



St Leonards
St Andrews, Fife

ST LEONARDS



**SUMMER SCHOOLS
ST ANDREWS**

**STUDENT
HANDBOOK**

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WELCOME!



Hello!

Welcome to St Leonards Summer School in St Andrews, Scotland. We hope that you will find this handbook a helpful tool as you start your journey on the Summer School Programme with us - we can't wait to meet you!

Our Summer School is a fantastic opportunity for you to live and learn in a beautiful surrounding, immerse yourself in Scottish culture and residential boarding life whilst making friends and memories to last a lifetime. It is a great opportunity for you to see what life is like at St Leonards and meet new people.

Our school motto is Ad Vitam: we are preparing young people for life. Throughout your time at St Leonards Summer Schools, we will help you to develop your strengths and learn about your weaknesses, build self-confidence and make lifelong friendships in a happy and friendly environment. You will learn important life skills such as time management, presentation, critical thinking and the ability to work independently.

I love working and living in St Andrews - it is a beautiful place to live and I am so incredibly lucky to be able to provide you the opportunity to experience it yourself.

Please take time to read through this handbook to find out more about the exciting things your summer with us will have in store. There will be experienced members of staff available throughout your time to help and assist you, making your stay comfortable, enjoyable and truly a summer to remember!

But remember - you can always email me to ask me any questions and I will be happy to answer them for you. No question is a silly question!

I am very much looking forward to welcoming you later this year.

A handwritten signature in black ink, reading 'Fiona McGregor'.

Fiona McGregor

Head of St Leonards Summer Schools
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LOCATION



St Leonards
St Andrews, Fife



WHY ST LEONARDS SUMMER SCHOOLS?

Our Summer School, led by St Leonards staff and aligned with the school's policies and practices, is a haven for students seeking a comprehensive and international experience. With an emphasis on pastoral care, a secure and beautiful campus, the opportunity to interact with students from around the world, and a central location in St Andrews, this Summer School promises an unforgettable summer filled with personal growth, cultural exchange, and lasting memories.

Our Summer School has been created by dedicated St Leonards staff who are experienced in creating a nurturing and educational environment. We adhere to the same school policies and practices that have made St Leonards renowned for its commitment to excellence in education.

One of our primary focuses is on pastoral care, ensuring that every student feels safe, supported, and valued throughout their time at our Summer School. Our beautiful campus is not only aesthetically pleasing but also secure, providing a safe and inspiring setting for all activities.



Our summer school boasts a diverse and international community, with separate programmes for English learners (Summer Language School) and native/fluent speakers (Residential activity Camp). While the programs may separate in the mornings, they come together for all mealtimes, afternoon and evening activities, and live as one cohort in our boarding house.

With the presence of international students, you have the unique opportunity to meet and interact with peers from different cultures, fostering a global perspective and expanding your horizons. This cultural experience is a significant aspect of our programme, promoting understanding and friendship among students from various backgrounds.

SUMMER SCHOOL FACTS

ACCOMMODATION
IN SINGLE OR
SHARED
ROOMS

A WIDE RANGE
OF ACTIVITIES
EVERY DAY

FUN AND
FRIENDLY
STAFF

11+
NATIONALITIES
& CULTURES

EXCURSIONS
EACH WEEK
ACROSS
SCOTLAND

AGES:
10-16

SOUVENIR
TEE-SHIRT
AND WATER
BOTTLE

SCOTTISH
CULTURAL
STUDIES

ALL MEALS
PROVIDED

FREE TIME
TO ACCESS
ST ANDREWS

BESPOKE
ISLAND
LEADERSHIP
DEVELOPMENT
PROGRAMME

END OF
CAMP BBQ
AND DISCO

ST LEONARDS
HIGHLAND
GAMES

3 BEAUTIFUL
BEACHES TO
VISIT

OPPORTUNITIES
TO STEP
OUTSIDE OF
YOUR COMFORT
ZONE

ACCESS TO ST
LEONARDS
CAMPUS

MEET TERM
TIME STAFF
AND
TEACHERS

HORSE RIDING
IN THE FIFE
COUNTRYSIDE

THE FAMOUS
ST RULES GOT
TALENT!!!

