



# 恩光通訊

## 校長的話

蔡奕玲校長

Words from the Principal Ms. Choi Yik Ling, Principal

農曆新年前，新型冠狀病毒來勢洶洶，防疫物資甚至日用品也短缺，人與人保持社交距離，生活亦必須改變：口罩常掛在面上，洗手、洗手再洗手。在種種的挑戰中，更見上帝的恩典和供應超過人所想所求。

感謝神！有不同的機構及善心人士關心學生、家長及學校的需要，紛紛捐來口罩、酒精搓手液等防疫物資。當我們的家長收到口罩時，非常欣喜，表示這份禮物就像及時雨一般；家長之間亦互相支援，有家長更願意分享家中的卷裝廁紙，以助他人燃眉之急。這份愛與付出在恩光的家長、校園和社區中流動著。

因著疫情，二月份恩光與西區福音堂合辦的無障礙敬拜聚會改以網上首播的形式進行，雖然我們身處不同地方，但仍能經歷隔空的同在，實踐「無障礙」的敬拜。今次的主題是「風雨中的平安」，藉著主耶穌平靜風和浪的事蹟，願大家在疫情中經歷從神而來出人意外的平安。

「你出你入，耶和華要保護你，從今時直到永遠！」詩篇121:8

Before the Chinese Lunar New Year, the encroachment of Coronavirus disease (COVID-19) was so threatening that epidemic prevention supplies and even daily commodities were in shortage. People are told to practice social distancing. Our life is changed: we had to wear mask and wash hands again and again at all times. In midst of all challenges, the Lord's grace and provisions are more than our requests and expectation.

Thanks be to God! Some organizations and donors so care for the needs of our students, their parents and Sunnyside School that epidemic prevention supplies like masks and hand sanitizers are given to us from different sources. When our students' parents received those masks, they were very grateful for the timely gifts. Parents support each other too. Some are willing to share toilet rolls with others. Love and giving are witnessed among our parents, the School and the community.

Because of COVID-19, the No Barrier Worship jointly organized by Sunnyside School and Western District Evangelical Church uploaded a debut online worship in February. Although we were in different locations, we could still experience the presence of each other without any barrier. The theme, Peace in the centre of Strong Wind and Heavy Rain, presented the miracle performed by Jesus Christ. It is hoped that every one of us could experience the peace of God which surpasses all understanding during the epidemic.

"the Lord will watch over your coming and going both now and forevermore." Psalm 121:8



喜樂地分配口罩  
packing the masks with joy

網上無障礙敬拜  
online No Barrier Worship



# 祝你身體健康！

「祝你身體健康！」：一句耳熟能詳的祝福語，大家亦樂見實現，因為「健康」為瑰寶，然而未必人人享有。

本校成立「身心健康發展委員會」，是認定學生健康的重要性，因為學生需要有健康的體魄，才可以穩步成長、勇於探索這世界、開心學習。為了提升學生的健康質素，委員會著力推廣校本「健康飲食」及「健康運動」的文化。

## 食得好，身體才會好

我們深信，讓學生養成良好的飲食習慣至為重要。本年度委員會仍繼續與膳食組及廚師，一起努力為學生創作更多的健康餐單。膳食組同事引進多種新食材，如秋葵、西檸汁、菠菜汁等，再由廚師以不同的烹調方式，煮成色、香、味俱全的新菜式。食物有營養之餘，學生更是享受和樂於進食。

色、香、味俱全的中秋節餐  
Mouth-watering mid-autumn festival cuisine



## 多運動，身心都健康

對很多人來說，做運動是件苦差，如何令我們的學生開開心心地養成做運動的習慣呢？委員會推動「由生活流程做起」一系列新引入的活動，包括：聽歌做早操、小息時間「課間操」、午息時間悠閒玩樂、放學後按學生的興趣安排體能活動，刻意為學生營造愉快和輕鬆的運動環境，讓學生主動參與，樂在其中，慢慢建立做運動的良好習慣。

