

# 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

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## 校長的話

蔡奕玲校長

### 恩光中草藥園

數年前，本校開始推行中醫食療「五行五色飲食」，並為學生設計了一系列五色食物餐單。五行「木、火、土、金、水」對應的五臟是「肝、心、脾、肺、腎」，分別代表「青、赤、黃、白、黑」五種顏色。多吃相對應的五色食物可以滋養身體的五臟六腑。

在本年度，我校更在花園中建設了中草藥園，以五行五色為題，自家種植有機中草藥，讓學生透過五感，親身體驗中國醫學的博大精深！

「祂與持守祂的作生命樹；持定祂的俱各有福。」（聖經 箴言 3:18）

## Words from the Principal

### Sunnyside Chinese Medicine Herb Garden

Ms. Choi Yik Ling, Principal

Several years ago, our school began implementing the "Five Elements and Five Colors Diet" based on traditional Chinese medicine, designing a series of student menus that feature food in five colors. The five elements—Wood, Fire, Earth, Metal, and Water—correspond to the five organs, Liver, Heart, Spleen, Lung, and Kidney, and represent the five colors: Green, Red, Yellow, White, and Black. Consuming the corresponding foods in these five colors can nourish the body's vital organs.

This year, Sunnyside School has further established a Traditional Chinese Medicine Herb Garden in the Sensory Garden with the theme of the Five Elements and Five Colors. We are cultivating organic medicinal herbs, teaching students to experience the profoundness of Chinese medicine through their five senses!

“She is a tree of life to those who embrace her; those who lay hold of her will be blessed.” (3:18 Proverbs, the Bible)



# 國家安全教育暨守法價值觀學習主題月

本校於去年9月至10月舉辦了「國家安全教育暨守法價值觀學習主題月」，主題為「守法、守規、守禮，做好學生」，活動涵蓋由學階一至四各年級，透過多樣化的學習方式，建立學生守規、守禮的好習慣，認識守法的重要性，學習與國家安全相關的知識。

學生透過學習國家象徵，如國旗、國徽和國歌，並利用虛擬實境技術生動體驗升旗儀式，學習遵守升國旗和奏國歌的禮儀。學校在早會中安排升旗儀式及國旗下的講話分享，讓學生實踐所學，並建立國民身份認同的價值觀。

在學階一，學生透過電子書閱讀了解公園、圖書館和學校的規則，並在使用學校圖書館及公園等設施時實踐出來，學習愛護校園的重要性。老師拍攝學生在使用學校設施時的守規行為，並製作相架張貼於班房的壁報上。

在學階二，學生認識香港特區政府執行和維護法治的部門，如警務處，了解社會中保護我們的人物。透過活動，他們學習交通安全及守法行為，在校內的有蓋操場和虛擬實境室中，根據交通燈號遵守交通規則，安全過馬路、騎單車，或在坐板車時注意握扶手，培養守法和守規的意識。

學階三和四的學生則通過全方位的學習認識國家安全。他們參觀國家安全展覽廳，透過展覽的圖片資訊、3D影片、展品和互動裝置等，接觸與國家安全相關的知識。在校內的合班活動中，學生參與水火箭活動，並透過介紹國家航天科技發展，激發對航天科技的興趣。此外，通過《國家安全 穩定繁榮基石》的繪本閱讀活動，讓學生初步認識維護國家安全的重要性。學階四的學生還前往金紫荊廣場參觀，欣賞大型雕塑「永遠盛開的紫荊花」，了解香港的回歸歷史。

總體而言，本主題月透過多種活動形式，讓學生在實踐中學習國家安全及法治觀念，並在日常生活中成為守法、守規、守禮的好學生。學生學習約束個人行為、遵守法規及履行公民的權利和義務，為社會的安定作出貢獻。



參觀國家安全展覽廳  
visiting the National Security  
Exhibition Gallery



無論是虛擬還是實境，學生都能守規安全過馬路

Whether in virtual or real-life situations, students are able to follow the rules and cross the road safely.



# National Security Education cum Law Abiding Value Awareness Month

Our school held the "National Security Education cum Law Abiding Value Awareness Month" from September to October last year. The theme was "Obey the Law, Follow the Rules, Show Courtesy, and Be a Good Student." The activities covered all grades from Key Stage (KS) one to four, using diverse learning methods to establish good habits of following rules and showing courtesy, while recognizing the importance of obeying the law and learning knowledge related to national security.



學生安靜地排隊，等待使用公園設施  
Students are lining up quietly,  
waiting to use the park facilities.

Students learned about national symbols such as the national flag, emblem, and anthem. They vividly experienced the flag-raising ceremony by applying virtual reality technology and learned the etiquette of raising the national flag and singing the national anthem. The school arranged flag-raising ceremonies and speeches under the national flag during morning assemblies, allowing students to put their learning into practice and build a sense of national identity.

