



恩光通訊

校長的話

蔡奕玲校長

Words from the Principal Ms. Choi Yik Ling, Principal

新冠疫情肆虐多時，當大家正處於抗疫疲勞之際，感恩的是社會各界對恩光學校的支持仍然有增無減，謹在此致以衷心的感謝！

● 薰香園計劃榮譽總監黃潔兒博士念及家長經常使用消毒搓手液，特送贈自製香薰護手霜給予他們作為聖誕禮物，又在復活節送出超市禮卷及心意卡，為家長打打氣。

● 每隔三個月，我們便安排全校噴灑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、校車等等。疫情至今，仍然獲得贊助商全數支持有關費用。

● 熱心的印度商人捐出三十部 iPad 予恩光學生在家或在校學習使用。

● 熱心善長認購及捐贈靈實耆樂餅給學生，供大家開心享用。

● 有心人捐贈「本土好罩」外科口罩給予恩光低收入或因疫情引致經濟受困的家庭。

如經上所記：「他施捨錢財，賙濟貧窮，他的仁義存到永遠。」
(聖經哥林多後書9:9)



Even though the public may be worn-out from the pandemic, we are grateful that the support from the community to Sunnyside School never fails! Sincere thanks go to:

- Dr. Irene Wong, Honorary Director of Aroma Garden gave handmade aromatic hand cream to parents as Christmas gift and supermarket coupon and greeting card as Easter present and cheer them up.
- 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 every three months. Up to now, we are fully sponsored the cost.
- Some Indian businessmen donated 30 iPad to our students to study at home or at school.
- Qile Cakes were bought and given to our students as presents.
- MasHker surgical masks were donated to students whose family faced economic difficulties due to pandemic or belonged to the low income group.

As it is written: "He has scattered abroad his gifts to the poor, his righteousness endures forever."
(9:9 2 Corinthians, the Bible)



捐贈 iPad
iPad donation

Germagic 團隊
Germagic Team



愛 • 聯繫 • 疫情無阻的.....

縱然疫情仍然反覆，學校還未全面回復面授課堂，但卻不能阻隔我們與學生和家長的聯繫。老師絞盡腦汁，有預備實體教材的、有設計網課和線上活動的，讓學生在家也可以如在校般學習，與老師和同學互動。治療師費盡心思，與家長或家傭合作，進行線上治療課程，讓學生在家持續訓練，無礙復康進度。除此之外，我們在聖誕、春節及復活節都舉辦了大型的線上慶祝活動，將祝福送到大家心裡！

「愛 • 聯繫 • 疫情無阻的聖誕」

網上聖誕聯歡會以愛與眾學生和家長在線上聯繫，並慶祝主耶穌的生日。聯合醫院兒科醫護團隊的問候、恩光使團為我們帶來聖誕的真正意義、眾家長和學生的互相祝福、全校各部門愛的行動，如言語治療部與大家齊唱不一樣的聖誕歌、物理治療部鼓勵大家多做運動、職業治療部以訓練用具述說奉獻予耶穌的生日禮物、教務部的老師和助教載歌載舞、宿舍部以自家的服務來祝願大家聖誕快樂！從回應表及當日即時通訊的互動，可見學生、家長與同工們都十分享受呢。



恩光使團獻唱聖誕詩歌
Sunnyside Mission team singing
X'mas hymns

「牛年新春團拜」



為了讓各家長於新春佳節能相聚及互相祝賀，家職會特舉辦「牛年新春團拜」進行線上團拜，並設互動賀新春遊戲環節及現場實時大抽獎，贏取豐富獎品，大家在喜氣洋洋的氣氛下，共同渡過了熱鬧輕鬆的下午。

蔡校長與同事和大家開心拜年
Principal Choi and colleagues greeted parents joyfully

「親子師生線上線下競技賽」

在復活節假期前，全校學生分為紅、藍、黃、綠四社進行親子競技賽，由家職會家長幹事擔當各社的社長，而成長中心的師兄師姐會分別加入各社，以作支持。各社再細分成三組，每組有三項競技比賽讓學生和家人一起在家參與，家長在指定時限內將過程拍下，傳送給學校作評審。於網上播出頒獎禮時，並設即場線上比賽及在校活動。務求各家庭能享受參與過程，一展身手，玩得開開心心，保持正向心態。

家長講座

另一方面，透過舉辦不同的講座，讓我們與家長和社區保持聯繫。例如：生涯規劃發展委員會的老師講解生涯規劃教育理念，加強家長對有關理念及實踐的認識；社工講解香港成人監護制度；安排智障人士成人服務講座，以網上導覽的形式實時參觀靈實將軍澳及西貢地區支援中心。為方便家長參與，所有講座均以視像形式舉行。顧及學前兒童家長和社區人士的需要，我們舉辦了學校資訊日，讓有興趣參加的人士在線上參觀學校，並由各部門同事介紹其服務及設施，即場解答學前家長的問題。

一場跨國界的世紀疫症，改變了世人很多既有的生活模式，所謂的新常態已成為人們生活的一部分。然而，感恩不變的是，愛能將人與人連結，即使不能實體見面，亦無礙維繫彼此的關係。

Love. Connect. Free from Epidemic Constraints

Even though the epidemic obstructs Sunnyside School from fully resuming to face-to-face classes, it cannot block our connection with students and parents. Teachers rack their brains to prepare teaching materials and design online courses and activities, so that students can study at home and interact with teachers and classmates as if they were in school. Therapists work diligently with parents or domestic helpers to conduct online therapy courses, allowing students to continue training at home without hindering the rehabilitation progress. Moreover, we have held large-scale online celebrations at Christmas, Lunar New Year and Easter, sending blessings to everyone!