WORLD
RENOWNED ST
ANDREWS GOLF
ACADEMY

SURFING IN
SCOTTISH
WATERS

BEAUTIFUL
HISTORICAL
BUILDINGS

ST LEONARDS SUMMER LANGUAGE SCHOOL

- FOR THOSE LEARNING ENGLISH

Our Summer Language School is designed to provide a comprehensive and tailored learning experience for you. Upon arrival, you will undergo a placement test to understand your English ability and place you in the correct class.

Our team of qualified and experienced teachers is committed to nurturing and guiding you towards success, with continuous monitoring of progress throughout the programme. At the end of your stay, you will receive a detailed English language report, showcasing your achievements.

Our programme strikes a balance between developing communication skills and enhancing comprehension abilities, providing a well-rounded language education. You will also earn the prestigious St Leonards English Language Certification upon completion.

A lot of your lessons are project-based and we also have our tailored Scottish Cultural Studies, enriching the educational experience with a unique cultural perspective. Our English summer school is designed to provide a comprehensive and tailored learning experience for you!

Not only will you develop your English skills you will also board and live with fluent and native English speakers, from our Residential Activity Programme, taking part in a wealth of afternoon activities, engaging evening programme and a variety of different excursions.

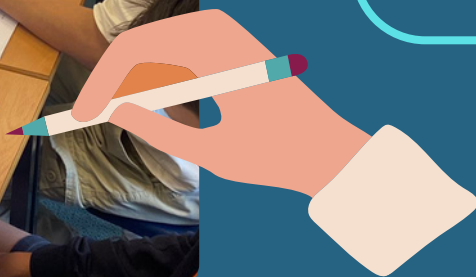
Hours per week:

15 hours per week of core English lessons

Maximum class size:

15 students per class

- Three hours of English language tuition every day (Monday-Friday)
- Classes split by age and English ability
- Small classes
- Excellent opportunities to practise English throughout each day



ST LEONARDS RESIDENTIAL ACTIVITY CAMP

- FOR NATIVE AND FLUENT ENGLISH SPEAKERS

Our Residential Activity Camp offers an exciting and engaging experience that's all about fun and enjoyment. With a wide range of activities spanning sports, arts, crafts, and exhilarating group challenges, there's something for everyone.

As a fluent/native English speaker you will have the opportunity to enjoy these activities both on-site and in the local town, ensuring a dynamic and enriching experience.

Whether it's exploring your artistic talents, participating in thrilling sports, or conquering group challenges, you are guaranteed to have a blast while creating lasting memories in a vibrant and dynamic environment.

During the residential programme you will also live alongside our students on the Summer Language School. These students come from all over the world and it is a great opportunity for you to make new friends, find out about different cultures and nationalities.

During the two weeks you will do lots of different activities. Generally speaking, your Activity Leaders will decide which activities will be taking place in the morning and in the afternoon, when you join with the rest of the students, you will get to choose which activities you do.

Stepping outside of your comfort zone is important and you'll get the opportunity to try activities you might never have done before!



Hours per week:

15 hours of bespoke morning activities

Maximum group size:

15 students per group



Activities include:

Paddleboarding, bushcraft skills, drama, pottery,
lacrosse, treasure hunt, engineering challenges, tennis,
surfing...

...and so much more!

ISLAND LEADERSHIP DEVELOPMENT PROGRAMME



Developing leadership skills is a valuable part of your development as a teenager, equipping you with qualities, and experiences that not only benefit your personal growth but also prepare you to make meaningful contributions to society as you get older.

When you first arrive at St Leonards you will be assigned a particular Island: Harris, Mull, Lewis or Skye. These are the same Islands we have for our term-time pupils (a bit like school houses). During the Leadership Development Programme you'll be working with your Island to gain points and prizes as you work on different challenges. These are fantastic opportunities to not only make sure your island has the most points but develop leadership skills that help equip you for the future.

Throughout this programme you will engage in a series of leadership activities designed to equip you with essential life skills. As you immerse yourself in these experiences, you are encouraged to reflect on your own personal qualities, identifying areas for growth and tracking your progress.

It's a chance for you to step out of your comfort zone, discover your leadership potential, and make a positive impact on your own development.