In KS1, students learned about the rules of parks, libraries, and schools through e-books and practiced them while using facilities in the school library and parks, understanding the importance of caring for the campus. Teachers photographed students following rules while using school facilities and created photo frames to display on classroom bulletin boards.

For students in KS2, students learned about the government departments that enforce and maintain the rule of law, such as the Police Force, and understood the people in society who protect us. Through activities, they learned about traffic safety and lawful behavior, practicing adherence to traffic rules in the covered playground and virtual reality cave by following traffic signals, crossing the road safely, riding bicycles, and holding onto handrails while using scooters, thereby cultivating an awareness of lawfulness and rule-following.

Students in KS3 and KS4 gained a comprehensive understanding of national security through various learning experiences. They visited the National Security Exhibition Gallery, where they encountered knowledge related to national security through exhibition images, 3D videos, exhibits, and interactive device. During joint class activities, students participated in water rocket activities, which sparked their interest in aerospace technology through discussions about the development of national aerospace technology. Additionally, they engaged in reading activities featuring the picture book "National Security: The Cornerstone of Stability and Prosperity," helping them initially understand the importance of maintaining national security. KS4 students also visited the Golden Bauhinia Square to admire the large sculpture "Eternal Blooming Bauhinia," learning about the history of Hong Kong's reunification.

Overall, this theme month utilized a variety of activities to allow students to learn about national security and the rule of law through practice, helping them become good students who follow laws, rules, and etiquette in their daily lives. Students learned to restrain their personal behavior, comply with regulations, and fulfill their rights and obligations as citizens, contributing to social stability.

# 活動花絮 Activities in Snapshots

「動·感迎聖誕」聯歡會  
Feel the Joy & Dynamic of Christmas



認識聖誕節的真正意義  
learning the true meaning of Xmas



學生設計愛心禮物袋，送給家人  
student presenting DIY bag to family member

聖誕嘉年華 @ 九龍木球會  
Xmas Carnival @ Kowloon Cricket Club



體驗玩泡泡遊戲  
playing bubble game



夜遊觀塘年宵市場  
Night Tour at Kwun Tong  
Lunar New Year Fair



香港管弦樂團——室樂小組到校表演  
Hong Kong Phil - Chamber Music  
Ensemble Performance



感謝香港又一村獅子會贊助，宿生開心逛花市辦年貨。

Thanks to the sponsorship of Lions Club of Hong Kong Yau Yat Chuen! Boarding students visited and shopped at Flower Market.





恩光學生動起來……  
Sunnyside Students Get Moving……



奔向共融——香港賽馬會特殊馬拉松2025  
iRun - The Hong Kong Jockey Club Special  
Marathon 2025



香港特殊奧運會——本校共贏得9金、10銀、  
7銅的佳績

Special Olympics Hong Kong——Sunnyside School  
won 9 gold, 10 silver and 7 bronze medals



水療池享受游泳樂  
Swimming@Hydrotherapy Pool

家長活動 of Parents



健康餃子製作坊  
Chinese dumpling making workshop



家長健體班  
Fitness Classes for Parents



# 校園新動態

## What's New in the Campus

### 江西遊學團

本校施主任帶領兩名高中學生及其照顧者，於2024年11月參加了「慶祝新中國成立75周年——百位特殊教育師生贛州行」，於三日兩夜的江西遊學團行程中，觀看了大型舞台劇、參觀博物館、歷史文化旅遊區、三百山等，進一步了解及認識中國的歷史、文化及自然生態等。

### Jiangxi Study Tour

Ms. Shi, Senior Teacher led two high school students and their caregiver to participate in the "Celebration of the 75th Anniversary of the Founding of New China — A Trip to Ganzhou for a Hundred Special Education Teachers and Students" in November 2024. During the three-day Jiangxi study tour, they watched a large-scale stage play and visited museums, historical and cultural tourist areas and Sanbai Mountain, further enhancing their understanding and knowledge of China's history, culture and natural ecology.



### 校園音樂大使展關懷

本校參加了康樂及文化事務署音樂事務處舉辦的「校園音樂大使展關懷資助計劃」，讓本校的「Busking Team」及「室樂合奏小組」，透過學生不同的音樂學習活動，發展音樂技能和建構音樂知識，更在靈實協會各服務單位以不同的方式演奏樂器和唱歌，展露音樂才能。

### Campus Music Ambassadors Show Their Care

Our school participated in the "School Care Subsidy Scheme" organized by the Music Office of the Leisure and Cultural Services Department. This initiative allows our school's "Busking Team" and "Chamber Music Ensemble" to develop musical skills and build musical knowledge through various learning activities. Moreover, they showcase their musical talents by performing instruments and singing at various service units of Haven of Hope Christian Service.



