Train:

Take the R3 outbound toward media. Check Septa train schedule for times:  
http://www.septa.org/schedule.cgi?route=r3s&day=1
Get off at the next stop, Wallingford. Walk in the direction of the train to the light at Providence Road; turn left and walk several blocks until you see the overhead walkway at the school complex. Strath Haven High School is on the right, the middle school is on the left.

An alternate (and more scenic route) is to take Kershaw Street (which deadends directly into the Wallingford Station up one long block to Brookhaven Road; continue on Kershaw to Sykes Lane. Make a right on Sykes Lane following the road to the cul-de-sac. There are steps going up to a wooded path, which is at the back of the school at the athletic fields. This route is frequently taken by students but could be muddy/unplowed if there is snow. You will be able to see the middle school from the path. Take the bridge in front of the middle school to get to the high school.

Car:

South on Chester Road to Yale Avenue, turn right on Yale. At the bottom of the hill, on the other side of the bridge over the Crum, Yale Avenue becomes Rose Valley Road to the left and Avondale on the right. Make a right turn onto Avondale. Follow Avondale until Copples Lane on the left. Make a left turn at Copples. At the end of Copples is a parking lot for the schools. Walk over the bridge to get to the high school.