

# 恩光通訊

Sunnyside Newsletter



基督教  
靈實協會  
HAVEN OF HOPE  
CHRISTIAN SERVICE

尊重生命 • 改變生命

二零二五年  
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## 校長的話

蔡奕玲校長

親愛的家長、恩光的支持者：

四十五年來，靈實恩光學校一直在將軍澳的山崗上，陪伴著一群特別的孩子，在基督的愛中成長。我們深信：每一位學生都是獨特而珍貴的生命，他們的笑容與進步，都是我們最大的喜樂。

然而，隨著校舍逐漸老化，加上極端天氣與醫療需求的增加，我們深切感受到需要為孩子們打造一個更安全、更舒適的家園。今年藉著本校四十五週年的里程碑，我們誠意推展「活學在恩光，悅建創未來」學校發展籌款計劃，期望透過改善宿舍、醫療室及增設多感官學習空間等，讓孩子們在愛與關懷中安全探索，發揮潛能。

每一份支持，都是愛的種子，孕育著孩子的未來。您的捐助，不僅為校園增添資源，更為孩子的生命旅程注入祝福。誠邀您與我們攜手，讓恩光繼續成為孩子們的避風港、盼望灣，陪伴他們在笑聲與關愛中健康成長。

「你們是世上的光。城造在山上，是不能隱藏的。」（馬太福音 5：14）



## Words from the Principal

Ms. Choi Yik Ling, Principal

Dear Parents and Friends of Sunnyside School,

For forty-five years, our school has stood on the hillside of Tseung Kwan O, accompanying a special group of children to grow in the love of Christ. We believe that every student is unique and precious, and their smiles and progress are our greatest joy.

Yet as our campus ages, and with the growing challenges of extreme weather and medical needs, we feel compelled to create a safer, more comfortable home for our children. Marking this 45<sup>th</sup> anniversary milestone, we are launching the "Learning with Joy, Building a Brighter Future" School Development Fundraising Campaign. Through upgrading dormitory and medical facilities, and adding multi-sensory learning spaces, we hope to provide a nurturing environment where our children can safely explore, discover, and flourish.

Every act of support is a seed of love, sowing hope for the future of our children. Your gift not only enriches our campus with resources, but also blesses each child's journey of life. We warmly invite you to join hands with us, so that Sunnyside may continue to be a safe haven and a harbor of hope—where our children grow in health, laughter, and love.

"You are the light of the world. A city on a hill cannot be hidden." (Matthew 5:14)



捐款支持 Donation support

# 攜手建構恩光新里程



每天清晨，恩光的校園裡總能聽見孩子們的笑聲、孩子和成人的互動。有學生努力學習自己穿衣，有學生慢慢細味早餐，也有人在老師的陪伴下，勇敢地跨出每一步。這些看似微小的進步，卻是他們生命中最珍貴的成長印記。

自1981年成立以來，靈實恩光學校一直秉持「尊重生命、改變生命」的信念，陪伴著這群嚴重智障及多重障礙的孩子，讓他們在主愛中生活和學習，多年以來，恩光就像他們的第二個家。為了讓孩子們擁有更多探索與創造的空間，我們推展「活學在恩光，悅建創未來」校園發展計劃，籌款目標為港幣八百萬元，期望打造一個以學生為本的理想天地。計劃重點包括：

- **醫療及照顧設施升級**：增設獨立而通風良好的醫療室，配備抽痰機、製氧機等設備，讓有特殊需要的孩子獲得更貼心的照顧。
- **改善校舍通風**：加裝冷氣及強化通風系統，讓校園在炎夏或極端天氣下仍保持舒適。
- **數碼學習活動區**：引入專為嚴重智障及多重障礙學生設計的數碼教學科技與感官工具，拓展孩子的學習視野，提升探索世界的能力。
- **感知運動區與幸福感長廊**：透過燈光、聲音、觸感與色彩，幫助孩子調節情緒、提升專注力與身體協調。
- **宿舍翻新與生活技能訓練區**：提供更靈活的生活空間，擴闊活動區域，並模擬日常場景，讓孩子學習穿衣、進食及整理個人物品。

這些設施的更新，並非單純的硬件改善，而是回應家長與孩子的真切需要。正如一位家長所言，宿舍已有三十多年歷史，因欠缺安全的軟墊空間，令孩子難以於大範圍內，無障礙地自由活動；另一位家長則分享，現時一樓的醫療室不足以應付多名學生同時需要抽痰或休息的情況，希望地下亦可設有獨立安全而通風良好的房間作醫療室。這些心聲，正是推動計劃的原動力。