A Christmas of Love, Connection & Epidemic Free

The online Christmas Party connected students and parents with love and celebrated the birthday of Jesus Christ. Greetings from the pediatric team of the United Christian Hospital (UCH), Sunnyside Mission team to bring us the true meaning of Christmas, mutual blessings of parents and students, and the loving actions from all departments wished everyone a Merry Christmas! All participants had a good time.

聯合醫護團隊送上祝福
The UCH team wishing blessings to all



Lunar New Year Celebration

To gather parents together and congratulate each other during the Spring Festival, the Parent Staff Association (PSA) specially organized an online greeting, set up interactive Chinese New Year games and real-time lucky draw for them. All spent a happy and relaxing afternoon together.

Parent-child & Teacher-student Online & Offline Competition



Before the Easter holiday, students were grouped in four houses: red, blue, yellow and green for parent-child competition. Parent officers of PSA acted as house captains while students of Sunnyside Enabling Centre joined each house for support. Each house was subdivided into three groups to join different games for students and their family to participate at home. Parents would photograph the process within specified period and send it to the school judges. When the award ceremony was broadcast online, on-site online competition and school activities were held to ensure that all families could enjoy the whole event.

晉晉與爸爸在家玩競技遊戲，並成為大贏家。
Chun Chun and dad won at the parent-child competition.

Parent Talks

On the other hand, through holding different talks, we keep in touch with parents and the community. For example, teachers from the Career & Life Planning Committee elaborate the concept of life planning education to parents to enhance their understanding; social workers explain the guardianship system in Hong Kong; arrange talk on adult service for people with intellectual disabilities and online visit Haven of Hope Tseung Kwan O and Sai Kung District Support Centre. To facilitate parent participation, all talks are held online. To cater for the needs of parents of pre-school children and the community, we organized a school information day for those interested to visit the School online, and know more about our service and facilities.

A transboundary epidemic of the century has changed many existing life patterns of the world, and the so-called new normal has become part of our lives. Nevertheless, with blessings, the fact that love can connect people to people never changes. Even if people can't meet each other physically, it will not hinder their rapport and relationship.



活動花絮 Activities in Snapshots

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1 聖誕節活動 Christmas Programmes



網上聖誕聯歡會：各部門拍攝短片與家長分享喜悅！

Online Christmas Party: all departments gladly shared their short clip with parents.



感官花園掛上了色彩繽紛的聖誕佈置，宿生晚上還體驗了聖誕露營之夜活動。

The Sensory Garden was set up with Christmas decoration where boarders camped in the evening.

3 無障礙敬拜



二月的無障礙敬拜以慶祝牛年、感謝神的恩典為主題，各人共渡感恩喜悅的下午。

4 親子師生線上線下競技賽



全校分為四社，同學各為其社努力比賽！

Divided into four houses, students competed for their own team.

2 新年節慶活動 Lunar New Year Programmes



於線上進行新春團拜及互相祝賀！

We celebrated the festive season and greeted with each other.



新年活動上，宿生拿起桔子，感受濃濃的節日氣氛。

The boarder held a tangerine to celebrate the festival.



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No Barrier Worship



With the theme of celebrating Lunar New Year with blessings of the Lord, all participants spent a joyful afternoon together.

Parent-child and Teacher Online & Offline Competition



教務部取得職員競技賽冠軍。
The School Section won the champion in the Staff Competition.

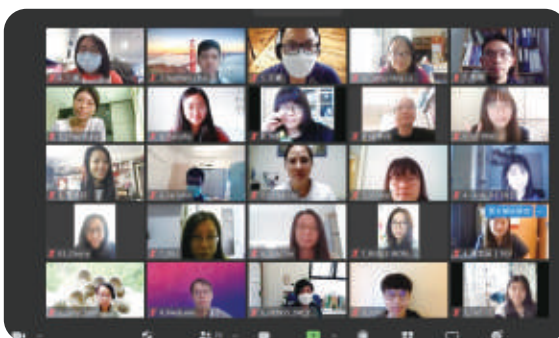
5 學校資訊日 Info Day



網上家長講座及參觀學校設施，吸引多位學前兒童家長參加。

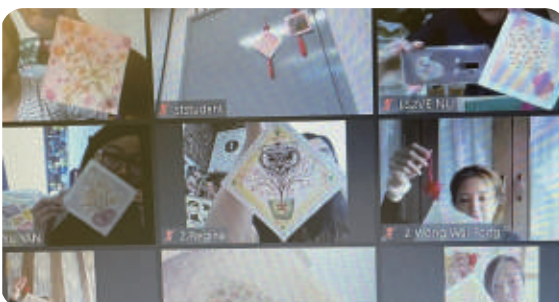
An online parents' talk and school visit attracted many parents of pre-school children to join in.

