



校長的話

蔡奕玲校長

「你園內所種的結了石榴，有佳美的果子，並鳳仙花與哪噠樹。有哪噠和番紅花、菖蒲和桂樹，並各樣乳香木、沒藥、沉香與一切上等的果品。」聖經雅歌4:13-14

聖經中描述的樂園美景，種植各類花果樹木，滿布香氣，沉香沒藥更含藥用價值。感恩9/9以馨香為祭的薰香園開幕禮後，黃潔兒博士開展了不同主題的薰香工作坊及薰香診所，主持了家長日的香薰講座。此外，多年來社區香薰治療師團隊由資深護士及臨床香薰治療師何美玲姑娘帶領，到校為學生和家長提供香薰治療，讓學生和家長可以在如聖經所述的薰香環境中，通過“接觸”感受關愛，又能透過皮膚或呼吸道，吸收來自天然芳香植物所萃取的純精油分子，紓緩鼻敏感，改善肌肉張力及皮膚乾燥症等。各團隊的愛心服侍帶給嚴重智障兒童及有醫療情況複雜兒童另一治療方法，成效顯著。

衷心感謝社區人士對嚴重智障兒童及家長的關愛，盼望香薰治療可在恩光學校成為恆常的服務，繼續造福有需要的學生和家長。

Words from the Principal

Ms. Choi Yik Ling, Principal

“Your plants are an orchard of pomegranates with choice fruits, with henna and nard, nard and saffron, calamus and cinnamon, with every kind of incense tree, with myrrh and aloes and all the finest spices.” 4:13-14 Song of Songs, The Bible

The paradise described in the Bible is planted with different species and aromas. After the opening of Aroma Garden on 9/9, Dr. Irene Wong has conducted aroma clinic and workshops of various topics and delivered a talk at Parents Day. Moreover, led by Ms. Rosita Ho, an experienced nurse and aroma therapist, a team of aroma therapists from the community offers aromatherapy to our students and parents, who are able to experience an aromatic environment like the paradise. They feel the caring love through physical touch, smoothen their skin, muscles and emotion through intake of pure essential oil refined from aromatic plants by means of skin or respiration. The effects of this alternate therapy to our students with medical complexity are remarkable.

I would like to express my heartfelt thanks to the loving care of all these professionals to students and parents of Sunnyside School, and sincerely hope that aromatherapy can become a regular service at School, benefiting to students and parents in need.

民以食為天，吞嚥障礙需處理

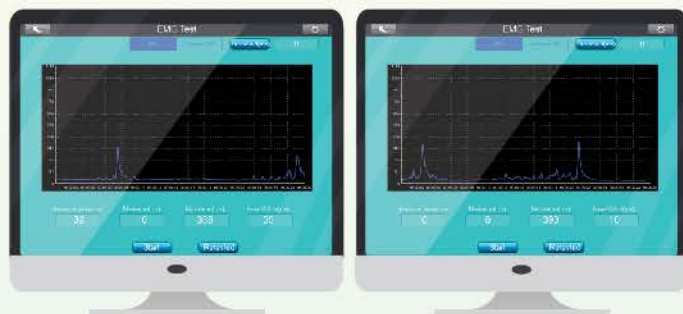
吞嚥障礙是指在進食時，食物未能順利從口部經食道進入胃部進行消化吸收。靈實恩光學校有超過一半的學生有著不同程度的吞嚥困難，主要在口腔期或咽喉期出現障礙。

大部份患有口腔期吞嚥障礙的學生可透過把食物剪細、調適食物質地，或透過恆常口肌按摩或刺激手法，並咀嚼訓練提升口肌功能，以增加進食效能及安全。然而，以上的治療手法未能惠及患有咽喉期吞嚥障礙的學生。因此，言語治療部近年引入了針對提升咽喉肌肉功能的治療手法：Guardian Way® 吞嚥電療法。此療法由美國言語治療師研發，以無痛楚、非入侵性的方式，為患有咽喉期吞嚥障礙的學生提供吞嚥治療，增加咽喉肌肉強度及協調能力。

Guardian Way®的治療原理是透過主機ASPIRE²所發出的微量電流，傳送至貼在學生顎下位置的一對電極去刺激運動神經，從而引發咽喉肌肉活動，防止咽喉肌肉退化、重新教育咽喉肌肉、加強咽喉肌肉強度、減少噎入風險及提高吞嚥效率。