學校將舉辦一系列籌款活動，包括名畫義賣、聖誕義賣月、步行籌款等，並計劃邀請藝人及社會人士拍攝短片，呼籲各界支持。校方亦會申請基金資助，並透過「鳴謝留名計劃」向捐款者致謝，讓支持者的心意長久留存。感恩目前已收到一些熱心支持者和家長的慷慨捐助，大家眾志成城的愛心，讓我們深深感受到「恩光大家庭」的溫暖。誠邀您繼續與我們同行，讓孩子們在恩光的懷抱裡安心生活、快樂學習！



度身設計的宿生活動，動靜皆宜。Tailor-made hostel activities, suitable for both lively and quiet moments.



# Hand in Hand with Love : Shaping Sunnyside's Future



Every morning, the campus of Sunnyside is filled with children's laughter and joyful interactions between students and adults. Some students are learning to dress themselves, some savor their breakfast slowly, while others, with the support of their teachers, bravely take each step forward. These seemingly small milestones are in fact the most precious marks of growth in their lives.

Since its establishment in 1981, Haven of Hope Sunnyside School has upheld the belief of "Respecting Life, Impacting Life." We have walked alongside children with severe intellectual and multiple disabilities, enabling them to live and learn in the embrace of God's love. Over the years, Sunnyside has become their second home.

To create more space for exploration and creativity, we are launching the "Learning with Joy, Building a Brighter Future" School Development Project, with a fundraising goal of HK\$8 million. The project highlights include:

- **Upgraded medical and care facilities:** Establishing independent, well-ventilated medical rooms equipped with suction machines, oxygen concentrators, and other devices to provide attentive care for children with special needs.
- **Improved campus ventilation:** Installing air-conditioning and strengthening ventilation system to ensure comfort during hot summers and extreme weather.
- **Digital learning activity zone:** Introducing digital teaching technology and sensory tools designed for our students, broadening their learning horizons.
- **Sensory movement zone and wellness corridor:** Using light, sound, texture, and color to help children regulate emotions, improve focus, and strengthen body coordination.
- **Dormitory renovation and life skills training area:** Creating flexible living spaces with expanded activity areas and simulated daily scenarios, enabling students to practice dressing, eating, and organizing personal belongings.

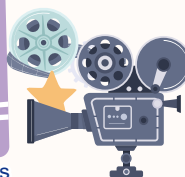
These upgrades respond to the genuine needs of parents and students. As one parent shared, the dormitory has been in use for over 30 years, yet the lack of safe padded areas makes it difficult for children to move freely without barriers. Another parent noted that the current medical room on the first floor cannot accommodate multiple students needing suction or rest at the same time, expressing hope for an independent, safe, and well-ventilated medical room on the ground floor. These voices are the driving force behind our project.

To achieve this vision, the school will organize a series of fundraising activities, including a Charity Art Sale, Christmas Charity Month, and a Walkathon. We also plan to invite artists and community leaders to record short videos appealing for public support. In addition, we will apply for funding support and express gratitude to donors through our "Donor Recognition Program," ensuring their kindness is remembered for years to come.

We are deeply thankful for the generous contributions already received from devoted supporters and parents. Their united love and commitment have allowed us to experience the warmth of the "Sunnyside Family." We sincerely invite you to continue walking with us, so that our children may live comfortably and learn joyfully in the embrace of Sunnyside.



校長拍攝短片，介紹宿舍服務。The Principal presents dormitory services through a short video.



流動小賣車義賣學生作品 Charity sale of student works via mobile cart

# 活動花絮 Activities in Snapshots



## 特奧會滾球比賽揚威

Shining Victory at the Special Olympics Bocce



恭喜！恭喜！貝芍汶及戴思翰分別於第四十九屆香港特殊奧運會滾球比賽融合雙人賽，勇奪冠軍（女子組）及季軍（男子組）。  
Congratulations to Jasmine Brar and Sebastian Dykes who won the Women's Championship and the Men's Third Place respectively at the 49<sup>th</sup> Hong Kong Special Olympics Bocce Unified Doubles Competition.

## 全運會觀賽

National Games Spectator Event



在香港體育館觀賞第十五屆全國運動會男子籃球賽事  
Watching the 15<sup>th</sup> National Games Men's Basketball at Hong Kong Coliseum

## 科技日活動多姿彩 Vibrant STEAM Day Activities



乘坐電動車 Riding an electric car



親親小烏龜 Sweet little turtle



製作手漆扇 Making my own hand-painted fan



參與溶冰小實驗 Joining a melting ice experiment

## 騎馬樂

Riding with fun



參觀屯門公眾騎術學校 Visiting Tuen Mun Public Riding School



體驗策騎小馬 Experiencing pony riding





## 賀中秋 Celebrate Mid-Autumn



看！這是製作月餅的鹹蛋黃哦。  
Look! This is the salted egg yolk making mooncakes.



