesson! If you want to use that hour to work on something you are writing, it is a time within a busy week which you can take out for that purpose, with other interested parties on hand to help. If you feel you want to develop your style, you can do that too, and we can offer workshop-style exercises to inspire you. Everyone is welcome!



CRICKET (YEARS 8 – 13)

Cricket for pupils in Years 8 – 13 takes place in the form of ‘Super Sixes’ in the evening activities programme. This runs during Summer Term, when we make the most of the warmer, lighter evenings to play cricket outside on St Leonards Grass. With the beach on our doorstep, pupils also have opportunities to play on the sand.



CRIME CLUB (YEARS 8 – 13)

Newly founded in 2018, Crime Club allows pupils to come together to investigate a real unsolved crime by looking at witness testimony, crime scene evidence and the circumstances surrounding the crime. Pupils become the investigators and use their understanding of psychology to profile potential suspects, consider all the evidence, and are introduced to a variety of skills to help hunt down the criminal. Students then have a chance to act out a courtroom scenario, where all their investigative work will be put into evidence and they will either have to argue for the defence or the prosecution. Crime Club has quickly become one of our most popular activities!

DEBATING CLUB (YEARS 8 – 12) (together with Model United Nations)

Do you want to rule the world or just get the point over to your parents and peer group? Come and gain the key advantage by learning the art of Debating! Staff are on hand to help pupils learn the rules of debating in a friendly, yet still formal, atmosphere. Discussion, argument and fun every week, and if you join the Competitions Squad, there will be outings to events all over Scotland to compete with other societies, both at school and university level!

DRAMA (YEARS 8 – 13)

Auditions will be held for the main parts but all pupils are guaranteed a role. Some students will be given the opportunity to help in stage management, lighting, sound, costume, make-up etc, which is suitable for the CAS section of the IB Diploma. Recent productions have included Shakespeare’s ‘A Midsummer Night’s Dream’, ‘Les Misérables’, and two original scripts ‘The Big Society’ and ‘Tilton Road’, written by our Director of Theatre. Please note, extra costs are involved to cover scripts.

Year 11 and Sixth Form Drama

This activity lasts for the whole of the Autumn and Spring Terms and involves pupils in a major production performed in the School Hall or at the Byre Theatre in St Andrews. Involvement in the production will go some way to completing the CAS (Creativity, Activity, Service) component of the IB Diploma.

As well as the allotted activity hour, all drama students may be required to attend a two-hour rehearsal on a Wednesday evening between 7.00pm and 9.00pm – especially in the run up to a show.

Years 8 – 10 Drama

This Drama activity lasts for the entire school year and involves pupils in a major production performed either in the Music School Auditorium or at the Byre Theatre.



DUKE OF EDINBURGH AWARD

The Duke of Edinburgh Award is a voluntary, non-competitive personal development programme of activities. Completing the Duke of Edinburgh Award gives young people the opportunity to experience new activities or develop existing skills.

There are three progressive levels of programmes which, when successfully completed, lead to a Bronze, Silver or Gold Award. Young people create their own Duke of Edinburgh programme by choosing a volunteering, physical and skills activity and planning, training and completing a self-sufficient expedition.

The Duke of Edinburgh is all about going the extra mile – gaining new skills, pushing yourself physically, helping others and exploring new territories. At the same time, pupils will gather friendships, experiences and memories that will last a lifetime. Furthermore, participants' personal attributes developed through participation are recognised by employers, colleges and universities all over the world.

ECO CLUB (YEARS 8 – 13)

An opportunity to tackle issues within our school community that have an impact on the environment. In the past the group has looked at ways to reduce the food waste left over at school lunches. Future projects will be decided by members of the club.



FITNESS SESSIONS (YEARS 8 – 13)

Fitness is open during Activity Time to all team players, boys and girls, who would like to improve their personal levels of fitness. Sessions are held at the St Andrews University Sports Centre, which is just a short drive from the school grounds.

