



恩光通訊

校長的話

Words from the Principal

蔡奕玲校長

Ms. Choi Yik Ling, Principal

在新冠肺炎的疫情下，學校復課日子一再延遲至6月15日。復課前，學校推行多項防疫措施，包括學生和家長健康申報、校車座位重新編排、流程更動、人流控制、保護裝備使用、防病毒塗層噴灑等，整裝待發，預備迎接學生回來。

疫情前，學生們配戴口罩十分困難，尤其是手部靈活的學生，不消一秒，面上的口罩已被扔至數呎外。但數月沒相見，喜見學生在疫情中的改變，不少學生能戴上口罩、面罩、防疫帽等，當中可見到家長花心思的教導，學生亦能超越自我，保護自己。

感謝天父的保護、學校同工上下一心、家長由衷的合作、學生在防疫上的轉變，以致各防疫措施成為我們的保障，共同面對世紀疫症帶給我們的挑戰和學習。

「耶和華本為善，在患難的日子為人的保障，並且認得那些投靠祂的人。」

(聖經那鴻書1:7)

Because of COVID-19, the school resumption has repeatedly been delayed until 15 June. The School carried out various epidemic prevention measures, including students and parents health declarations, school bus seats rearrangement, change of workflow, use of protective equipment and antimicrobial coating spray etc., and got ready to welcome students back.

Before the epidemic, it was very difficult for students to wear masks, especially for those with nimble fingers. The face mask could be thrown few feet away in milliseconds. Yet, after these months, I observe that many students can wear masks, face shields and epidemic prevention caps. Parents are thoughtful in teaching their children while students can transcend and protect themselves.

Thanks to the protection of Heavenly Father, the concerted efforts of all school colleagues, the heartfelt cooperation of parents, the transformation in epidemic prevention of students, as well as the various preventive measures! All merge and safeguard us to face the challenges and learn from the epidemic of the century.

"The Lord is good, a refuge in times of trouble. He cares for those who trust in him,"

(1:7 Nahum, the Bible)

學生在門口學習洗手，潔手才入校園。
Student learns how to wash and clean hands before entering the campus.

學生配戴口罩。
Student wears mask.





生涯規劃 活出真我

身體健康？開開心心？吃得鹹得？

人們視為福氣，對孩子來說尤其重要！然而，恩光學生的生活，是不是還可以更精彩呢？

本校成立生涯規劃發展委員會，為讓學生能①在學習的過程中作出明智的決定和選擇、②從不同學習階段順利過渡到成人生活、及③過有質素的生活。本年度委員會藉著不同的活動，例如多元化活動、職員培訓、咖啡教室實習及當值，增加同工對生涯規劃理念的認識，有助推行各項適切的計劃，從而更有效發揮學生的潛能，讓他們的生活更添色彩。



進行各項多元化活動：
提升興趣，展現潛能，發揮自我
*Conducting various diversified
activities: to enhance interest,
display potential and self
development*



表達藝術治療
Expressive Arts Therapy



宿舍遊戲治療
Play Therapy at Dormitory



共生舞
Symbiotic dance

能與爸爸一齊跳舞，真係好開心
I'm so happy to dance with dad.



歷奇
Adventure program

雖然我害怕，但也想作出挑戰
Although I'm scared, I want to take the challenge.

運動組
Sports Group



Hello
SUMMER

LIFE PLANNING-I DO

Stay healthy and happy? Eat and sleep well?

People regard them as blessings which value much to children. Yet, should the life of students at Sunnyside School be even more colorful?

Sunnyside School sets up the Life Planning Developmental Committee to let our students: a) make informed decisions and choices during learning, b) smooth transition from different learning stages to adult life, and c) lead a quality life. By holding different activities such as diversified programmes, staff training, placement and on-duty at Sunnyside Café this year, the Committee enhances staff members' understanding on the concept of life planning, which facilitates implementation of various plans to effectively realize the potential of students and enrich their lives.



大哥哥大姐姐計劃 Mentoring Program

處身咖啡教室舒適的環境，低年級學生透過落單、享用食物及飲品，學習應有的餐桌禮儀、社交技巧及態度，從而提升他們的生活技能。而作為咖啡教室實習生，高年級學生藉著服務較低年級學生，實踐所學，服務他人，促進與他人的互動溝通及交流，為將來成為超級服務生作好準備。



In the comfortable environment of Sunnyside Café, students of lower form can learn proper table manners, social skills and attitudes by ordering, enjoying food and drinks, so as to mature their life skills. As cafe interns, senior students serve younger students while practicing what they learn, enhancing their communication with others, and preparing to become a super server.