From our egg drop challenge, tug of war or Island bakeoff there are some really great activities for you to collaborate with your fellow Island members and gather points for your Island.

At the end of the summer there is also a big prize for the Island that has been awarded the most points.



CORE LEADERSHIP SKILLS

During the Leadership Development Programme you will work on developing and reflecting on the core leadership skills below.

-  **Confidence**
-  **Communication Skills**
-  **Problem-Solving Abilities**
-  **Community & Global Citizenship**
-  **Responsibility**

Our Leadership Development Course is completely bespoke to our Summer Schools Programme and utilises our wonderful campus and experienced St Leonards Staff.

Using skills and tasks from our term-time Ad Vitam lessons staff are fully equipped to help you on your leadership journey.

We like to add in some competition and opportunities to gain island points continues throughout your time at the Summer School. During the summer there are a number of opportunities for you to gain extra Island points; from having the tidiest bedroom, winning games of tennis to gaining extra points from stepping out of your comfort zone at the aqua park . We like to use points as a way to recognise great achievements and showing great character.

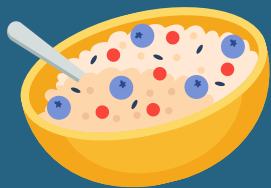


- Conflict Resolution** 
- Empathy and Understanding** 
- Reflection** 
- Personal Growth** 
- Teamwork** 

Our in-house Island Points Board in one of our common rooms is always a hive of activity throughout the two week programme where students are always eager to see which Island is in the lead!



STRUCTURE OF THE DAY



Breakfast

8AM

7.30AM Wake Up



8.45AM House Meeting



English Lessons
/Activities

9AM

12.30PM Lunch

House Meeting 1.15PM



Free Time

5PM

1.30PM

Afternoon
Activities

6PM

Dinner

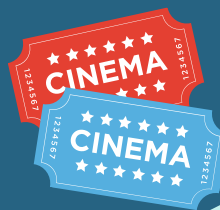


House Meeting 6.45PM

7PM

Evening
Activity

Bedtime 10.30PM



AFTERNOON & EVENING ACTIVITIES

Afternoon Activities

You will embrace our engaging afternoon activity program, which fosters a sense of unity by bringing together participants from both our Summer Language School and our Residential Activity Camp. Every week, you will have the opportunity to immerse yourself in a diverse range of afternoon activities, including exciting half-day excursions twice a week and full-day adventures once a week.

Our activities include (but are not limited to):

Golf	Tennis	Mindfulness	Drama
Paddleboarding	Multisports	Pottery	Football
Surfing	Bushcraft Skills	Swimming	Football
Tie Dying	Immersive Art	Hillwalking	Watersports
Trampolining	Beach Games	Cookery	Arts and Crafts

Evening Activities

Following our enriching afternoon activities, you will have the perfect opportunity to unwind and socialise in the welcoming communal areas of the boarding house, fostering friendships in an informal atmosphere.

After dinner, there are a number of different evening activities, designed to unite the entire Summer School community. These evening activities are very much like those that happen during term-time for our St Leonards boarders which are great fun and help students develop friendships.

Our community comes together for these enjoyable activities, which may include a talent show, a cosy campfire with s'mores, a brain-teasing quiz night, an exhilarating man hunt, a movie night snuggled on the sofa, a thrilling town scavenger hunt, a fun-filled water fight, spirited beach games, intriguing ghost tours, and the timeless classic, capture the flag.

These engaging evenings help bring you closer to other students and create cherished memories of your time at Summer School.



EXCURSIONS

Each camp will have two half-day excursions and one full-day excursion. Half-day excursions will take place mid-week with the full-day excursion taking place at the end of the week.

For half-day excursions the morning will run as normal and then we will collect our packed lunches from restaurant 1877. Following this we will jump on the coach and head to our exciting destinations. Full-day excursions leave straight after breakfast where we take our lunch with us. For both half-day and full-day excursions we will be back for dinner in Restaurant 1877.

Stirling – Half Day

You will have the opportunity to immerse yourself in the captivating history of Stirling with a visit to its crown jewel, Stirling Castle. This historic fortress stands as a testament to Scotland's past, offering a journey through time with its remarkable architecture, opulent royal chambers, and awe-inspiring views from the castle walls.

