



## 校長的話

蔡奕玲校長

曾幾何時，我們的學生看牙醫檢查口腔及脫掉爛牙是項極艱巨、近乎不可能的任務。試想想，要一位嚴重智障的孩子躺在一陌生、冰冷的環境，張開口讓一陌生人以利器在嘴裡又鑽又探，既恐懼、又疼痛，孩子怎會不掙扎反抗呢？若孩子牙患嚴重，只可在全身麻醉下處理牙患。

感謝香港聖約翰救護機構的牙科醫生及護士，透過資助計劃為靈實恩光學校的學生提供了三年到校服務。由於反應極為理想，三年過後，家長異口同聲希望子女可繼續享有牙科檢查及治療服務，故我們與牙科醫生和護士等商討，獲得他們支持，組成「菲臘牙科義診團隊」，由許國權醫生帶領，出錢出力，每年兩次為學生進行義診，更邀得消防員和家長義工協助扶抱學生，讓學生可以在熟悉的環境下檢查牙齒。

在一次牙齒檢查後，一位家長告訴我，其兒子早年飽受蛀牙之苦，參加了牙科檢查計劃之後，又養成早晚刷牙的習慣，現時牙齒不用再修補，可盡情享受美食。本人謹藉此機會，衷心感謝許醫生及菲臘牙科義診團隊的愛心付出，並消防員和家長義工的熱心支援呢！



謝謝消防員義工！  
fireman volunteers, thank you!



向菲臘牙科義診團隊致意！  
salute to Prince Philip Dental Volunteer Team!

## Words from the Principal

Ms. Choi Yik Ling, Principal

Once, it's a mission impossible for our students to have dental check-up and extraction. Imagine when a severe intellectual disabled child lying on a strange and cold bed, a stranger drills his/her mouth with sharp equipment. Can the child not be scared and painful? How can he/she not struggle to be freed? Thus, if the child gets serious toothache, he/she needs to be treated under general anaesthesia.

Sincere gratitude goes to dentists and nurses of Hong Kong St. John Ambulance who offered three-year on-site dental service with funding support to students of Haven of Hope Sunnyside School. Parents' response is so favourable that they want to continue the on-site service. We consult the dental team who is most willing to form a Prince Philip Dental Volunteer Team. Led by Dr. Hui Kwok Kuen, the Team delivers free dental service to our students twice a year with monetary and professional support. Fireman and parent volunteers also help to transfer students who can enjoy dental check-up at a familiar environment.

Following a dental check-up, a parent shared with me that her son was suffered from toothache for a long time. After he joins the service and habitually brushes his teeth twice a day, he can enjoy food with healthy teeth. I would like to take this opportunity to thank Dr. Hui and the Team for their kind support as well as fireman and parent volunteers for their warm assistance!



# 科研：Empatica E4 手帶與感覺統合訓練

靈實恩光學校的職業治療部於上學年引進 Empatica E4 手帶，當學生戴上後，治療師便能監察他的生理指數水平，包括膚電活動 (Electrodermal Activity: EDA) 的水平。有研究指出，EDA水平與感覺統合訓練的感覺處理過程有關連，因為學生的EDA水平能反映其情緒反應及覺醒程度。

職業治療師於感覺統合訓練中，透過對比E4手帶提供的EDA水平數據以及學生訓練目標的進度，了解學生的EDA水平與治療成效的關係。治療師希望透過研究，日後進一步應用E4手帶於感覺統合訓練。

治療師以學生課堂之EDA水平數據及影片作進一步分析，發現有75%參與研究的學生在感覺統合的課節中，EDA水平隨著治療活動的變化，他們的感覺統合治療表現亦有相應的進步或變化，包括：專注能力、本體覺註冊敏感度、觸覺敏感度等。可見學生EDA水平和治療成效有相當大關係。

