

校長的話

不同能力 同樣精彩

蔡奕玲校長

本校積極鼓勵學生盡早培養恆常運動的習慣，保持健康的體魄。我們安排學生參與各類校外的活動和比賽，包括特殊奧運會、特殊馬拉松、以致芬蘭木棋及地壺球等新興運動；全校學生更齊齊參與聯校運動會，各展所長，不但激發潛能，更讓他們的才華獲得肯定與欣賞！

在這些活動中，學生們親身體驗了運動帶來的樂趣與挑戰。當他們獲得獎盃的那一刻，臉上洋溢的笑容和滿足感，正是努力的最佳回報！

「豈不知你們的身子就是聖靈的殿嗎？這聖靈是從神而來，住在你們裡頭的。」（哥林多前書6：19）

Words from the Principal

Different Abilities, Same Brightness

Ms. Choi Yik Ling, Principal

Our school actively encourages students to develop regular exercise habits from an early age to maintain a strong and healthy body. Our students join a wide range of off-campus activities and competitions, including the Special Olympics, Special Marathon, as well as emerging sports such as Mölkky and Floor Curling. All students also took part in Inter-school Sports Meet, showcasing their unique talents, unlocking their potential, and receiving recognition and appreciation.

Through these activities, students experience joy and challenges that sports bring. The smiles and sense of fulfilment on their faces when receiving trophies are the most rewarding reflections of their efforts and perseverance.

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?”
(6:19 1 Corinthians, the Bible)



「MVPA60秒」齊運動 共成長

為實踐教育局「建立健康生活方式」的學習宗旨，響應世界衛生組織對5至17歲兒童及青少年的運動建議——每週平均每天累積至少60分鐘中等至劇烈強度的體能活動，本校體育組本學年特別設計「MVPA60秒」校本運動計劃（Moderate中等強度-Various多元-Physical體能-Activity活動），透過多元化的體育活動，幫助學生發展運動技能、提升體適能、增進相關知識、培養正向價值觀，從而建立恆常運動的習慣。

「MVPA60秒」計劃鼓勵家長、教師及照顧者每日協助學生完成至少一項運動，每次以60秒或以上為單位，逐步養成學生的運動習慣。為推動計劃，本校於9月至10月期間向全體學生派發「活力棒」，配合網上伸展指引及上傳平台，方便家長記錄學生的運動表現，共同推廣健康生活。

此外，校內張貼宣傳海報，供家長、照顧者及教師掃描二維碼上傳學生的每日運動記錄。每週早會上，學校將公佈各班累計運動時數，表揚表現優異的班級，並於上下學期各選出兩名傑出學生，頒發「MVPA獎盃」以資鼓勵。

為進一步營造校園運動風氣，體育組本年度積極舉辦及參與多項校內外活動與比賽，讓學生接觸新興運動，並與主流及特殊學校學生交流。展望未來，我們將提供更多機會，讓學生走出社區，體驗更豐富的運動項目，拓展視野。

校外比賽顯佳績

- * 2024-25獅子會姊妹學校計劃
共融新興運動會地壺比賽 — 碟賽組冠軍
- * 運動童樂社區推廣計劃2024芬蘭木棋競技賽 —
攜手協力組亞軍及季軍
- * 第十四屆嚴重智障學校聯校運動會 — 全場總季軍

迎拍全運，挑戰自我

為配合2025年11月由廣東、香港及澳門合辦的第十五屆全國運動會，本校將參與「迎全運挑戰賽暨MVPA60獎勵計劃」。挑戰賽以模擬步行至全運會主辦城市的距離為目標，將運動時數轉化為里程，鼓勵學生及家長於暑假期間持續記錄運動表現，共同完成挑戰，培養持之以恆的運動精神。

透過「MVPA60秒」計劃，我們期望每一位學生各按自身能力，享受運動的樂趣，擁抱健康人生！

積極參與活動 推動校園運動氛圍

- * 慶祝中華人民共和國成立七十五周年
滬港澳共融跑
- * 房角石「傳遞愛與光」環校行籌款活動
- * 觀賞世界女排聯賽香港2025



跑步是我的強項
Running's my strength.



我玩地壺的技巧很棒吧
I'm pretty good at this.



揚威聯校運動會 Achievements at Inter-school Sports Meet

"MVPA60 Seconds" – Exercise Together, Grow Together

To support the Education Bureau's aim of "Building a Healthy Lifestyle" and align with World Health Organization's guidelines, i.e. an average of 60 minutes of moderate-to vigorous-intensity physical activities daily for youth aged 5 to 17, our school's Physical Education (PE) Team launched the "MVPA60 Seconds" programme: Moderate, Various, Physical, Activity. This initiative helps students develop movement skills, improve fitness, gain health knowledge, and foster positive values to build lifelong exercise habits.

We encourage parents, teachers, and caregivers to help students complete at least one 60-second (or longer) activity daily, gradually forming a routine. All students received an "Energy Stick" in September–October, paired with an online stretching guide and platform where families can track progress and embrace healthy living together.