In addition, pupils in Years 8 and 9 take Fitness as part of the MYP curriculum; pupils in Years 10 and 11 receive Fitness instruction as part of the GCSE programme; and in Years 11 to 13, students can choose Cross Fit or gym-based training as a Senior Games option.

BOYS' FOOTBALL (YEARS 8 – 10)

Football also takes place as part of the Activity Programme for Years 8 to 10. This is a more recreational game open to players of all abilities.

BOYS' FOOTBALL (YEARS 11 – 13)

Football activity is for the squad players only and is open to boys in Years 11 to 13. It is treated as squad training and only those interested in representing the school in fixtures should apply. As of Autumn Term 2018, St Leonards was fourth in the Scottish Independent Schools football league.



GOLF (YEARS 8 – 13)

St Leonards Golf Club was founded in 1993 and is affiliated to the Scottish Golf Union, the Scottish Ladies’ Golfing Association and the Ladies’ Golf Union.

Golf lessons and practice sessions are arranged for very small groups of students according to their needs and playing ability. Our Director of Golf, Fintan Bonner, is available for guidance in all matters.

Lessons take place at the St Andrews Links Golf Academy, which is just a short drive from the school campus, and offers state-of-the-art facilities, as well as top-of-the-range technology such as Trackman and Sam PuttLab. The opportunity to go out on the course for longer periods is available while the light is good, and at weekends.

GOLF PRICES

The following costs are approximate:

Golf lesson from a professional:

Individual lesson – £45

Group lesson – cost depends on the number in the group.

Use of practice facilities includes £3.00 for a bucket of 50 balls

St Andrews Links Season Ticket:

£30 Restricted Youth Ticket, under 18yrs, which includes use of all the courses (except the Old Course) all year round.

£50 for All Inclusive Ticket, over 16yrs – under 18yrs use of all courses including the Old Course all year round.

For golfers who meet the handicap criteria, there is an optional St Leonards Golf Programme which targets competitive players with the lowest of handicaps. Should you wish to know more about this programme, please request a Golf Programme brochure from the Admissions Team.

If choosing golf as an activity please stipulate ‘beginner, development or elite’.



HOCKEY (YEARS 8 – 13)

Squads for both boys’ and girls’ hockey are offered throughout Autumn and Spring Terms. All players wishing to represent St Leonards must attend. Players of all abilities are welcome, with teams playing regular fixtures against other Scottish schools and clubs, as well as competing in local and regional leagues. Hockey sessions are also a lot of fun, especially our Festive Hockey Festival, which takes place towards the end of Autumn Term!



HORSE RIDING (YEARS 8 – 13)

St Leonards works in partnership with Edenside Riding Stables, which is located just outside St Andrews, approximately a 5 to 10-minute drive from the school. Horse riding is available as an after-school activity on a weekly basis for pupils in Years 8 – 13, with a focus on group lessons covering a range of disciplines. Riding is also offered as a Senior Games option for boys and girls in Years 11, 12 and 13. Individual lessons can be arranged, and livery is available by arrangement with Edenside.

Some of our more experienced riders use Drumcarrow Equestrian, which is the home of Lohoar Sport Horses and is situated just two miles from St Andrews, for lessons and livery.





LACROSSE (YEARS 8 – 13 GIRLS)

Lacrosse is available in Autumn Term for training and Spring Term for school matches. All players wishing to represent St Leonards must attend these squads. Matches are played against other schools, as well as university teams, giving players unique opportunities to grow their game. St Leonards has a proud history of producing high-level lacrosse players, who have gone on to represent Scotland in the national team.

LIFE SAVING (YEARS 12 – 13)

This is a fun session for pupils to learn and practise the skills required for the NPLQ (National Pool Lifeguard Qualification), a useful qualification for anyone over 16. In order to participate in this activity, pupils must be reasonably competent at swimming.