超級服務生計劃 Super Server Program

「多謝幫襯，我也做得到！」雖然只有短短四個多月的實習，超級服務生也盡力克服自己的怯場，發揮已學的技巧，藉著午息時於恩光咖啡教室當值，烹調咖啡，製作小食，並送餐給作為顧客的家長或同工，顧客的笑容回應、讚賞及鼓勵，大大推動學生繼續用心學習。

"Thanks for coming, I can do it!" During the four-month internship, the super waiters overcame their stage fright and applied the skills they've learned. At lunch time, they stationed at Sunnyside Café to make coffee and snacks, deliver meals to customers who were parents or staff. The customers' smiles, appreciation and encouragement spurred students to work hard.



職員培訓 Staff Training

前線照顧學生的同工扮演非常重要的角色。藉著培訓和角色扮演，讓同工加深對生涯規劃理念的認識，反思對生活質素的理解。委員會期望能慢慢把概念滲透入日常流程及生活照顧中，與老師共同推行及實踐學生的生涯規劃。

The frontline staff who take care of students play a very important role. Through training and role-playing, the staff members deepen their understanding on the concept of career planning and reflection on quality of life. The Committee hopes to slowly penetrate the concept into daily routine and care service, and to implement and practice students' life planning with teachers.



活動花絮 Activities in Snapshots

端午佳節留校活動 Dragon Boat Festival Programme

恭喜思翰

Congratulations to Sebastian



戴思翰同學榮獲本年度屈臣氏集團香港學生運動員獎，因疫情影響，頒獎禮改在網上進行。

Sebastian Dykes won "A.S. Watson Group Hong Kong Student Sports Awards". The prize presentation ceremony was held online due to epidemic.



玩紙龍舟遊戲都要保持社交距離。

We have to keep social distancing when playing paper dragon boat.



學包粽子無難度。

Making dumplings is such an easy job.

美味軟餐 Delicious Soft Meal



原來粽子化身軟餐，味道頗不錯啊！

The dumplings in soft meal taste deliciously.

靈實恩光成長中心

Haven of Hope Sunnyside Enabling Centre



成長中心學員開心過端午節。

Students are happy at Dragon Boat Festival.



謝謝髮型師義剪

Sincere thanks to Volunteer Hair Stylists



感謝髮型師多年來，風雨不改定期到校為學生義務剪髮！
Heartfelt gratitude goes to the volunteer hair stylists who come to school regularly to get our students hair cut for all these years.

防疫培訓

Anti-epidemic Training

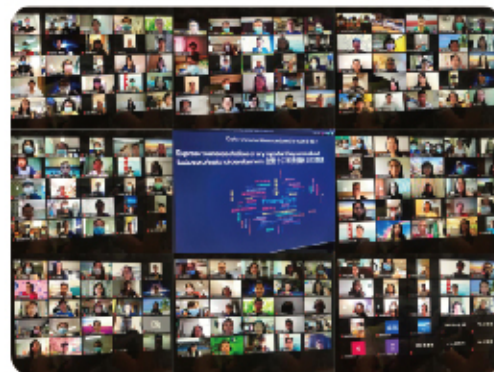


同事參加培訓講座，積極預備復課。

Staff attending anti-epidemic training to actively prepare for class resumption.

融通網絡計劃專業發展日

SAME Professional Development Day



眾人齊集，探索疫情下各校如何透過科技支援學生學習。

School representatives gathered to explore how technology assisted student learning during epidemic.

應節的IE活動

IE Festive Activities



父親節前夕，製作真皮錢包作寫心禮物。

To hand make a leather purse as present before Father's Day.



春節前，動手製作迎春桔盆栽。

To make potted tangerines before Lunar New Year.

校園新動態

What's New in the Campus

停課無礙復康訓練

Class suspension doesn't hinder rehabilitation

職業治療部為學生進行抹枱及穿衣物等訓練，評估學生的能力，並教導家長或照顧者如何在家中進行相關訓練。

The Occupational Therapy Department conducted training for students such as wiping table and wearing clothes. Therapists then assessed students' abilities and taught parents or caregivers how to carry out relevant training at home.