Posters on campus let caregivers and teachers scan a QR code to upload activity logs. Each week at assembly, we announce cumulative class activity times and recognize top performing classes. Each semester, two outstanding students receive the "MVPA Trophy" in celebration of their dedication and performance.

To nurture a school-wide fitness culture, the PE Team has organized and joined various events and competitions to expose students to emerging sports and connect with peers from mainstream and other special schools. Looking ahead, we aim to offer more opportunities for students to explore physical activities beyond the classroom and into the community.

Achievements in External Competitions

- Champion, Disc Division – 2024–25
Lions Club Inclusive Floor Curling Competition
- 1st & 2nd Runners-up – Finnish Mölkkä Game, 2024 Community Sports Programme
- 2nd Runner-up Overall – 14th Inter-school Sports Meet for Schools for Students with Severe Intellectual Disabilities

Engaging in Community Events to Promote a Sport-Friendly Campus

- "Unity Run" for the Founding of the People's Republic of China's 75th Anniversary – Shanghai, Hong Kong & Macau
- "Passing Love and Light" Charity Walk by Cornerstone Association
- Group visit to FIVB Volleyball Nations League, Hong Kong 2025

Strive for the National Games, Embrace the Challenge

To support the 15th National Games (co-hosted by Guangdong, Hong Kong, and Macao in November 2025), our school will join the "National Games Challenge and MVPA60 Reward Scheme." By converting exercise time into "mileage," students and parents will work toward a virtual goal of reaching the host city, encouraging persistence and healthy routines through the summer.

Through "MVPA60 Seconds," we hope every student, in their own way, discovers the joy of exercise and builds a bright and healthy future.



活動花絮



Activities in Snapshots

地壺球比賽奪冠

Champion at Floor Curling Competition



宿生組隊參賽，勇奪「碟賽」冠軍！The boarders team up to win the Disk Race Champion!



「有骨氣劇團」演出 Boney Show

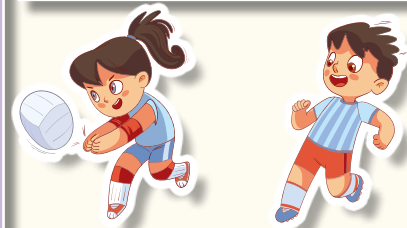


互動劇場《第十三個生肖？》
"The 13th Zodiac?" the interactive drama

「世界女排聯賽香港 2025」 Volleyball Nations League - HK



在「啟德體藝館」現場觀賞Live viewing at Kai Tak Arena



勞動節假期活動——戲院包場睇戲

Labour Day Holiday Event — book a theatre to watch movie



感謝「又一村獅子會」贊助！Thanks to the sponsorship of Lions Club of Yau Yat Chuen!





家教會親子宿營 PTA Family Camping



30個學生家庭的親子樂 Fun-filled parent-child camp for 30 student families



學生作品展 @ 坑口港鐵站

Students' Artwork Display

@ Hang Hau MTR



酒精水墨畫系列 Collection of alcohol ink paintings

全民國家安全教育日

National Security Education Day



早會時進行升旗儀式及放映短片

Flag raising ceremony and video show at the morning assembly



酒精水墨畫系列 Collection of alcohol ink paintings

生活教育活動計劃—流動課室

Life Education Activity Programme — Mobile Classroom



開心交流·Hi, how are you today?



學習扣上安全帶·Learning to fasten seat belt



特殊教育需要學童照顧者嘉許計劃 2025

本校三位家長在「特殊教育需要學童照顧者嘉許計劃2025」中榮獲嘉許，展現出無私奉獻與堅毅的照顧精神。郭得權先生（郭得平哥哥）及翟佩茵女士（嚴月希媽媽）榮獲「十大傑出照顧者」殊榮，黎淑梅女士（羅子迅媽媽）則獲頒「優異照顧者」，肯定他們多年來對家庭默默付出的愛與努力。各得獎者出席嘉許典禮，並和家人分享喜悅。

Appreciation Campaign for Carers of SEN Children 2025

Three parents from our school were recognized in the "Appreciation Campaign for Carers of Children with Special Education Needs 2025". Mr. Kwok Tak Kuen (brother of Kwok Tak Ping) and Ms. Chak Pui Yan (mother of Yim Yuet Hei) were awarded the "Top Ten Outstanding Caregivers" honour, while Ms. Lai Suk Mui (mother of Law Tsz Shun) received the Merit award. These acknowledgements celebrate their years of quiet devotion and heartfelt support for their families. All awardees attended the recognition ceremony joyfully with their loved ones.



青苗學界進步獎

本校羅子迅、鄭卓康、劉豫培及戴思翰同學獲得「青苗學界進步獎」，表揚他們積極進取、勇於求進的精神。四位同學在學業及個人成長上均展現出不懈努力和堅持，值得嘉許！

Youth Arch Student Improvement Award

Our students, Law Tsz Shun, Cheng Cheuk Hong, Lau Yu Pui, and Sebastian Dykes, were awarded the "Youth Arch Student Improvement Award" in recognition of their proactive attitude and perseverance in striving for continuous improvement.