Guardian Way®具備3種功能：

1.體表肌電圖 (sEMG)



治療師會引導學生吞下一口食物，然後透過sEMG量度電勢，測量咽喉肌肉的活動幅度。電勢圖能提供客觀數據，讓治療師在治療前作出評估及在治療前後進行對比，以檢視治療成效。

且看一位學生接受吞嚥電療法前(左圖)及後(右圖)的肌電圖。右圖反映學生吞嚥時肌肉的強度和速度皆有上升。

By comparing the electromyograms of a student before (left) and after (right) receiving NMES, it is noted that the student has lightly increased muscle strength and swallowing speed!

2.神經肌肉電刺激 (NMES)

ASPIRE²主機能提供電脈衝，喚醒神經系統，激發肌肉活動。治療師會按學生的能力和在評估時的表現，調節電流量，讓學生在無痛的情況下，進行神經系統刺激及咽喉肌肉強化活動，改善吞嚥安全。

3.肌電圖觸發電刺激 (ETS)



平板電腦的遊戲畫面，非常生動有趣！

The games on the App are fun and entertaining!

部分學生的咽喉肌肉強度稍遜，未能安全地完成整個吞嚥動作。治療師可透過調節ASPIRE²主機，讓系統為學生提供額外的電刺激，以協助完成吞嚥動作。

Guardian Way®的主機能配合電腦應用程式，在平板電腦上提供各種遊戲，讓學生既可鍛鍊吞嚥機能，又樂於玩遊戲，提升學生參與治療的興趣。

此外，治療師還會為有需要的學生提供其他的吞嚥治療和訓練，例如口腔肌肉訓練、咽喉肌肉按摩及咀嚼訓練等，期望能全面地提升學生的吞嚥能力及安全性。

健基是其中一位正接受吞嚥電療法的學生，他自兩歲開始已需要用胃喉餵食。健基的媽媽表示：「起初都會擔心健基表現抗拒、感到不適或有不良反應，但接受訓練這半年期間，見到健基沒有任何不適，而且非常合作配合治療。我觀察到健基少了流口水，多了時間能夠自己吞口水，而且在治療師餵食時，察覺到健基吞嚥有進步，少了噎喉的情況。」



Eating comes first , attending to **Dysphagia**

Dysphagia refers to the difficulty in the passage of solid food or liquid from mouth to stomach. More than half of the students in Haven of Hope Sunnyside School have dysphagia with various levels of severity, mainly at oral phase and pharyngeal phase.

Most students with dysphagia at oral phase have their swallowing safety ensured by diet modification, oral-motor and mastication exercises. However, the compensatory strategies or treatment techniques mentioned above are unable to address the needs of students with dysphagia at pharyngeal phase. Therefore, the speech therapists in our school have recently introduced treatment approaches that strengthen the pharyngeal muscles for those students in need.

The Guardian Way® is a treatment developed by a certified speech-language pathologist in U.S.A. It provides non-invasive and painless swallowing treatment to clients with dysphagia at pharyngeal phase by enhancing the strength and coordination of the pharyngeal muscles.

Guardian Way® utilizes a small portable device that generates customizable electrical pulses. These pulses flow through a wire to a pair of small electrodes placed right under the submental region. The electrical current passes through the electrodes into the body and stimulates the motor nerves that contracts muscles. The use of Guardian Way® protocol can re-educate muscles, prevent muscle disuse atrophy, strengthen weak swallowing muscles, reduce the occurrence of aspiration and increase the speed of swallowing.



Guardian Way®的設備有主機ASPIRE²、電線及電極，非常輕巧！

Guardian Way® includes a small portable device called ASPIRE², an electrical wire and pairs of electrodes.

There are 3 main functions of Guardian Way® device :

1.Surface Electromyography Measurement (sEMG)

Speech therapists determine the muscle functions via measurement of the electrical potentials from the underlying musculature during swallow. The electromyograms could provide objective numerical data to measure the baseline as well as the results of intervention.

2.Neuromuscular Electrical Stimulation (NMES)

ASPIRE² generates electrical impulses to stimulate the nervous system and muscle contraction. Speech therapists adjust the electrical current according to individual swallowing ability and assessment results. By strengthening the pharyngeal muscles via painless electrical stimulation, the swallowing ability and safety are therefore improved.