## 家長讚賞

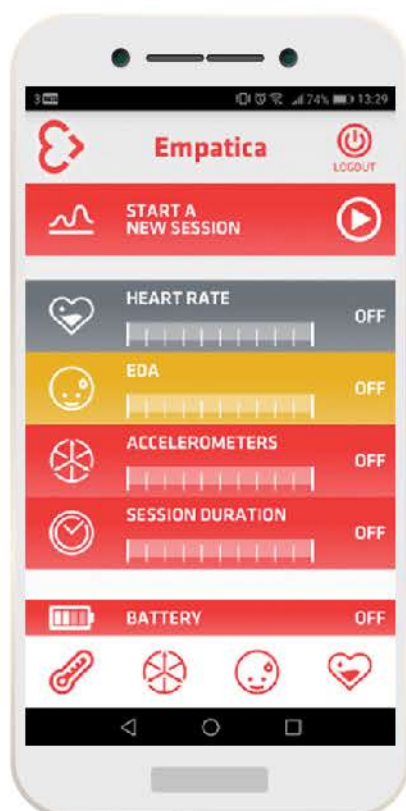
不少學生在接受感覺統合訓練後，感覺和專注的表現都明顯見效。有家長目睹當中進程大感欣喜。

翹翹媽媽表示：「經過感覺統合訓練後，我覺得翹翹於進食方面有顯著的進步。翹翹以往比較抗拒進食，經常揮動雙手，搖擺頭部。他難以進食之餘，更很容易打翻食物。所以我們需迫不得已地把翹翹的雙手固定。但現在翹翹於進食時，能自行安坐，一口一口地進食，不需要再固定雙手，進步很大呢。」

此外，翹翹以往面部非常敏感，成人觸摸他的面時，他會表現抗拒。而現在翹翹較能接受成人的觸碰，表現理想。現時翹翹刷牙仍有困難，盼望持續的感覺統合訓練能夠進一步幫助他改善刷牙的敏感反應。」

## 總結

EDA水平數據有助治療師更清楚地向持份者解釋感覺統合訓練與學生行為變化的關係。然而，在恩光學校，運用EDA水平去評估或設計感覺統合訓練成效，仍在起步階段。但從學生搜集的數據中顯示了EDA水平及治療活動的關係，讓治療師可再作進深研究及參考。



手機程式能即時顯示數據。  
Apps instantly shows the figures.



訓練時，學生戴上 Empatica E4 手帶收集數據。  
Student wears Empatica E4 wristband for data collection during training.



# Research on E4 wristband & Sensory Integration Training

The Occupational Therapy Department of Haven of Hope Sunnyside School introduced the use of Empatica E4 wristband last school year. When a student wears the wristband, his physiological index including Electrodermal Activity (EDA) index can be measured. Some research studies pointed out the relationship between EDA index and sensory processing of sensory integration training, because EDA reflects the response of emotional stimulation and arousal level.

Occupational therapists compared the EDA index obtained by E4 wristband and the progress of sensory integration training of students to study the relationship between the index and therapeutic results. It is hoped that the research can help therapists to further apply the use of E4 wristband in sensory integration training.

Therapists analysed students' EDA index and videos taken during lessons and found that 75% of students participated in the research displayed positive or correlated relationship between EDA index and behavioural change in sensory integration treatment, including concentration level, sensitivity of proprioceptive and tactile sense etc.

## Parent's Appreciation

Many students show significant improvement in sensation and concentration level after receiving sensory integration training. Some parents are grateful for the progress.

Mother of Kiu Kiu said, "I notice that Kiu Kiu can eat much better after treated by sensory integration. Before, Kiu Kiu always refused to eat by waving his hands and head and spilt over food easily. We were forced to restrain his hands. Now he can sit comfortably and eat in mouthfuls, no restraint, and great improvement.

Moreover, Kiu Kiu was very sensitive when people touched his face. These days, he can take in people's touch more. Although Kiu Kiu still has difficulty to brush teeth, I hope continuous sensory integration training can reduce his sensitivity in brushing teeth."

## Summary

Therapists employ EDA index to help explain to stakeholders the relationship between sensory integration training and behavioural change of students. Yet, the use of EDA index in evaluation and design of sensory integration training is still at preliminary stage at Sunnyside School. Nevertheless, the data collected from students show the relation of EDA index and sensory integration treatment, facilitating therapists to further study in this area.

Time: 14:54:41  
EDA Level: 0.20  
Activity and performance:  
Student lie under ball blanket, calm



收集課堂數據後，作分析及比較。

The data obtained at the training was used for analysis and comparison.



治療課前，有觸覺敏感(防禦)的翹翹對放於頭上的毛巾有較大抗拒反應。

Before the training, Kiu Kiu with tactile sensitivity (defensiveness) showed greater resistance to a cloth covering his forehead.



治療課後，翹翹的EDA水平提升，並表現平靜。

After the lesson, his EDA index increased and he calmed down.