MANDARIN CLUB

Mandarin Club is for beginners, giving pupils a chance to learn a new language from scratch, with the help of some of our native speakers. Pupils learn pronunciation, everyday conversation, basic Chinese grammar, characters and Chinese culture. Sessions cover Pinyin, Chinese radicals, greetings, names, numbers, dates, likes and dislikes.

MODEL UNITED NATIONS (M.U.N) (YEARS 9 – 12)

Do you enjoy political debate? Are you worried about human rights and the environment? Then this could be the activity for you. Model United Nations Club meets once a week on Wednesday from 4.30 – 5.25pm (together with Debating Club) to prepare for regional conferences, the biggest of which is held at George Watson's College in Edinburgh in March. (Please note, there is a cost of approximately £250 for this conference.)





MUSIC (YEARS 8 – 13)

Most musical activities take place at lunchtimes from 1.25pm – 1.55pm, and after school from 4.30pm – 5.30pm.

The break time/ lunchtime activities are:

Monday	Concert Band
Tuesday	Theory Group
Wednesday	Love’s Angels (Morning Break) Show Choir
Thursday	Daemon Barbers (Morning Break) String Ensemble Clarinet Ensemble
Friday	St Leonards Choir

After school activities are as follows:

Wednesday	Jazz Band
Thursday	St Leonards Choir
Friday	Orchestra Pipes and Drums

There is an expectation that instrumentalists and singers will join an ensemble when they have reached an appropriate standard.

In addition to these activities, pupils may choose private practice as an after-school activity. This is an individual activity, and the number of places available is limited to eight, this being the number of likely available practice rooms. If this activity is over-subscribed, priority will be given to those who receive music lessons in the school. Students who wish to rehearse as a group must obtain special permission from a member of the music staff.

Concerts and performances are held throughout the year in the Music School Auditorium, typically on a Thursday evening. We also have occasional lunchtime concerts and organ recitals, as well as hosting visiting groups. Families and friends are warmly invited to join us at concerts and support our musicians. All musical performances are listed in the calendar and weekly bulletin.



RIFLE SHOOTING (YEARS 8 – 13)

The Rifle Shooting activity takes place each week, with sessions and coaching at the nearby St Andrews Rifle Club. In 2018, St Leonards Rifle Club achieved first place in the third division of the British Schools Small-bore Rifle Association Summer League, and its members are on track to secure further success in the coming seasons. More information about Rifle Shooting is available from Mr Barlow.

RUNNING CLUB (YEARS 8 – 13)

St Leonards Running Club takes place throughout the school year, and the group follows various cross-country routes and circuits in and around St Andrews. Some weeks members train along the beach (West or East Sands) which is great for improving fitness, and at other times the group will head out into the surrounding countryside. During winter months, pupils, led by a team of staff, also run in the town in lit up areas. This activity is open to all pupils throughout the Senior School and Sixth Form and is suitable for runners of all levels – fast or slow!



RUGBY

Since August 2017, the St Leonards squads have trained alongside Madras Rugby Club teams, thanks to a superb community youth sports partnership. Together, they are the St Leonards-Madras (SLM) Blues. Training sessions are held in school during specified Activity Time, and for squad players, also at Madras Rugby Club's Station Park grounds in St Andrews. There are opportunities for boys to train as a team in preparation for fixtures, and any pupil wishing to represent the school in the U13, U14, U15, U16 and U18 squads must choose these sessions.

SCIENCE CLUB (YEARS 8 – 13)

Science Club gives pupils the chance to enter competitions and to bring science to life through experiments and investigations. Members make use of the seismometer to check on earthquakes, and when the sky is dark enough and there is a clear night, pupils can make use of the school's telescopes.