午間悠閒活動  
Leisure activity during lunch time



## 好好發揮我的潛能

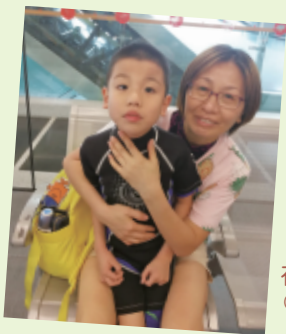
我們相信每位學生都有自己的潛能，只待同工及家長慢慢去發掘，再努力栽培，讓學生如星星般閃亮發光。本年度聯課活動的「體藝組」，專為在運動方面有潛能的學生提供更多的機會，包括：聘請游泳教練教授學游泳、行山、跑步等，期望培養學生的運動興趣。

為期4堂的游泳訓練班  
4-session swimming lesson



起初，楊再興媽媽不讓兒子參加游泳訓練班，因為擔心好動的再興在水中難以照顧。後來知道有教職員和游泳教練幫忙，便放手讓再興嘗試。參加後，她目睹再興由表現緊張，顫抖地抱著媽媽，之後慢慢適應，可以自己拍水，更面露笑容！現時，再興媽媽還想請教練私人為再興授課呢，她說：「想再興更健康，另外對教練有信心，知道他是專門教有特殊需要的學生，很有愛心的。」她亦希望活躍的再興可以多參加戶外活動。

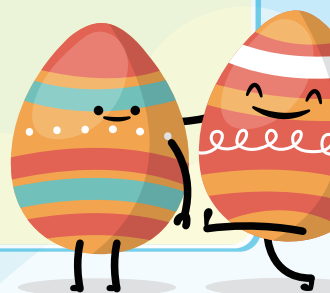
在興與媽媽一起上游泳班  
CH and mother at the swimming lesson



## 「你是我的驕傲！」

本年，恩光學校首次參加「奔向共融馬拉松」的3公里賽事，參與的學生訓練有素，以無比的毅力完成賽事。縱使面對挑戰，他們仍能堅持到底，值得家長及同工的嘉許：「你是我的驕傲！」

家長陪伴子女一起完成賽事！  
Parent accompanying her son till the end!





# Wishing You Good Health!

"Wishing you good health" is a well known wish that we all want to achieve. Being healthy is priceless, though not all of us are able to enjoy.

In view of the importance for students to lead a healthy life, explore the world bravely and learn happily, Sunnyside School set up "Healthy Life Development Committee" to enhance the culture of healthy eating and exercises in the campus.

## Healthy Eating

We firmly believe the utmost importance of building healthy eating habits for students. This year, the committee continues to work with School Meals Team and cooks for creating more healthy menu. The team members introduce new ingredients like okra, lemon sauce and spinach sauce to the cooks who use different cooking methods to prepare delicious and attractive dishes. The food is not just nutritious but also well received by students.



放學後戶外活動  
Outdoor activity after school

## Healthy Exercises

Many people treat exercising as a hard job. How to develop healthy exercise habits for students with fun? The committee newly launches a series of activities for students including exercises held in the morning and during recess, leisure moment at lunch break and physical activities after school. We intentionally set up a happy and relaxing environment for students to exercise proactively and build healthy exercise habits gradually.

## Unleash My Potential

Every student has his/her potential, waiting for discovery and nurture by our staff and his/her parents to make him/her shine. This year, the Sports Team offers many activities for students with sporting talent, like hiking, jogging, hiring coach to teach students swimming etc. to develop their interest in exercises.

At first, mother of Yeung Choi Hing (CH) didn't allow her son to join swimming lessons as she's afraid the active CH would be difficult to take care of in the pool. When she knew Sunnyside staff and coach would help, she let CH have a trial. At the beginning, CH was so nervous to cling to his mother tightly. Later he was relieved and played with water happily. Now, his mother would like to invite the coach to teach CH privately. She said, "I hope CH could be even healthier. I trust the coach who is nice and expert in teaching children with special needs." She also hopes the extrovert CH can join more outdoor activities as well.