Depending on availability, you will have the chance to discover the shadowy underbelly of Stirling's past with a visit to the Old Town Jail. This immersive experience delves into the darker side of the city's history, making it a compelling and thought-provoking adventure that is sure to intrigue and captivate you.



Dundee – Half Day

Embark on an unforgettable adventure in Dundee where a vibrant blend of culture, excitement, and aquatic fun awaits.

We will start with an awe-inspiring visit to the iconic V&A Dundee, a true architectural masterpiece housing a wealth of art and design treasures where you can immerse yourself in the museum's enthralling exhibits and collections that promise to inspire and captivate.



As the day unfolds, you have a variety of exciting options to choose from. You can head to the Trampoline park for an exhilarating and gravity-defying adventure, where you'll bounce, flip, and soar through the air for an active and thrilling experience.

Alternatively, you can explore the wonders of science at the Dundee Science Centre, where interactive exhibits and hands-on activities turn learning into an engaging and enjoyable endeavour.

Another thrilling option is the Wild Shore Outdoor Aquatic Water Park, where aquatic adventures await for those seeking a wet and wild experience.





Edinburgh – Full Day



Edinburgh, the Scottish capital, is an enchanting blend of history and culture just waiting to be explored. During this trip, you will embark on a captivating journey through the heart of the city. You'll have the privilege of seeing the iconic Edinburgh Castle, a historic fortress that houses the priceless Scottish Crown Jewels, immersing yourself in Scotland's regal history.

Furthermore, you will have the opportunity to walk through the winding streets of the Old Town, where history comes to life around every corner. A visit to the National Museum of Scotland will provide an enriching cultural experience, while leisurely shopping along the renowned Princes Street and St. James Centre will allow you to sample the city's vibrant retail scene and discover its hidden gems.

Edinburgh is a city that offers a splendid blend of the past and present, making it a truly unforgettable destination for you to explore its rich tapestry of history and contemporary allure.

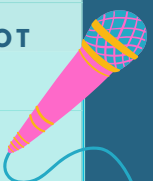
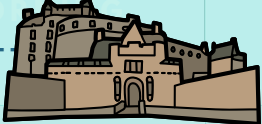


EXAMPLE SCHEDULE

RESIDENTIAL ACTIVITY CAMP



DAY	MORNING	AFTERNOON	EVENING
1	ARRIVAL DAY	CAMPUS AND TOWN TOUR	NIGHT AT THE MOVIES
2	TIE DYING	ISLAND LEADERSHIP DEVELOPMENT	WATER FIGHT
3	LACROSSE	AFTERNOON EXCURSION TO STIRLING	TOWN TREASURE HUNT
4	EGG DROP CHALLENGE	ISLAND LEADERSHIP DEVELOPMENT	GREAT ST LEONARDS BAKE OFF
5	YOGA AND MINDFULNESS	TRAMPOLINING	FOOTBALL
6	BUSHCRAFT SKILLS	PADDLEBOARDING	ST LEONARDS GOT TALENT
7	MORNING ----- -----	AFTERNOON DAY EXCURSION TO EDINBURGH	EVENING ----- -----
8	BRUNCH AND FREE TIME	HIGHLAND GAMES AND BBQ	ISLAND FLAG COMPETITION
9	HOCKEY	SURFING	CAMPFIRE AND S'MORES
10	MAN HUNT	LEADERSHIP ACTIVITIES	TENNIS
11	POTTERY PAINTING	AFTERNOON EXCURSION TO DUNDEE	SUMMER CAMP QUIZ
12	TCHOUKBALL	BEACH GAMES AND SANDCASTLE COMPETITION	GAMES NIGHT
13	AQUA PARK	PACKING	CELEBRATION AND DISCO
14	DEPARTURE DAY		