SWIMMING (YEARS 8 – 13)

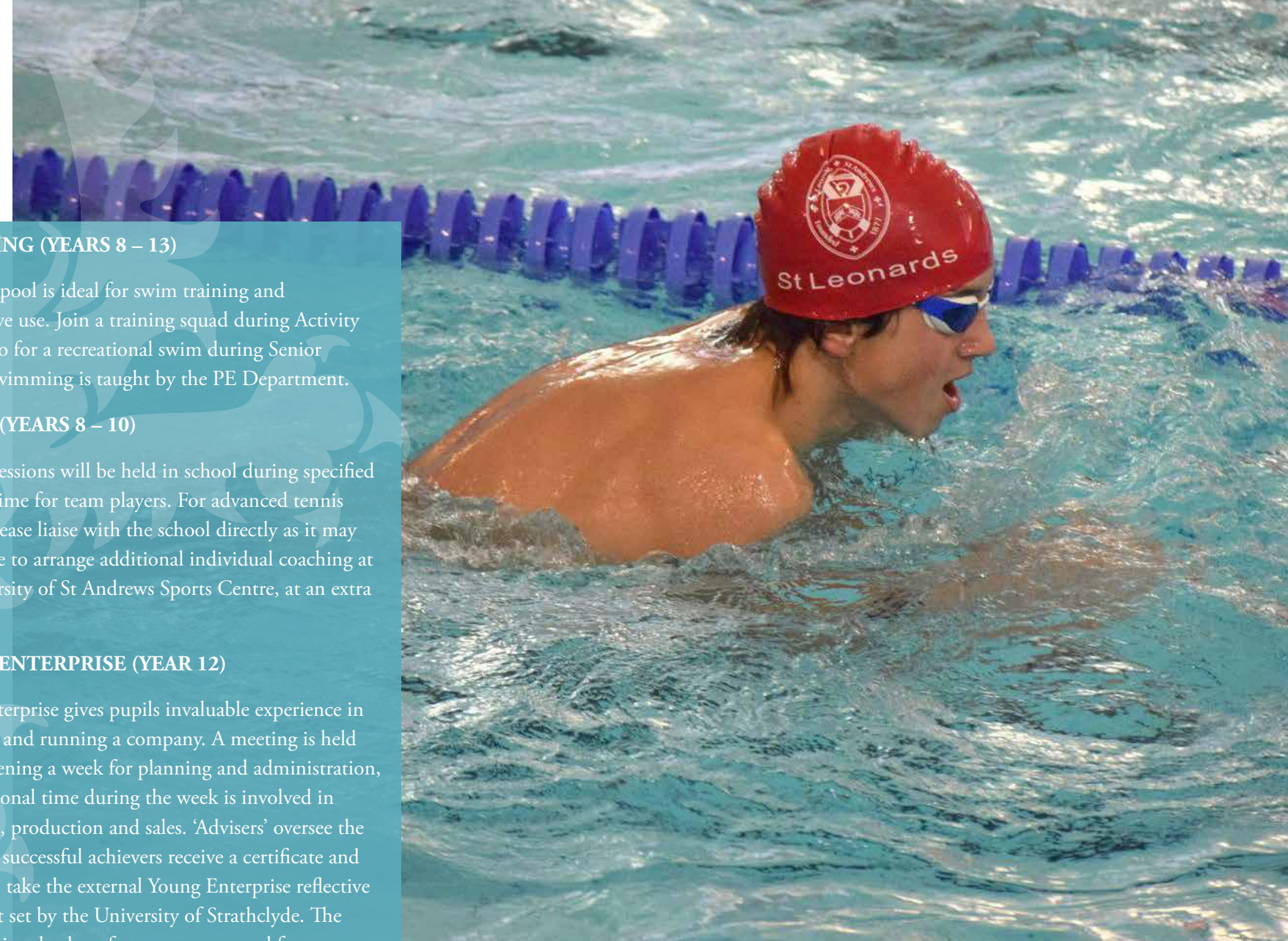
Our 25m pool is ideal for swim training and competitive use. Join a training squad during Activity Time or go for a recreational swim during Senior Games. Swimming is taught by the PE Department.

TENNIS (YEARS 8 – 10)

Training sessions will be held in school during specified Activity Time for team players. For advanced tennis players, please liaise with the school directly as it may be possible to arrange additional individual coaching at the University of St Andrews Sports Centre, at an extra cost.