卓康 Cheuk Hong



子迅 Tsz Shun



豫培 Yu Pui



思翰 Sebastian John

衷心銘感

我們衷心感謝萬瑞庭慈善基金慷慨捐贈逾港幣十萬元，用以添置復康設備，包括兩部電動提舉機及一部步行器。其善舉改善了我們學生的學習及活動能力，又讓他們感受到社會的關懷與溫暖。

Acknowledgements

We extend our heartfelt thanks to The Van Zuiden Charity Trust for the generous donation of over \$100,000, which enabled the purchase of essential rehabilitation equipment, including two electric hoists and a Grillo Walker. Their support has made a meaningful difference in enhancing the well-being and mobility of our students.



萬瑞庭先生（後排左二）到訪，並與師生家長合照。
Mr van Zuiden, (2nd from the left, second row) visited the School.

Staycation 住宿計劃

宿舍Staycation計劃於下學期又開始了！計劃讓走讀生有機會體驗豐富又有趣的住宿生活。在宿舍裡，他們不但可以學習如何與人相處、培養自理能力，還能在關愛和支持的氛圍中，自信成長、快樂生活！

若貴子弟對宿舍生活感興趣，歡迎家長與舍監聯絡，了解試住的詳情。

The Dormitory Staycation Programme

Our Staycation initiative is back in the second term, offering day students a wonderful opportunity to experience vibrant dormitory life. They can learn to live harmoniously with peers, build independence, and develop essential life skills in a nurturing environment that supports healthy personal growth.

If your child is interested in exploring dormitory life, feel free to contact our warden for trial stay arrangement.



跨學科課程：健康生活

學階二於單元四進行跨學科課程規劃，以「健康生活」為主題，融入中文、常識、體育及資訊科技的教學內容，並於6月舉行兩次跨學科競技日，讓兩班學生共同參與各類活動。在活動中，學生表現主動，展現對活動的興趣。

Cross Curricular Course — Healthy Living

In Unit 4 of key stage 2, a cross curricular course was planned with the theme of "Healthy Living," integrating Chinese, General Studies, Physical Education, and Information Technology. Two competition days were held in June, allowing two classes of students to participate in various activities together. Throughout the events, students showed initiative and interest in the activities.

共融顯動力

本校參加了「賽馬會躍動無界計劃——共融·動力」，計劃培訓了的多位殘疾人士成為運動領袖，並於5月至6月逢週二及週三到校進行實習服務，教授學生硬地滾球、芬蘭木棋及地壺球的技巧。

Inclusion in Motion

Our school participated in the "Jockey Club Sports without Limits – Inclusion in Motion" programme, which trained persons with disabilities to become sports leaders. From May to June, these leaders visited our school every Tuesday and Wednesday to complete their practicum, teaching students the skills of Boccia, Mölkky, and Floor Curling.





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傳真 Fax : (852) 2703 6320

網址 Website : www.sunnyside.edu.hk



恩光服務知多少？
一掃描自有分曉！

鳴謝 Acknowledgements

我們謹在此向以下的支持者致衷心的謝意，大家對嚴重智障學童的愛心關懷和支持，足以燃點他們生活的火花，帶來歡樂及希望。

We owe our sincere gratitude to the following donors and supporters who have contributed to the betterment of our children's lives. Just a little concern from you, lives of our severe intellectual disabled children will be much richer and full of fun. Let's thank...

Cheung Man Tat & Wong Wai Yan

Chiu Wing Yan Joanne

Kwan Chi King Virginia

Lai Yin Kwan

Lions Club of H.K. Yau Yat Chuen Ltd. (香港又一村獅子會)

Leung Yuen Ching Karen

Lui Sau Ching

Ng Wai Chun

Sunnyside Club Limited (恩光之友會)

Tang Him Shun

Tsang Hon Lam William

Western District Evangelical Church (西區福音堂)

捐款回條 Donation Coupon

本人樂意捐助靈實恩光學校，支持嚴重智障兒童服務。

I would like to donate to Haven of Hope Sunnyside School in support of its service to the severe intellectual disabled children.

港幣/HK\$: _____ 中文姓名 : _____ *先生/小姐/太太

Name in English : *Ms./Mr./Mrs. _____ 電話/Telephone : _____

地址/Address : _____

電郵/Email address : _____ *請刪去不適用者 Please delete whenever appropriate

請將劃線支票（祈付“靈實恩光學校法團校董會”）寄回新界將軍澳安達臣道301號靈實恩光學校收，捐款全數撥作靈實恩光學校服務之用。Please send crossed cheque made payable to “The IMC of Haven of Hope Sunnyside School” to Haven of Hope Sunnyside School at 301 Anderson Road, Tseung Kwan O, N.T. All proceeds will be used to support the service of Haven of Hope Sunnyside School.

台端之個人資料，只為傳遞本校資訊之用。如台端不願收到本校資訊或需要更改個人資料，請致電2703 1722或電郵至 info@sunnyside.edu.hk與本校聯絡。

Your personal data will only be used by our School for passing information. If you don't want to receive our information or want to change your personal data, please contact us at 2703 1722 or email to info@sunnyside.edu.hk.