Calendar Activities

St Andrews Day

Là Naomh Anndrais



November 30th is the feast day of Saint Andrew (in Gaelic - La Naomh Anndrais) in Scotland. St Andrew was named the patron saint in 1320.

Some believe King Angus in 9th Century had a vision of St Andrew before a battle with England, others believe the roots of the connection with the Saint go further back and that the bones of the disciple of Jesus were buried in Fife in the 4th century.

It is believed that when St Andrew was martyred he was crucified on an X shaped cross, hence the Scottish flag has the X as its emblem.

Discussion

Discuss with your residents the kind of activities and celebrations that you could do in your home?

Find out how many of your residents are of Scottish Heritage and ask them if they have links to a particular clan. If they do have a clan associated with their families, research it's history and symbolism with them.

The larger Scottish Clans had castles, crests, tartans and a motto! For example the Macleod clan from the Isle of Skye's motto was "Hold Fast" and the Campbell's was "Forget Not".

Scottish Clans

In Scotland, St Andrews Day is typically celebrated with a Ceilidh. This is a celebratory social event with folk music, story telling and dancing. Typical traditional dances are The Gay Gordon, Dashing White Sergeant and Strip the Willow.

You can listen to the music and see some of the dances here ceilidhexperience.visitscotland.com

Other themed activities you could do to celebrate the culture and stories of Scotland are -

- Watch the film Braveheart.
- Look at pictures of Scotland's landscapes and castles.
- Fly the Scottish Flag.
- Eat Haggis or Cullen Stink (Fish Soup)



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