YOUNG ENTERPRISE (YEAR 12)

Young Enterprise gives pupils invaluable experience in setting up and running a company. A meeting is held on one evening a week for planning and administration, and additional time during the week is involved in marketing, production and sales. 'Advisers' oversee the company; successful achievers receive a certificate and are able to take the external Young Enterprise reflective assessment set by the University of Strathclyde. The only costs involved are for transport to and from occasional meetings of the Fife Young Enterprise groups in Glenrothes or Dundee, and a small charge for the Young Enterprise reflective assessment.



EXAMPLE AUTUMN TERM ACTIVITY PROGRAMME

DAY	MON	TUE	WED	THU	FRI
1.25 – 1.55 (or 11.05 – 11.25 where stated)	Concert Band	Music Theory	Love’s Angels (11.05 – 11.25) Show Choir Eco- Club (Years 8 – 13)	Daemon Barbers (11.05 – 11.25) String Ensemble Clarinet Ensemble	St Leonards Choir
4.30 – 5.30	Girls Hockey (Years 11 – 13) Senior Swimming (Years 8 – 13) *Rifle shooting (Years 8 – 13) Chess Club Drama (Years 8 – 10) Music Practice * Art (Years 12 – 13) Science (Years 8 – 13) Creative Writing (Years 8 – 13) Mandarin Club Golf Shuttle Bus to Links Supervised Prep	Boys & Senior Squad Rugby U16 Boys Rugby U14 Boys Football (Years 11 – 13) Girls Hockey (Years 8 – 10) * Golf Development Programme (Years 8 – 13) Computer Club Dance/Drama (Years 8 – 13) Music Practice Golf Shuttle Bus to Links Supervised Prep	*Gymnastics Club (Club level only) Badminton (Years 11 – 13) Jazz Band Drama (Years 11 – 13) Music Practice * Art Activity (Years 8 – 11) Debating /Model United Nations (Years 8 – 12) Duke of Edinburgh Award Golf Shuttle Bus to Links Supervised Prep	Basketball (Years 10 – 13) Running Club St Leonards Choir Music Practice Crime Club (Years 8 – 13) Duke of Edinburgh Award Golf Shuttle Bus to Links Supervised Prep	Life Saving (Years 12 – 13) St Leonards Orchestra Pipe Band Drama (Years 8 – 10) Music Practice Golf Shuttle Bus to Links Supervised Prep
5.30 – 6.30	Young Enterprise (Year 12)				

* = There are costs attached to this activity.

EXAMPLE SPRING TERM ACTIVITY PROGRAMME

DAY	MON	TUE	WED	THU	FRI
1.25 – 1.55 (or 11.05 – 11.25 where stated)	Concert Band	(11.05 – 11.25am) Daemon Barbers Music Theory	Show Choir Eco- Club (Years 8 – 13)	Model United Nations (Years 9 – 13) String Ensemble Clarinet Ensemble	St Leonards Choir
4.30 – 5.30	U16 & 1st XI Boys Hockey Senior Swimming (Years 8 – 13) Girls Lacrosse (Years 11 – 13) Running Club Girls Football (Years 8 – 13) Chess Club Drama (Years 8 – 10) Music Practice * Art (Years 12 – 13) Chinese for Beginners Club Science (Years 8 – 13) Creative Writing (Years 8 – 13) Mandarin Club Golf Beginners (Years 8 – 13) Golf Shuttle Bus to Links Supervised Prep	Senior Boys Football (Years 11 – 13) U14 Boys Hockey Girls Lacrosse (Years 8 – 10) * Golf Development Programme (Years 8 – 13) Computer Club Dance/Drama (Years 8 – 13) Music Practice Golf Shuttle Bus to Links Supervised Prep	*Gymnastics Club (Club level only) Boys Touch Rugby (Years 8 – 10) Jazz Band Drama (Years 11 – 13) Music Practice Debating Club (Years 8 – 13) * Art Activity (Years 8 – 11) Golf Shuttle Bus to Links Supervised Prep	Day House Activities (Until Half Term), Sport, Music and Other Activities after Half Term Boys Hockey (Years 8 – 13) Girls Fitness (Years 8 – 13) Boys Basketball (Years 10 – 13) St Leonards Choir Music Practice Greek Club Golf Shuttle Bus to Links Supervised Prep	Life Saving CAS (Years 12 – 13) Boys Football (Years 8 – 10) St Leonards Orchestra Pipe Band Music Practice Investment Club (Years 11 – 13) Golf Shuttle Bus to Links Supervised Prep
5.30 –6.30	Young Enterprise (Year 12)				