3.EMG Triggered Stimulation (ETS)

Some students have weaker pharyngeal muscles and hence are unable to swallow successfully and safely. By using the EMG triggered stimulation, the device can provide additional electrical impulses to assist the students during swallow.

Last but not least, ASPIRE² can connect to a Guardian Way® App on iPad via bluetooth. The App can provide a number of games to students as biofeedback. Thus, students are able to enjoy playing games while training their swallowing functions.

Apart from Guardian Way®, speech therapists provide various treatment techniques to students diagnosed with dysphagia, such as oral-motor exercises, myofascial release and mastication exercises, in order to strengthen their swallowing ability and safety.

Joshua Lau is one of the students who are receiving NMES. Gastrostomy has been done since he was two. 'I was very anxious about Joshua's response at first,' Joshua's mother shared, 'But it turns out that he doesn't struggle at all and is very cooperative. His drooling situation is less severe after six-month treatment. Now that he has better swallowing ability. He is also able to swallow thickened liquid and choking is less frequent when fed by speech therapists.'



學生在接受無痛的神經肌肉電刺激

Student receiving NMES without feeling any pain or discomfort!



健基與母親

Joshua and mother

活動花絮 Activities in Snapshots



聖誕聯歡會 Christmas Party

今年特別邀請到從芬蘭遠渡而來的聖誕老人與學生一起過聖誕，為大家締造難忘體驗。

Santa Claus from Finland was specially invited to celebrate Christmas with our students. Together we had a wonderful party!



木球會聖誕派對 Mystical X'mas Party

同學及義工十分投入玩賽車遊戲，又與聖誕老人合照，盡慶而歸。

Students and volunteers played racing car electronic game and took photos with Santa Claus happily.



校內賣旗籌款 Indoor Flag Selling

學生協助 LEAP 賣旗籌款，同事慷慨解囊。Student sold flags on behalf of LEAP and received great support from staff.



義工到校活動 Volunteers at School



炮台山循道衛理學校義工送禮物給本校學童，樂也融融。

Our pupil gladly received a lovely gift from volunteer of Fortress Hill Methodist Secondary School.



德愛中學義生到場中央載歌載舞，吸引同學聞歌起舞。

Student volunteers from Tak Oi Secondary School sang and danced at the hall, attracting our student to dance with them.

特殊奧運會 Special Olympics



輕輕鬆鬆就跑到終點，還勇奪獎牌。Our students finished track events and got medals easily.

領袖生帶領同學抖擻精神列隊。Our student leader led his classmates to line up orderly for the event.



夜逛年宵市場 A Night Visit to Flower Market



宿生連同家人及義工，齊齊到觀塘年宵市場感受濃厚的節日氣氛。

Boarders visited Kwun Tong Flower Market with family and volunteers to enjoy the Lunar New Year festival.

郵局實地遊 Let's Go to Post Office



平等機會委員會的義工帶宿生到郵政局，購買郵票和寄信給同學。

Volunteers from The Equal Opportunities Commission took boarders to Post Office to buy stamps and post letters to classmates.



宿生生日會 Boarders' Birthday Party

Happy Birthday



以瑪女家舍季度生日會，品嘗美食和玩遊戲。
Ema House for girl boarding students held a quarterly birthday party with good food and fun games.



社區活動齊體驗 A Community Outing



靈實恩光成長中心學員乘搭港鐵，表現雀躍。
Student from Haven of Hope Sunnyside Enabling Centre took MTR joyfully.



學員與家人到青衣城午膳及遊覽。
Students and family had lunch and strolled at Maritime Square.



校園新動態 What's New in the Campus

夢飛行 Fly for Love

夢飛行由「IN義工團」舉辦，希望實現學生首次飛行的夢想，讓他們繼續在人生的旅途上追尋自己的夢想！

在2018年12月1日，「2018夢飛行」正式向台南啟航。我們的學生張綽盈、布佩璇及蔡嘉慧首嘗坐飛機的滋味，她們在飛機上精神奕奕，全程留意著身邊的事物。而在台南，節目也很豐富，包括吃台南風味自助餐、到旗津欣賞日落、參觀奇美博物館及動物園，而重頭戲便是到花園夜市，氣氛熱鬧。三天兩夜的圓夢之旅在一片歡樂聲中順利完成！

Organized by Invision Group, Fly for Love program helps make the flying dream of students come true. They are encouraged to further pursue their dreams in life.