### 教會到校送暖

感謝不同的教會不時到校探訪宿生，送暖顯愛心。長沙灣平安福音堂到訪，以聖經故事、詩歌、互動遊戲等帶出「耶穌能平靜風浪」的訊息，陪伴宿生渡過愉快的週末！

此外，播道會藍田福音堂的婦女義工們以愛心服侍，為宿生安排了手工製作和唱歌環節，大家都十分投入參與活動。

### Visits of Loving Churches

We are grateful to various churches that frequently visit our school to support the boarding students with love and warmth. Recently, the Cheung Sha Wan Peace Evangelical Centre visited, sharing the message that "Jesus can calm the storm" through Bible stories, hymns and interactive games, accompanying the students for a joyful weekend.

The women volunteers from EFCC – Lam Tin Church served with love, organizing craft-making and singing activities for the boarding students. Everyone was deeply engaged and participated enthusiastically in the event.

## 學生升旗隊

本校為培養學生的國民身份認同及責任感，於今學年組成學生升旗隊，由三位學生擔任。成員穿上紅色制服，在學校升旗儀式中擔任不同崗位，包括：示範面向國旗肅立行注目禮、啟動國旗的旗幟飄揚按鈕等。

## Student Flag-Raising Team

In order to cultivate students' national identity and sense of responsibility, our school has formed a Student Flag-Raising Team this academic year, consisting of three students. The members wear red uniforms and play different roles during the school's flag-raising ceremony, including demonstrating how to stand at attention facing the national flag and operating the button to raise the flag.



成員與校長、副校長和負責老師合照  
A group photo with Principal, Vice Principal and Teacher-in-charge

## 家長心靈茶座

學校與西區福音堂除了合辦無障礙敬拜，每月亦會舉行家長心靈茶座，邀請家長出席參與，彼此分享聆聽陪伴，一起同行互勉互勵。3月的心靈茶座由家長帶領，更有製作牛軋糖、飲茶聊天。



## Parents' Tea Room

Apart from organizing No Barrier Worship with Western District Evangelical Church, the School also holds a monthly Parents' Tea Room with parents who share, listen and accompany each other in mutual encouragement. The March gathering was led by parents and included making nougat and chatting over tea.

## 百日禮讚

同學升讀小一及中一，是他們人生成長的重要里程碑。為鼓勵同學及家人慶祝此重要時刻，於去年12月6日特別舉行『百日的禮讚』慶祝活動，讓同學及家人表達對六年後成長的期望，並藉此感謝家人、照顧者及老師的培育。

## 100 Days of Praise

Advancing to Primary One and Secondary One is an important milestone in the students' growth. To encourage students and their families to celebrate this significant moment, a special event titled "A Hundred Days of Praise" was held on December 6 last year. This occasion allowed students and their families to express their hopes for growth over the next six years and to thank their family members, caregivers and teachers for their support and nurturing.



## 2025 靈實人周年晚宴

為感謝同事多年的服務和付出，每年的靈實人周年晚宴特設長期服務獎頒獎典禮，在當晚頒服務獎予各得獎同工。恩光學校工作了10年（5位）、25年（1位）及30年（1位）的同工，當天亦興高采烈上台接受殊榮。

## 2025 Haven of Hope Annual Dinner

To express gratitude for the years of service and dedication from our colleagues, the Annual Dinner features a Long Service Award ceremony, during which service awards were presented to awardees. Colleagues who have worked at Sunnyside School for 10 years (5 individuals), 25 years (1), and 30 years (1) joyfully received their honors.



10年 / 10-year



30年 / 30-year



25年 / 25-year





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仰望為我們信心創始成終的耶穌，  
祂因那擺在前面的喜樂，就輕看羞  
辱，忍受了十字架的苦難，便坐在  
神寶座的右邊。

聖經 希伯來書 12:2

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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 Kwok Wai

Kwan Chi King Virginia

Tang Him Shun

Chan Soo Ching

Lai Yin Kwan

Tsang Yu Chor

Cheung Man Tat & Wong Wai Yan

Lam Sze Chuen

Western District Evangelical Church  
(西區福音堂)

Chiu Wing Yan Joanne

Lam Yee Wah Evelyn

Wong Kam

Dr. Clara Chong

Lui Sau Ching

Yam Wai Lin

Dr. Chow Chit Kwong

Ng Wai Chun

Zhang Shu Fang

Dr. Ng Kwok Leung

Sunnyside Club Limited (恩光之友會)

## 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 : \_\_\_\_\_

電郵地址/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.

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