到運動場跑步

Jogging at sports ground



## "I'm so Proud of You!"

Sunnyside School joined the 3-mile i-Run for the first year. All participants finished the event with perseverance in midst of challenges. The students were worth deserving compliments from their parents and Sunnyside staff, "I'm so proud of you."



大家拿著獎牌合照。  
All participants with their medal



# 活動花絮 Activities in Snapshots

## 夢飛行實現飛行夢

"Fly for Love" and Love to Fly

學生首次乘搭飛機，與家長一同前往台南。  
Accompanied by parent, the student took his first flight to Tainan.



到井仔腳鹽田參觀。  
Visiting Jing Zai Jiao Salt Fields.



## 歡送陳翠欣同學

Farewell Chan Chui Yan



翠欣同學畢業喇！祝願她儘快適應新院舍環境，生活開心！  
Chui Yan will graduate soon. Hope she will enjoy living in the new Home!

## 新春活動

On Lunar New Year



「新春說聲好！」合起雙手拜年互相祝福。  
"Happy Lunar New Year!" we folded our hands and blessed each other.

合力泡製水果奶昔，好好味哦！  
We make fruit shake together, very tasty indeed!



## 小組活動

Group Activity



恩光之友會在國泰城舉辦聖誕籌款晚會，本校獲邀參與，樂也融融！  
The Sunnyside Club held a fundraising show at Cathay City last X'mas.  
We joined them with fun.



## 聖誕樂韻悠揚黃昏聚

A Melodious Evening Show in X'mas

牧師及朋友透過遊戲、詩歌和短講，宣講福音。  
Pastor and his friends preached gospel through games, hymns and sermon.



## 聖誕聯歡會

Christmas Party



聖誕老人為學生送出禮物，帶來歡樂。  
Santa Claus brought not just gift but joy to student.

## 靈寶恩光成長中心

Haven of Hope Sunnyside Enabling Centre



### 「奔向共融」- 香港特殊馬拉松

iRun - Hong Kong Special Marathon

各健兒在家長和導師的陪同及鼓勵下，完成3km賽道的挑戰，穿越隧道、上下斜路，展現潛能。

Accompanied and encouraged by parents and teachers, all participants completed the 3km challenge run by passing through tunnel and striding over slopes.



### Smart Kids活動

On Smart Kids Program

齊往年宵市場買年花  
Shopping at the Flower Market



享用豐富的午餐  
Enjoying a hearty lunch

# 校園新動態

## What's New in the Campus

### 抗疫更抗鬱 停課不停學

### Together we fight the virus and low spirits Suspending classes without suspending learning

自二月初因「2019冠狀病毒病」肆虐而開始停課以來，校方透過不同渠道向家長及學生提供實體或線上的在家學習資訊。透過融通課程計劃學生平台，定期每週上載與學科、聖經學習活動、各治療部家長教育、護理資訊等，讓家長和學生瀏覽及隨時重溫。老師準備了適合學生的實體教材，各治療部亦積極跟進學生的訓練器材維修和改裝，務求讓學生能在家中作恆常學習和訓練。

Upon the class suspension due to outbreak of COVID-19 in early February, Sunnyside School uses various means to offer parents and students home learning materials either in hardcopy or online platform. Through weekly upload to [www.seltasedu.com](http://www.seltasedu.com), different subjects, bible learning, tips from therapists and nurses could be browsed and revisited. Teachers prepare teaching kits while therapists help fix and refit training equipment for students.



#### 齊心抗疫

#### Prevention & Control Measures

停課期間，校舍仍保持開放。學校亦加強預防感染措施，有需要回校的學生亦需做足安全措施，走讀生和宿生由不同教職員照顧。此外，員工飯堂在餐檯中間設膠板，用膳位置保持社交距離，餐飲和愛心靚湯獨立包裝。

During class suspension, the School is kept open to serve students in need. Infection control measures are enhanced while students are taken care of with stringent scale. Boarders and day care students are attended by different staff. Tables and chairs of staff canteen are rearranged for social distance requirement. Cooks prepare daily palatable soup and individually packed meal for staff.

