



THE INTERNATIONAL SCHOOL OF PENANG
UPLANDS
ESTABLISHED 1955

Our Philosophy



The International School of Penang (Uplands) motto and boarding philosophy aim to promote **'Respect for Self. Respect for Others'** within the culture of boarding. Our goal is to provide our boarders with a safe, secure and happy environment. Your child will be valued for their individual contribution to the boarding community.

Why choose to board at Uplands?

Since 1955, the School has offered students the opportunity to be residential boarders. We pride ourselves on our modern facilities, qualified staff and the ability to provide academic and pastoral support beyond the School day.

What is our daily routine?

MORNING ROUTINE

| | |
|-----------------|---------------------|
| 6:15am - 6:30am | Wake up |
| 7:15am | Bus to School |
| 7:15am / 7:55am | Breakfast at School |
| 8am | Classes begin |

AFTERNOON ROUTINE

| | |
|--------------|-------------------------------|
| 3:20pm - 5pm | After School activities (CCA) |
| 3:35pm | Bus to Boarding |
| 5:00pm | Last Bus departs School |

EVENING ROUTINE

| | |
|------------------|--|
| 5:30pm | Bus to School |
| 5:30 - 6:45pm | Dinner at School |
| 6:45pm | Bus to Boarding |
| 7:00pm - 8:30pm | Evening supervised study / Homework Years 7-11 (Quiet) (Sun-Thu) |
| 7:00pm - 9:00pm | Evening supervised study / Homework Years 12-13 (Quiet) (Sun-Thu) |
| 8:30pm / 9:00pm | After study activities within the Boarding Houses |
| 9:00pm - 11:00pm | Evening check-in with House Parents / Matrons. Lights out according to Year. |

What is our weekend routine?

FRIDAY NIGHT

| | |
|-----------------|--------------------|
| 5:45pm - 6:45pm | Dinner at School |
| 7:30pm - 9pm | Evening activities |

SATURDAY

| | |
|------------------|--|
| 7:00am - 11:30am | Free time |
| 11:45am | Brunch at School |
| 1:30pm - 5:45pm | Shopping Trip: Gurney Plaza or other shopping venues in Penang |
| 6:00pm - 9pm | Local hawker's meal for dinner |

SUNDAY

| | |
|------------------|---|
| 7:00am - 11:30am | Free time |
| 11:45am | Brunch at School |
| 1:00pm - 5:00pm | Optional activity organised by Boarding staff |
| 5:00pm - 7:00pm | Local hawker's meal for dinner |
| 7:30pm - 8:30pm | Study room open for homework completion |

Boarding Highlights

- Structured weekly routine
- After School activities
- Nightly supervised study with academic staff
- Emphasis on the health and wellbeing of all boarders including well balanced diet, exercise and healthy sleeping habits
- Diverse weekend activities with a focus on sport, culture, team work and participation



The International School of Penang (Uplands)

ESTABLISHED 1955

THE I.S.P. SCHOOLS ASSOCIATION (No. 2597 - V)

Boarding Staff

- Head of Boarding
- House Parents: academic supervision & pastoral guidance
- Matrons: daily routine and creation of home environment
- Laundry and cleaning: daily servicing of apartments

Nightly Supervised Study

The nightly study sessions are supervised by a member of the Uplands academic team. They are designed for boarders to undertake independent study in a supportive environment.



Boarding Student Testimonials

“ Boarding, to us, is a great way to socialise with people from different years and various cultural backgrounds. Not only has it broadened our world view, it will help us grow as individuals ”

Student from Year 13

“ Boarding is a second home for us, it helped us to become who we are today; an independent individual. We treat the staff here as second parents and the boarders as our siblings and best friends. Boarding means a lot to us ”

Student from Year 10 & Year 12

Afterschool Activities

- Onsite gym and pool
- Swimming
- Basketball
- Football
- Community Service
- Chess Club
- Science Club

Optional Weekend Activities

Designed to give our boarders experiences that will enhance their time in boarding by building friendships, experiencing the Malaysian cultural, building resilience and encouraging physical activity. The cost is between RM30 - RM100.

- Penang cultural experiences
- Shopping trips
- Night market
- Karaoke
- Cultural and birthday celebrations
- Bowling
- Movie night
- Hiking
- Rock climbing



The International School of Penang (Uplands)

ESTABLISHED 1955

THE I.S.P. SCHOOLS ASSOCIATION (No. 2597 - V)

GUIDING STATEMENTS

The International School of Penang (Uplands) is a not-for-profit, co-educational and non-denominational day and boarding school for students aged between 4 - 18 years old.

VISION

To provide an exemplar international education in a dynamic multi-cultural environment, encouraging all school members to be active learners and engage with the local and wider community.

MISSION

To be an international community that upholds the School's values, nurturing its members to become globally minded citizens.

MOTTO

Respect for Self. Respect for Others.

SAFE SCHOOL COMMITMENT



Safe School

At Uplands, we are committed to ensuring all members of our community are provided with a safe environment, enabling them to achieve, thrive and develop. It is our stated intention to be proactive and diligent in ensuring all members of our community are kept safe from exploitation, abuse or harm.

Created by the Uplands Community January - July 2016

SCHOOL VALUES

RESPECT: At Uplands, we embody a culture of trust and support through empathy and an understanding of different beliefs. We celebrate the achievements, talents and efforts of our community.

INQUIRY: At Uplands, we encourage all members of our community to be inquirers and embrace creativity. We are innovative, reflective and enthusiastic life-long learners.

COLLABORATION: At Uplands, we engage in open-minded dialogue and active listening based on honesty, transparency and mutual respect, where every individual has something valuable to contribute. We work together to achieve common goals.

RESILIENCE: At Uplands, we provide an environment for personal and academic challenge. We praise perseverance and the willingness to be open to new experiences.

BALANCE: At Uplands, we aspire to maintain intellectual, physical and emotional balance. We cultivate and incorporate mindfulness and a positive attitude in all our decisions, actions and interactions with others.

DIVERSITY: At Uplands, we celebrate international mindedness, and embrace different perspectives. We are understanding and open minded.

INTEGRITY: At Uplands, we expect all members of our community to be honest, principled and lead by example. We aim to create a safe and supportive environment where individuals reflect on and take responsibility for their actions in a spirit of decency and fairness.



H-G-02, Ferringhi Residence, Batu Feringgi



The International School
of Penang (Uplands)

ESTABLISHED 1955

THE I.S.P. SCHOOLS ASSOCIATION (No. 2597 - V)

Address : Jalan Sungai Satu, Batu Feringgi, 11100 Penang, Malaysia.

Phone Numbers : +604-881 9777

Email : boarding@uplands.org

www.uplands.org



An examination centre for Cambridge International Examinations, Edexcel International, The International Baccalaureate, Member of The Federation of British International Schools in Asia, Member of The Association of International Malaysian Schools and Member of The Boarding Schools' Association.