中秋節繪本劇場 Mid-Autumn Festival Picture Book Theatre

## 朋友仔義工計劃 Buddy Volunteer Programme



宿生與義工配對成為朋友仔，一對一玩遊戲、聽歌、畫畫。  
Boarders and volunteers paired as friends to play games, listen to music, and draw one-on-one.

## 重陽節宿生留校日 Chung Yeung Festival Boarders' Stay Day



上午欣賞中國舞表演 Morning Chinese Dance Performance



下午體驗花茶製作 Afternoon Flower Tea Workshop



## 家教會家長茶聚 PTA Tea Gathering



家長教師會幹事與新生家長及畢業生家長茶聚，交流聯誼。  
Parent-Teacher Association (PTA) tea gathering with parents of new students and graduates for fellowship and sharing.



# 校園新動態

## What's New in the Campus

### 建國 75 周年巡迴展覽 75<sup>th</sup> Anniversary National Day Exhibition

本校於9至10月在一樓走廊設置『祖國昌盛 歡慶滿城』中華人民共和國成立七十五周年巡迴展覽，介紹1)國家的誕生、2)國旗、國徽、3)國歌、4)國家在1949年至2024年期間所發生的里程碑，以及5)國家的最新發展和成就，讓全校同工及家長更深入認識祖國，提升國民意識和愛國情懷。

From September to October, our school hosted the "Prosperous Motherland, Joyful Citywide Celebration" exhibition along the 1/F corridor to mark the 75<sup>th</sup> anniversary of the founding of the People's Republic of China. The exhibition introduced: a) the birth of the nation, b) the national flag and emblem, c) the national anthem, d) milestones from 1949 to 2024 & e) the nation's latest developments and achievements. This exhibition enabled staff and parents to gain deeper understanding on the motherland, fostering national identity and patriotic spirit.



### 親子北京之旅 Parent-Child Beijing Tour

本校四位學生在家長和陳世文副校長、林素婷老師陪同下，在11月3日至7日期間，參加了由香港特殊學校議會與「亞洲旅遊交流中心」合辦的跨境交流活動，首次踏足首都北京。他們的足跡遍及北京市盲人學校、故宮博物院、八達嶺長城、天安門廣場、人民大會堂及盧溝橋等著名景點，旅程不僅開拓了學生的眼界，也為親子同行留下難忘回憶。

From November 3 to 7, four of our students, accompanied by their parents, Vice Principal Mr. Chan Si Man, and Teacher Ms. Lam So Ting, joined a cross-border exchange programme co-organized by the Hong Kong Special Schools Council and the Asia Tourism Exchange Centre. It was their first visit to the capital city, Beijing. Their journey included visits to the Beijing School for the Blind, the Palace Museum, the Great Wall at Badaling, Tiananmen Square, the Great Hall of the People, and Marco Polo Bridge. The trip not only broadened the students' horizons but also created unforgettable memories of parent-child bonding.



## 鳴謝 Acknowledgements

### 衷心感謝萬瑞庭慈善基金 Sincere Gratitude to the van Zuiden Charity Trust

萬瑞庭慈善基金信託人萬瑞庭先生(Mr. Peter Van Zuiden)及兒子Mr. Jorrit M van Zuiden 到訪，並捐贈了14張附有減壓床褥的醫療病床給本校宿生使用，改善了學生的生活環境。本校更有幸成為慈善基金的八個指定受惠機構之一，倍感榮幸與感恩。

Mr. Peter van Zuiden and Mr. Jorrit van Zuiden, trustees of the van Zuiden Charity Trust visited the School and generously donated the School 14 hospital beds with pressure relief mattresses, enhanced our boarding students' living environment. We are honored and blessed to be one of the Trust's eight designated beneficiaries.



### 新鴻基地產——觀賞國慶煙花匯演 Sun Hung Kai Properties – National Day Firework Show

在10月1日國慶日，宿生和家長承蒙新鴻基地產支持，在中環廣場75層頂樓，於雲端下欣賞維港煙花。校監、校董們都一齊參與，大家在日落晚霞下共進晚餐，並參與有獎問答遊戲。晚上8時，煙花在腳下的夜空綻放，映照著張張笑臉，留下難忘的宿舍生活回憶。

On the National Day on October 1, our boarders and their parents, with the generous support of Sun Hung Kai Properties, enjoyed the Victoria Harbour fireworks from the 75/F rooftop of Central Plaza. The Supervisor and School Managers also joined the gathering. At 8 p.m., the dazzling fireworks lit up the night sky beneath their feet, reflecting joyful faces and leaving behind unforgettable memories to boarding students.