#### 抗疫小禮包

#### Motivation Packs

在疫情持續下，我們見證著各同工的用心工作！為了和同工打氣，學校特別送贈抗疫小禮包，內含消毒搓手液、潤手霜、潤唇膏等便攜物品。

To give thanks to all staff for their concerted work during the epidemic, the School gives motivation packs consisting of hand sanitizer, hand cream and lip balm to all staff.



#### 無障礙敬拜

#### No Barrier Worship



感謝神的大能和恩典，即使疫情的阻隔，亦無礙我們對主的敬拜，無障礙敬拜在2月23日首次打破地域的限制，以網上首播形式進行，主題為「風雨中的平安」。主題為「心靈抗疫」的無障礙敬拜則在3月29日推出。多謝各有份參與的同工和西區福音堂的弟兄姊妹，由物資預備、視像會議和實地拍攝，到後期影片剪輯製作，都用了很多心思和時間去預備。

在此也感謝家長的預備和參與，讓學生可以在螢光幕前好好感受，在疫情中得著從主而來的平安。祝大家身體健康，早日重返校園見面。

The epidemic cannot keep us from worshipping the Lord. No Barrier Worship was conducted online on 23 February and 29 March with the help of staff as well as brothers and sisters of Western District Evangelical Church. Sincere gratitude also goes to students' parents who enable their kids to enjoy worship and peace of mind from God. Wish every one of us good health and see you in the campus soon.



# 校園新設備 New facilities in the School



## 感官花園新置太陽傘 New Sunshades at Sensory Garden

感謝新鴻基地產的捐贈，讓感官花園添置了七把太陽傘。學生在花園玩樂時，可以避免陽光直接照射。

Thanks to the support of Sun Hung Kai Properties, seven sunshades were installed at Sensory Garden to shade students against the sun.



## 睡房新增空氣淨化機 Air purifiers at Hostel

宿生睡房獲贈四部空氣淨化機，為學生午睡或晚上就寢時，帶來更清新的空氣。

Boarders' sleeping rooms were given four air purifiers to bring in more fresh air for students in sleep.



## 新增浴室至睡房的天花吊機 New Ceiling Hoists Installed

感謝萬瑞庭基金，宿舍得以在走廊新安裝天花吊機，與睡房的天花吊機連接起來。讓宿生沐浴後，可由浴室一次過無縫銜接到睡床上，讓學生們享受更貼身的一條龍服務，亦加強同工的職安健。

With the generous support of the Van Zuiden Charity Trust, new ceiling hoists were installed at the corridor to connect with those in the sleeping rooms and bathrooms. After taking bath, boarder can be transferred from the bathroom to his bed in one go. The work safety and health of staff is also enhanced.



## 靈實恩光成長中心

## Haven of Hope Sunnyside Enabling Centre



因應疫情關係，中心服務亦告暫停，我們參考教育局呼籲「停學不停課」的原則，按著會員的能力和興趣，設計在家學習和訓練的安排。附圖便是其中一個練習，你們也來一起練習吧。

我們亦透過電話 / WhatsApp為會員定期送上關心和問候，遇上會員及其家人有需要時，更盡快作出支援。盼望「新冠病毒」早日消失，中心恢復運作，會員的笑面很快又再現。

The Centre is closed due to the epidemic. Referring to the principle of suspending classes without suspending learning, we tailor make home learning and training for our students. You may try one of their exercises here.

We call or WhatsApp our students regularly and offer on time support to those families in need. It is hoped that COVID-19 could die down soon, and our students can come back to study happily once again.

## 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 ....

Cheng Sau King  
Cheung Man Tat & Wong Wai Yan  
Chiu Wing Yan  
Kwan Chi King  
Lai Yin Kwan  
Leung Edward  
Liu Wai Lin

Lui Sau Ching  
Ng Wai Chun (伍惠珍)  
Tang Tin Lun  
Tang Wai Kuen (鄧惠娟)  
Yau Kit Yu  
Profits Consultant Company  
—葉台灣料理店

## 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 : \_\_\_\_\_ 日 間 聯 絡 電 話 : \_\_\_\_\_  
Name \_\_\_\_\_ 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