物理治療部製作了日常地氈運動的語音檔案及多套針對學生肌能狀況及照顧者保健的投影片給各家長參考使用，並在網上解答家長在家中為子女練習時的疑問。

The Physiotherapy Department has produced voice files for daily mat exercises and multiple sets of powerpoint files on students' motor skills and caregivers' health for parents' reference.

言語治療部亦透過網上平台，向家長發放口肌及吞嚥訓練的資訊，讓家長增進認識。

The Speech Therapy Department distributed information on oral muscles and swallowing training to parents through online platform.



特殊需要學童在家運動計劃

Home Exercises for SEN

本校與香港教育大學合作推行「特殊需要學童在家運動計劃」，由本校體育老師及教大講師共同主持課堂，按學生的肌能需要分作兩組，每周為每組提供網上實時課堂，由家長陪同學生參與，在家中進行伸展、重心轉移、平衡等訓練，讓家長在疫情停課期間，繼續協助學生在家作簡易運動，保持身體肌能。

Jointly launched "Home Exercises for SEN" with The Education University of Hong Kong (EdUHK), our physical education teachers and EdUHK lecturers hosted online lessons to students every week. The class was divided into two groups according to students' motor skills. Parents accompanied their kids to participate training at home so that students could maintain physical fitness during class suspension.



同心抗疫短片

Together we fight the virus

為了讓家長和照顧者更清晰學校實施的防疫和門控等措施，本校特別拍攝了一輯短片，由同事粉墨登場，給予家長和照顧者觀看，讓復課時大家配合有道，流程更順暢。

To enhance awareness and cooperation of parents and caregivers on anti-epidemic and gate control measures implemented by the School, we made a short film role played by colleagues and showed to parents and caregivers.



靈性加油站 **Chicken Soup for the Soul**

為支援學生及家人靈性上的需要，在停課期間，恩光使團每星期發放在家敬拜的視訊，讓家長能留在家中與子女一同瀏覽，收聽詩歌和祈禱。

此外，恩光使團增設了「恩光加油站」，為大家在疫情期間加加油、打打氣！教職員充當起校園DJ，在午休時段為大家讀出點唱內容，播放精選詩歌。點唱內容令人又鼓舞又窩心，讓校園增添不少正能量！

To support the spiritual needs of students and family members, the Sunnyside Mission sent videos of worship at home to parents weekly during class suspension. Parents could listen to hymns and pray with their children together.

The Mission also hosts a hymn broadcast during lunch time when staff members act as campus DJs, read out songs and play selected hymns on request. The message is so encouraging that the School is charged with positive energy.



殺菌消毒塗層噴灑

Germagic™ antimicrobial coating



本校以香港科技大學研究團隊研發的新型智能殺菌塗層消毒全校課室、教具、傢俱、欄杆、校車等等，有效期為90天，盼望學生可享受有更清潔的校園環境。並讓前線同事可減省消毒校園的程序，騰出更多時間照顧學生。

The School has applied Germagic™ antimicrobial coating developed by the research team of The Hong Kong University of Science and Technology to disinfect the whole campus and school buses etc. for 90-day validity. It is hoped that students can enjoy a cleaner campus environment, while frontline staff can reduce the procedures for disinfecting the school and free up more time to take care of students.

靈實恩光成長中心

Haven of Hope Sunnyside Enabling Centre

成長中心在疫情中，仍本著「停課不停學」的原則，利用資訊科技，安排家課及錄影片段給予學生，學生在家表現雀躍，手舞足蹈。中心增設獎勵計劃，以吸引學生努力學習。導師亦透過視像器材，進行家訪面談，關心學生及家長在家中的情況。

在疫情稍為緩和後，中心亦開放給有需要的學生，並減免部分學費及提供照顧者津貼，希望能協助有需要的家庭，共渡時艱。

Under the principle of suspending classes without suspending learning, the Enabling Centre uses information technology to send homework and videos to students, and attracts students to work hard by introducing an incentive programme. Teachers conduct online interview to care about the situation of students and parents at home.

After the epidemic has alleviated, the Centre is open to students in needs. Some tuition fees are waived while caregiver allowance is given, hoping to help families in need and ride out the difficulties together.



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

Chen Mei Sum
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 In Kwan Agnes
Tang Wai Kuen (鄧惠嫻)
Yau Kit Yu

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“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。

抬頭之個人資料，只為傳遞本校資訊之用。如抬頭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 "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.

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?

你有否想過善用餘閒，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