On 1 December 2018, Fly for Love 2018 flew to Tainan. Our students Cheung Cheuk Ying, Po Pui Shuen and Tsoi Ka Wai experienced their first trip by plane energetically. At Tainan, they enjoyed local buffet, sunset scenery, museum and zoo visit. They also went to night market for a taste of the hustle and bustle. The 3-day trip was ended in gaiety.



佩璇與母親在奇美博物館留影
Pui Shuen and mother at museum



綽盈和媽媽在動物園
Cheuk Ying visited a zoo with mother.



嘉慧在晚會表演打鼓
Ka Wai played drum at night.

蜆殼/港島青商展能學童獎學金

Shell/Island JC Scholarship for the Disabled

第37屆「蜆殼/港島青商展能學童獎學金」由香港蜆殼有限公司、港島青年商會、教育局、香港特殊學校議會及社會福利署合辦，以表揚能夠克服學習困難，並有出色表現的特殊教育需要學生。我校學生林文駿、盧展豪、洪偉桁喜獲最佳進步獎，獲頒獎學金、嘉許狀及獎座，獎勵他們在學習或個人成長方面有顯著進步。

The 37th Shell/Island JC Scholarship for the Disabled was jointly organised by Shell Hong Kong Limited, Junior Chamber International Island, Education Bureau, Hong Kong Special Schools Council and Social Welfare Department, with the objective of rewarding students with special education needs who had strived to overcome learning hardship and made remarkable achievements. Our students Lam Man Chun, Lo Chin Ho and Hung Wai Haang were given The Best Progress Award, awarded with scholarship, certificate and trophy.



啟發潛能教育傑出優秀學生

Outstanding Student of Invitational Education (IE)

在國際啟發潛能教育聯盟主辦的傑出優秀學生選舉中，學生盧展豪憑著突出表現獲老師推薦參賽，榮獲優異獎及嘉許狀。

Student Lo Chin Ho was awarded as The Outstanding Student of IE organized by International Alliance for Invitational Education. Due to his remarkable performance, Chin Ho was given Merit Award and certificate.



「親親孩子·親親我」家長工作坊

Parents Workshop on "Kissing My Kid, Kissing Me"



由學校社工和教育心理學家主持的「親親孩子·親親我」家長工作坊，與家長探討如何與子女互動，促進親子關係。一共四節的工作坊，吸引了18位家長參加。大家投入參與，透過觀看短片及分享經驗，互相支持鼓勵，並學習到與子女互動、溝通及幫助孩子的方法。

Hosted by school social workers and educational psychologist, a 4-session workshop on "Kissing My Kid, Kissing Me" was held. 18 parents participated and highly involved in sharing and watching short films. They learnt how to interact, communicate and help their kids.

2018-19家職會成員

Committee Members of PSA 2018-19

2018-19年度家職會眾家長幹事及教職員幹事已順利誕生，分別負責統籌、秘書、司庫、文教、康樂、聯絡、總務等職務，家校攜手合作，促進家長與學校之溝通聯繫。

Committee members of parents and staff of Parent Staff Association (PSA) 2018-19 were successfully elected to help in different aspects like coordination, administration, finance, education, entertainment, liaison and general support, with the aim of enhancing communication, cooperation and linkage among parents and school.

(前排右起：余淑慈副主席(黃心怡母親)、李慧敏主席(陳浚璋母親)、蔡奕玲校長、何淑嫻社工、黎淑梅女士(羅子迅母親)、譚嬌愉女士(洪健鵬母親))

(後排右起：湯錦業主任、潘錦華宿舍導師主管、鍾啟賢物理治療師主管、謝寶兒言語治療師主管、陳世文主任、盧翠薇女士(宗繆頤母親)、黃慧萍社工、劉子清(劉天蔭父親)、雷惠民(雷梓昇父親)、甘志梅女士(楊竣皓母親)、黎沛薇女士(曾朗晞母親))

(from the right at front row: Ms. Yu Shuci, vice-chairlady and mother of Wong Sum Yi; Ms. Alicia Li, chairlady and mother of Julius Chan; Principal Cosette Choi; Ms. Lilian Ho, social worker; Ms. Lai Shuk Mei, mother of Law Tse Shun and Ms. Tam Kiu Yu, mother of Hong Jianpeng)