EXAMPLE SCHEDULE

SUMMER LANGUAGE SCHOOL



DAY	MORNING	AFTERNOON	EVENING
1	ARRIVAL DAY 	CAMPUS AND TOWN TOUR	NIGHT AT THE MOVIES
2	ENGLISH LESSONS	ISLAND LEADERSHIP DEVELOPMENT 	WATER FIGHT 
3	ENGLISH LESSONS	AFTERNOON EXCURSION TO STIRLING	TOWN TREASURE HUNT
4	ENGLISH LESSONS	ISLAND LEADERSHIP DEVELOPMENT 	GREAT ST LEONARDS BAKE OFF
5	ENGLISH LESSONS	TRAMPOLINING 	FOOTBALL 
6	ENGLISH LESSONS	PADDLEBOARDING 	ST LEONARDS GOT TALENT 
7	MORNING ----- 	AFTERNOON ----- DAY EXCURSION TO EDINBURGH	EVENING ----- 
8	BRUNCH AND FREE TIME	HIGHLAND GAMES AND BBQ 	ISLAND FLAG COMPETITION 
9	ENGLISH LESSONS	SURFING 	CAMPFIRE AND S'MORES
10	ENGLISH LESSONS	LEADERSHIP ACTIVITIES 	TENNIS 
11	ENGLISH LESSONS	AFTERNOON EXCURSION TO DUNDEE	SUMMER CAMP QUIZ
12	ENGLISH LESSONS	BEACH GAMES AND SANDCASTLE COMPETITION	GAMES NIGHT
13	ENGLISH LESSONS	PACKING 	CELEBRATION AND DISCO 
14	DEPARTURE DAY		



BOARDING AT ST LEONARDS



All of our boarding houses at St Leonards have their own identity, and St Rule, our combined house for boys and girls, with East and West wings, is no exception. St Rule is home to boys and girls, and cleverly splits down the middle, with the ground floor serving as a bustling social hub for house life.

St Rule is equipped with study bedrooms, recently refurbished common rooms, state-of-the-art kitchen facilities, IT access and games rooms. With its impressive staircases, expansive communal areas and beautifully maintained and restored period details, St Rule has a distinct 'country house' feel. Wireless internet access (monitored) is available, enabling you to stay in contact with family and friends.

St Rule has single, twin and dorm rooms available for both females and males. Our dorm rooms are usually allocated to our younger students. Each room is equipped with a bed, desk area and sockets for each student with communal shower and toilet facilities on each floor.

The warm, family atmosphere that is present in the house is the most important thing to us. The buildings however, themselves are something to shout about. The facilities may be modern but the majestic structure has its own fascinating history!



THE ST LEONARDS CAMPUS ✨

St Leonards boasts one of the most impressive campuses in Scotland, an expansive piece of land incorporating historic landmarks, purpose-built facilities, vast green spaces and magnificent views of the sea and surrounding town and countryside.

The campus - in the heart of St Andrews - is bound by mediaeval walls which once marked the perimeter of the ancient town, providing you with a safe and serene environment in which to learn and play.

The grounds have been a place of education since the 16th century and today the campus boasts a number of buildings of historical significance. The school playing fields and gardens are also steeped in history. In 1894 the famous golfer Old Tom Morris laid out a short golf course on the grounds, which was used until 1899. In addition, the Head lives in the house that once belonged to Sir David Brewster, inventor of the kaleidoscope.

Students at St Leonards Summer School are blessed with views that may well be unrivalled by any school within the UK. With three beaches, rolling countryside and enclosed within the old town walls there is nothing quite like our beautiful campus!



On one side you can look out to St Andrews Bay and the North Sea beyond, whilst on the other you look towards the majestic ruins of St Andrews Cathedral.

When staying in our boarding house you will benefit from enhanced views of these aspects from your accommodation. And not only that, we are about a 5 minute walk into the centre of St Andrews and all local amenities!



ST ANDREWS TOWN



St Andrews is an historic and picturesque town located on the east coast of Scotland. It is renowned for its rich history, stunning landscapes, and world-famous golf courses.

St Andrews boasts stunning sandy beaches, including West Sands Beach, where the famous beach-running scene from the movie "Chariots of Fire" was filmed. These beaches are ideal for some of our Summer School activities.

The town is home to the historic St Andrews Cathedral, which was once the largest church in Scotland. Today, it is a picturesque ruin with beautiful views from its tower and right on the doorstep of St Rule boarding house!



The town also boasts picturesque, cobblestone streets lined with historic buildings and shops. Market Street and South Street, in particular, are known for their vibrant atmosphere. St Andrews is a relatively compact town, making it easy to explore on foot. Its smaller size contributes to a sense of intimacy and allows visitors to navigate the town comfortably and safely.