# 活動花絮 Activities in Snapshots

## 親子師生競技同樂日

## Parents, Students & Teachers Activity Day



當天近300名學生、家長及同事  
一起參與、打氣。

Over 300 students, parents and staff  
joined and cheered for the event.

經過激烈的比拼後，最終由藍社奪得全場總冠軍，  
並獲小黃人到場助陣呢。

After keen competition, Blue House won as the overall champion  
with the support of Minion.



## 騎術體驗日 Riding Day



學生由騎術學校義工陪同策騎，  
享受騎馬樂趣。

Accompanied by volunteers of riding school,  
students enjoyed the horse ride.



## 勞動日留校活動 Labour Day Programmes



上午 - 迦密主恩中學的學生與宿生參與攤位遊戲。

In the morning, volunteers from Carmel Divine Grace Foundation  
Secondary School came to play booth games with boarders.

下午 - 恒益物業管理有限公司的義工帶領宿生參觀海事博物館，學習使用博物館設施。

In the afternoon, volunteers from Hang Yick Properties Management Ltd. took boarding students to visit  
Hong Kong Maritime Museum and learn to use the facilities there.



## 家職會活動 Parents Staff Association Outing



超過120位學生及家長參加親子一日遊，到天水圍及酒店吃自助餐。

Over 120 students and parents went to Tin Shui Wai for day trip and enjoyed lunch buffet in hotel.

## 瞬足愛心義工服務日 Syunsoku Volunteers Day



日本瞬足公司安排職員到校為學生量度腳型及尺碼，並會送出一雙球鞋給學生作禮物。

Syunsoku, a Japanese company selling kids sports shoes came to Sunnyside School to measure the foot size of students and will give a pair of sports shoes to every student as gift.



## 生活教育車 LEAP's mobile classroom

學生上流動課室，與導師及同學互動，寓學習於遊戲。

Students learnt through playing and interaction with teachers and classmates.



## 乘風航 Adventure-Ship



在喇沙書院學生義工陪伴下，學生勇敢地出海遨遊！  
Accompanied by volunteers of La Salle College, students experienced nautical adventure!





# 校園新動態 What's New in the Campus



## 身心健康發展委員會

本年度，身心健康發展委員會在校內推廣了多款健康餐，如：自家製香草包、自家種植香草焗雞扒意粉、健康版蘿蔔糕、黃薑飯等等 … 讓同學可以更健康有營地享受美食。委員會同時亦推介了「小食紅黃綠」應用程式，讓大家更清晰分辨和選擇健康小食。藉此機會衷心感謝家長們的熱烈支持和回應！

## Health & Wellness Committee

This year, Health & Wellness Committee promoted lots of healthy meals for students to enjoy in the school, including home-made herb bread, baked chicken spaghetti with home-grown herbs, turnip cake in healthy style, rice with turmeric etc.. The committee also recommended parents to use "Snack Check" mobile application to choose healthy snacks, and would like to thank parents for their support and response!



自家製香草包配黑醋  
home-made herb bread  
with balsamic vinegar



學生享受美食  
Student savours good food.

## 聯校演藝交流

第十二屆聯校演藝交流活動已於5月16日完滿結束。今屆我校憑着「方舟別傳」一劇，獲得最佳編導獎(金獎)和最具創意演譯獎(銀獎)，謝天佑同學成為我校的最佳演員。劇作能取得如此佳績，全賴同學的全情投入，同學們踏上舞台表現專注，縱使面對眾多的觀眾也不懼怕，努力完成角色所需的動作。並感謝各家長和同事的協助，讓演出更加順利。

## Joint School Performing Arts Exchange

The 12th Joint School Performing Arts Exchange was held successfully on 16 May, during which our students presented the drama, Prelude to Noah's Ark. The drama was so well received that we won The Best Director (Gold), The Most Creative Presentation (Silver) and The Best Actor awards. Credit goes to students who performed wholeheartedly and fearlessly. Gratitude also goes to parents and staff members for their assistance.



方舟別傳獲得最佳編導獎(金獎)  
Prelude to Noah's Ark won The Best  
Director (Gold Award).



同學努力演出，表現投入。  
Students engaged in their roles.



學生運用「真空吸塑」機  
創作不同形狀的模具。  
Student made different moulds  
using vacuum forming machine.



學生將巧克力醬舀入自己創作  
的模具中，製作巧克力。  
Student put chocolate syrup in her  
mould to make chocolate.