* = There are costs attached to this activity.

EXAMPLE SUMMER TERM ACTIVITY PROGRAMME

DAY	MON	TUE	WED	THU	FRI
1.25 – 1.55 (or 11.05 – 11.25 where stated)	Concert Band	(11.05 – 11.25am) Daemon Barbers Music Theory	Show Choir Eco- Club (Years 8 – 13)	Model United Nations (Years 9–13) String Ensemble Clarinet Ensemble	St Leonards Choir
4.30 – 5.30	Mixed Tennis (Years 11 – 13) Running Club Chess Club Drama (Years 8 – 10) * Art (Years 12 – 13 only) Chinese for Beginners Club Creative Writing (Years 8 – 13) Golf Beginners (Years 8 – 13) Golf Shuttle Bus to Links Music Practice Supervised Prep	Boys Tennis (Years 8 – 13) * Golf Development Programme (Years 8 – 13) Computer Club Dance/Drama (Years 8 – 13) Music Practice Golf Shuttle Bus to Links Supervised Prep	*Gymnastics Club (Club level only) Single Wicket Cricket (Years 8 – 13) Jazz Band Music Practice Debating Club (Years 8 – 13) Chess Club * Art Activity (Years 8 – 11) Golf Shuttle Bus to Links Supervised Prep	Girls Tennis (Years 8 – 10) Basketball (Years 10 – 13) St Leonards Choir Music Practice Greek Club Golf Shuttle Bus to Links Supervised Prep	Life Saving CAS (Years 12 – 13) St Leonards Orchestra Pipe Band Drama (Years 8 – 10) Music Practice Investment Club (Years 11 – 13) Golf Shuttle Bus to Links Supervised Prep
5.30 – 6.30	Young Enterprise (Year 12)				

* = There are costs attached to this activity.



SUMMARY TABLE OF THE ACADEMIC YEAR GROUP NAMES IN THE SENIOR SCHOOL

Year Group Names	Section of the School	Comment
Y13	Sixth Form	Second year of Diploma programme
Y12	Sixth Form	First year of Diploma /BTEC programme
Y11	Senior School	11: Second year of the two-year GCSE/IGCSE programme; Pre-IB: The only year of the one year, largely IGCSE, programme
Year 10	Senior School	GCSE/IGCSE programme
Year 9	Senior School	Middle Years Programme (MYP)
Year 8	Senior School	Middle Years Programme (MYP)

IB = International Baccalaureate

PYP = Primary Years Programme: the curriculum for Years 1 to 6

MYP = Middle Years Programme: the curriculum for Years 7 to 9

DP = Diploma Programme: the curriculum for Years 12 and 13

TOK = Theory Of Knowledge

EE = Extended Essay

CAS = Creativity, Activity, Service

II = Individual Investigation

IA = Internal Assessment

IOP = Individual Oral Presentation

IOC = Individual Oral Commentary

BTEC = Business and Technical Education Council

GCSE = General Certificate of Secondary Education

IGCSE = International General Certificate in Secondary Education

Other:

UCAS = Universities and Colleges Admissions Service

ESOL = English as a Second or Other Language



PUPILS AT ST LEONARDS ASPIRE TO BE:

Inquirers, Knowledgeable, Thinkers,
Communicators, Principled, Open-minded,
Caring, Risk-takers, Balanced, Reflective



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