STUDENT EXPECTATIONS

Attendance and Punctuality:

Students are expected to be punctual for scheduled activities and to attend required sessions, lessons or meetings on time.

Listening and Following Instructions:

Students should listen attentively to staff and instructors and follow their instructions, especially during activities, to ensure a safe and organised environment.

Cooperation and Teamwork:

Many activities involve teamwork. Students are encouraged to work together, share responsibilities, and support one another to achieve common goals.

Inclusivity:

It is important that all students are open and welcoming to all, regardless of differences in backgrounds, abilities, or interests.

Responsibility:

Students are responsible for their personal belongings and should keep shared spaces tidy. Students should take responsibility for their actions and are not allowed in other student's dorm rooms.

Safety:

Safety is a top priority at St Leonards Summer School. Students are expected to follow safety rules and guidelines, including those related to equipment use, swimming, and outdoor activities.

Positive Language:

St Leonards Summer School promotes positive communication and actively discourages the use of offensive or disrespectful language.

Participation:

Active participation is encouraged in all activities. Students are expected to engage in activities with enthusiasm and a positive attitude.

Conflict Resolution:

Students are taught to resolve conflicts in a constructive and respectful manner, often through communication and seeking assistance from summer school staff when needed.

Respect for Others:

Students are expected to treat fellow campers, and staff members, with kindness, respect, and consideration. This includes refraining from bullying, name-calling, and exclusionary behaviour.



SUGGESTED PACKING



GENERAL CLOTHING:

- Waterproof Jacket/Raincoat
- Sweat Shirts/Sweaters
- Jeans/Trousers
- T-Shirts
- Underwear and Socks
- Sleepwear
- Swimming Suit
- Sweat Pants/Track Suit Bottoms (Athletic Wear)
- Sneakers/Trainers
- Sandals/Flip Flops
- Shoes you can wear in the water (Old trainers/wetsuit shoes)
- Formal/Smart Clothing (for disco)
- Indoor shoes/slippers

OTHER:

- Bath towel
- Sun Glasses
- Toiletries
- Hat/Baseball Cap
- Sun Screen
- Small Backpack (for day trips)
- Laptop (for language lessons)
- 2-3 travel plugs/adaptors
- Water Bottle



OPTIONAL EXTRAS

- Horse riding clothing/shoes
- Golf clothing/shoes



FREQUENTLY ASKED QUESTIONS

Can I use my mobile phone?

Yes, you can bring your mobile phone to Summer School. However, there are specific guidelines and designated times for phone use. Generally speaking phones are collected and looked after during activities, mealtimes and overnight. Students will get their phones during free time, on excursions and for some activities and/or lessons when they need them. We encourage students to take part in face-to-face interactions and minimise distractions. Not having phones for some activities and lessons provides you the opportunity to maximise your Summer School experience.



Will someone meet me at the airport?

Yes, a member of the summer school staff will meet you at the airport on arrival day for all flights arriving between 9am-2pm at Edinburgh airport. Those arriving outside those times will need to arrange an airport transfer (usually a taxi).

Will I have to share a room?

Yes, you will likely share a room with another student. St Leonards boarding houses have single, twin and dorm rooms. Our dorm rooms are usually occupied by our younger students. You will be asked to complete an accommodation request form before you arrive to state your preference. Please note we try our best to accommodate all requests where possible.



What if I am not in the same island as my friend?

If you and your friend are assigned to different islands, don't worry! Our Summer School provides opportunities for you to make new friends and enjoy unique experiences. You can still stay in touch during free time or designated activities.

What if there is an activity I don't want to do?

There may be activities that you think you won't enjoy or do not want to participate in. It is our aim, however, for students to step outside of their comfort zone and try new experiences. Our summer school staff will help encourage you and support you. If, at any time, you are uncomfortable or have difficulty just speak to our staff and they will help you.

Will I get any free time?

Yes, camp typically includes designated free time from 5-6pm each day during which you can relax, socialise, or phone home and let your parents know how you are doing! It's a chance to recharge and enjoy some personal downtime.





St Leonards

St Andrews, Fife

ST LEONARDS



**SUMMER SCHOOLS
ST ANDREWS**