(from the right at second row: Mr. Tom Kam Yip, Senior Teacher; Mr. Wallace Poon, Houseparent-in-charge; Mr. Kenny Chung, head of Physiotherapy Dept; Ms. Judy Tse, head of Speech Therapy Dept; Mr. Chan Sai Man, Senior Teacher; Ms. Lo Chui Mei, mother of Chung Miu Yee; Ms. Wong Yee Ping, social worker; Mr. Lau Tze Ching, father of Summer Lau; Mr. Lui Wai Man, father of Lui Tsz Sing; Ms. Kam Chi Mei, mother of Yeung Chun Ho and Ms. Renee Lai, mother of Tsang Long Hei)



奈利小組活動

Immanuel House Activities

宿舍奈利家舍小組活動多元化，計有感覺統合房自選活動空間、家務組、體能組、展藝組，按家舍組員的喜好安排。另外，還會定期舉行宿生會，最近一次討論的內容是1月份的生日會選取甚麼款式的蛋糕。

Immanuel House of boarders enjoys diversified activities like free time at Sensory Integration Room, housework group, physical education (PE) group and art group. They also hold regular boarders' meeting while the recent discussion was on selecting birthday cake at January's party.



體能組：軟地拋球運動
PE group: ball game at playground



投票選舉喜愛生日蛋糕
voting on favorite birthday cake

福音小聚

Evangelistic Gatherings

由2018年11月開始，西區福音堂的義工每天早上會到訪成長中心，與學員分享詩歌、帶領早禱，並為學員安排每週一次的「福音小聚」。期望透過恆常的分享和祈禱，向學員分享福音，建立信仰價值觀及提供靈育培養。此外，成長中心亦會為學員安排每月一次的宗教活動，去感受神的恩典。

Starting from November 2018, volunteer from Western District Evangelical Church (WDEC) visits students of Haven of Hope Sunnyside Enabling Centre every morning. She sings hymns and prays with students and arranges weekly evangelistic gatherings to nurture their spiritual growth. The Centre also holds monthly religious activity for students to receive God's grace.



西區福音堂義工帶領敬拜活動
Volunteers of WDEC came to worship with students.

義工每天為成長中心主持早禱時間，讓學員以神的話語開始每一天的學習。

Volunteer prays with students every morning to start lessons with God's words.



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

Anonymous (無名氏)

Chan Doris

Cheung Man Tat & Wong Wai Yan

Chiu Wing Yan

Ho Fat Kui, Patrick (何發鉅)

Kwan Chi King

Lee Yuet Ngor

Leung Chun Wai (梁鎮偉)

Leung Kun Hang

Liu Wai Lin

Lui Kin Chung (呂健忠)

Lui Sau Ching

Ng Wai Chun (伍惠珍)

Tang Wai Kuen (鄧惠娟)

Tin Kam Wing (田錦榮)

Wong Wing Chee

Wong Wing Chung

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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。

港幣/HK\$: _____

中文姓名: _____ *先生/小姐/太太

地址/Address: _____

**請刪去不適用者*

請將劃線支票（祈付“基督教靈實協會”）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。

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。

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

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

電話/Telephone: _____

**Please delete whenever appropriate*

Please send crossed cheque made payable to "Haven of Hope Christian Service" 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.

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.

徵求義工 Interested to be volunteer?

你有否想過善用餘閑，做些有意義的工作呢？靈實恩光學校誠邀十八歲以上有興趣人士參與，本校會提供所需之義工培訓。可致電2703 1722或電郵 sunnyteer@gmail.com與梁艷芳小姐聯絡。

Would you like to spend your spare time meaningfully? Haven of Hope Sunnyside School is now recruiting volunteers. Any interested persons who are 18 years old or above could call Miss Eva Leung at 2703 1722 or send email to sunnyteer@gmail.com. Training will be arranged.

姓名: _____
Name _____

日間聯絡電話: _____
Daytime tel. no. _____

擬參與的工作 Interested work: _____

- ☐ 學校時段的活動 (9am-3:30pm) Activities held during school time (9am-3:30pm)
- ☐ 宿舍時段的活動 (4pm-8:30pm) Activities held during boarding period (4pm-8:30pm)
- ☐ 外出大型活動 (outdoor activities in large scale)
- ☐ 雜務 (如摺疊衣服、製作教具等) Miscellaneous (e.g. folding up clothes, making teaching kits etc.)
- ☐ 其他，請列出: _____
Others, please list