### 香島獅子會探訪

#### Visit of Lions Club of Bayview Hong Kong

感謝香島獅子會一眾嘉賓到訪宿舍，並探訪學生，更慷慨捐獻及帶來心意禮物致送給學生。

We sincerely thank the guests from the Lions Club of Bayview Hong Kong for visiting our dormitory, meeting students and presenting thoughtful donations and gifts.



### 住宿試住計劃 Staycation

宿舍上學期Staycation已開始啦！如走讀生想體驗多姿多彩的宿舍生活，學習群體相處，並培養自理能力，事不宜遲，下學期的Staycation試住計劃即將接受報名，請家長留意相關通告消息。（如閣下子女對宿舍生活感興趣，歡迎隨時向宿舍舍監查詢試住安排，日期可彈性商議！）



For day students who wish to experience the vibrant dormitory life, learn group living, and practice self-care, don't miss out the second-term Staycation trial programme.

If your child is interested in dormitory life, you are welcome to contact the Warden.

### 有蓋操場歷奇架 New Campus Facilities

有蓋操場歷奇架第二階段工程已順利完成，新增鋼纜與終點平台，為學生提供更多自我挑戰的機會。八月底，全體教師亦接受培訓並親身嘗試，為日後指導學生做好準備。

The second phase of the adventure frame project in the covered playground has been successfully completed, with the addition of a steel cable and a finishing platform. These enhancements provide students with more opportunities for self-challenge. Before September, all teachers received training to prepare for guiding students in the future.







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尊重生命 • 改變生命

聖誕平安 新年蒙恩  
Peace at Christmas Blessings in the New Year

### 靈實恩光學校 HAVEN OF HOPE SUNNYSIDE SCHOOL

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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...

Chan Ching Ching  
Chan Fung Hau  
Cheng Suk Yin  
Cheung Man Tat & Wong Wai Yan  
Chiu Wing Yan Joanne  
Chui Mei Shan  
Dr. Chow Chit Kwong  
Dr. Ng Kwok Leung  
Ho Shut Kan  
Kwan Chi King Virginia  
Lai Yin Kwan  
Leung Kevn Peter

Li Lai Ching  
Lions Club International District 303  
Hong Kong & Macao, China  
Lions Club of Bayview Hong Kong  
Lui Sau Ching  
Ng Wai Chun (伍惠珍)  
Sunnyside Club Limited (恩光之友會有限公司)  
Tang Him Shun  
The Van Zuiden Charity Trust (萬瑞庭慈善基金)  
Tsang Yu Chor (曾宇佐)  
Tsang Yuk Lan  
Tse Lai Chun

Western District Evangelical Church (西區福音堂)  
Wong Kam (黃鑫)  
Yam Wai Lin  
Yeung Wai Mei  
何棟熾  
吳建成  
英利音樂有限公司  
梁頌偉  
陳少波  
陳遠翔  
楊再興  
劉其進

## 捐款回條 Donation Form

☐ 本人樂意捐助，支持「活學在恩光，悅建創未來」學校發展籌款計劃。I would like to support the School Development Fundraising Project.

姓名／機構名稱 Name/Organization : \_\_\_\_\_

☐ 先生 Mr ☐ 小姐 Ms ☐ 太太 Mrs \_\_\_\_\_ (請以正楷填寫 Pls write in Capital Letters)

• 聯絡電話 Tel. No. : \_\_\_\_\_ 電郵地址 Email : \_\_\_\_\_

• 通訊地址 Address (用於郵寄捐款收據 for mailing of Donation Receipt) : \_\_\_\_\_

### 捐款方式 (請選擇) Donation Method (pls select)

☐ 劃線支票 (抬頭請寫「靈實恩光學校法團校董會」，支票背面寫上捐款人姓名及聯絡電話，連同捐款回條寄本校。) Crossed Cheque payable to The IMC of Haven of Hope Sunnyside School with donor's name and contact no. on the back, mail it together with the Donation Form to the School.

☐ 以轉數快 (FPS) 形式捐款 (請以銀行Apps掃描二維碼) By FPS (Pls. scan QR code using bank Apps)

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 presenting school 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.