## 融通科技嘉年華

融通課程計劃於五月九日首次舉辦融通科技嘉年華，假天水圍道慈佛社楊日霖紀念學校舉行，計劃內的輕、中、嚴重智障學校皆有代表參與，路德會啟聾學校學生亦到場參觀。嘉年華會讓智障學生接觸不同類型的科技器材，透過多元化的活動，使學生體驗科技與生活的應用，提升對科技與生活的理解。

## Joint School Technology Exhibition

On 9 May, the SAME project held the 1st Joint School Technology Exhibition at Buddhist To Chi Fat She Yeung Yat Lam Memorial School. Participated by schools serving students of mild, moderate and severe intellectual disabilities, the exhibition was also visited by students of Lutheran School for the Deaf. The carnival let intellectually disabled students experience how technology applied in daily life through various activities.



學生體驗自己身處萬丈高樓的  
虛擬實境中，小心翼翼向前行。  
Student experienced walking cautiously  
at skyscraper through virtual reality  
technology.



## 專業交流 Professional Exchange

## 香港紅十字會 Hong Kong Red Cross



三十多位來自香港紅十字會特殊教育及復康部的教職員，包括醫院學校、雅麗珊郡主學校、甘迺迪中心及瑪嘉烈戴麟趾學校的校長、副校長、老師、治療師等，於6月12日到校參觀，了解本校如何在課堂上應用資訊科技授課，並治療師提供的治療服務，相互交流。

Over thirty principals, teachers, therapists from Hong Kong Red Cross Special Education and Rehabilitation Service including Hospital Schools, Princess Alexandra School, John F. Kennedy Centre and Margaret Trench School visited Sunnyside School on 12 June. They understood how information technology was applied in teaching and the delivery of therapeutic service by therapists.

## 聖雅各福群會 St. James Settlement

聖雅各福群會新近在將軍澳安達邨設立了三間復康服務單位：忻明居、悅明居及忻悅綜合職業服務中心，管理層到校參觀，了解特殊學校及成長中心的運作，為日後合作打好基礎。

St. James Settlement has newly set up three rehabilitation service units at On Tat Estate, Tseung Kwan O, including Blissful Residence, Cheerful Residence and Delightful Integrated Vocational Rehabilitation Services Centre. Their management staff visited Sunnyside School and Sunnyside Enabling Centre to get to know about the service, paving the way for future collaboration.



## 中國神學研究院 China Graduate School of Theology

中國神學研究院學生由實踐科助理教授關韻韶女士帶領，到本校進行實習，除認識無障礙敬拜活動外，更與學生及家人互動、對談，體驗「相向共融」的障礙及可能性，分享另類服侍的感受。

Led by Ms. Wance Kwan, Assistant Professor (Practical Studies), students of China Graduate School of Theology conducted a placement day at Sunnyside School to learn about No Barrier Worship and interact with students and parents. They explored the hindrance and possibility of interaction with people of intellectual disability, and shared after serving in this alternative way.



## 靈實恩光成長中心

為了培養學員對音樂的興趣，以及透過音樂放鬆心情，本中心非常榮幸邀請到青草音符義工來探訪學員。義工演唱首首名曲，和學員分享音樂的樂趣。學員一邊欣賞，一邊拿著小樂器跟著音樂的節拍，一同奏出溫馨樂章，共渡美好時光。

義工歌手Wilson哥哥與家長和學員一同表演，場面溫馨。

Wilson, volunteer singer performed with student and his parent.



## Haven of Hope Sunnyside Enabling Centre

To develop students' interest and relaxation in music, Sunnyside Enabling Centre invited volunteers from Green Grass Notes to sing for our students. Students enjoyed their songs and played musical instruments. Together they savoured a beautiful moment.



感謝青草音符義工的演奏和預備！  
Thanks to Green Grass Notes for their performance and preparation!



# 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)

Cheng Sau King

Cheung Man Tat & Wong Wai Yan

Chiu Wing Yan

Kwan Chi King

Lai Yin Kwan

Lee Kin (李健)

Leung Edward

Li Pui Wai Crystal (李沛慧)

Liu Wai Lin

Lo Chun Hung, Gregory (盧振雄)

Lui Sau Ching

Ng Wai Chun (伍惠珍)

Tang Wai Kuen (鄧惠娟)

Wong Wing Chee

Yau Kit Yu

Profits Consultant Company

## 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" 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