6 教職員發展日 Staff Development Day



自評工作坊：同事分組討論，分析學校現況。

A workshop on internal review of school analysis was held.



同日下午，舉辦了和諧粉彩畫、健體班及Excel試算表入門供同工參加。

In the afternoon, some interest groups on pastel Nagomi art, physical fitness on body stretch and introduction of Excel were organized for staff to join.



校園新動態

What's New in the Campus

賽馬會「智歷奇境」學習計劃

Jockey Club Experiential Learning Project for Students with Special Educational Needs (JCELP)

此學習計劃以高中班為試點，透過教職員培訓、計劃協作團隊到校與教師共同設計校本歷奇為本活動，務求能按學生特點及需要，設計具挑戰和互動性的歷奇活動。計劃其中一個核心價值是尊重學生意願，強調由學生自決下進行活動，見證他們跳出自己「安舒區」的成就。「智歷奇境」安排本校4位教師及助理參加一級繩網教練課程，以備於疫情減退後進行相關教學。

JCELP targets senior secondary students as pilot testing. Through staff training and project collaboration team to design school-based adventure activities with teachers, challenging and interactive adventure games were designed according to the characteristics and needs of our students. One of the core values of JCELP is to respect the wishes of students and emphasize students should conduct activities under self-determination to go beyond their comfort zone. JCELP arranges four teachers and assistants to join the first-level rope coaching course for preparation of teaching after the epidemic subsides.

學生願意踏出第一步
Student is willing to step forward.



老師進行拯救考核
Teacher conducting rescue assessment

沐浴新體驗

New Bathing Experience



電動升降油壓沐浴椅 Electric Hydraulic Shower Chair

宿舍男、女浴室各添置了電動升降油壓沐浴椅，座位和腳踏的設計貼心和舒適，除讓宿生在安全的環境中享受淋浴外，浴椅的升降操作亦符合對員工職業安全健康的要求。

The male and female bathrooms of the hostel are equipped with electric hydraulic shower chairs. With comfortable design of seat and pedals, boarding students can enjoy shower in a safe environment. The hydraulic lifting device meets the requirement of occupational safety and health for staff.

創意花灑頭及音樂玩具 Creative Shower Heads & Music Toy

以瑪男家舍為男生們帶來沐浴新體驗，在浴室內增設不同類型的花灑頭，有動物造型和幻彩閃燈款式，並購買了一個會製造肥皂泡沫的音樂玩具，讓他們在沐浴時增添視覺、聽覺和觸覺上多感官的樂趣！

To give boarders at the boys' house a new and multi-sensory bathing experience, some creative shower heads with animal shapes and flashing lights design and music toy for making soap bubbles are purchased.



鳴謝 Acknowledgement

日本名牌瞬足捐贈度身訂造的體育鞋給予我校有需要的學生，因先天的腳患，學生難以穿著一般設計的鞋子，瞬足的慷慨捐贈讓學生家長深表感激。

The famous Japanese brand on kids' shoes, Achilles syunsoku offered some free tailor made sports shoes to some of our students who have difficulty to wear ordinary shoes due to inborn foot problems. The kind deed was deeply appreciated by the parents.



享用美味軟餐

Delicious Soft Meals



學校近年於不同節令時段購入或自行烹調軟餐，讓有吞嚥困難的學生都可以享用美味而賣相精緻的食物。軟餐的質感像豆腐，不需咀嚼都可享用，而且軟餐只是改變了食物的質地，其色澤和味道皆可保留，因此能夠吸引學生對進食的興趣，讓他們吃得開心又安全。

The School has bought or cooked soft meals at various festive seasons, so that students with swallowing difficulty can enjoy delicious and delicate food. The soft meal's texture is like bean curd. Without chewing, students can safely enjoy the soft meal which only changes the food texture but not its color and taste, attracting their interest in eating.

靈實恩光成長中心

Haven of Hope Sunnyside Enabling Centre

匯豐銀行150週年慈善基金繼續捐助約九十多萬元予本中心，購置適切的器材及支付同工的部份薪酬。

中心亦申請了戴麟趾基金，推行常健樂獎勵計劃，並購買了可預防骨質疏鬆的運動儀器給學生作健體活動，而大型氣墊式的器材亦可讓學員作抬頭、腰部伸展及提腿活動。導師在平日安排大量的肌能訓練予學員，防止他們身體退化及關節變形。

此外，那打素基金亦贊助物理治療服務及「關懷智親」計劃，讓學員可獲物理治療師的指導及訓練。同時，我們亦希望學員家人得到適當的關顧，以免在長期照顧學員及家人下，引發肌腱及關節的勞損。這些培訓活動希望可以在疫情減退後如期推行。

HSBC 150th Anniversary Charity Programme continued grant the Centre over \$900,000 to purchase needed equipment and pay part of the staff salary.

Sir David Trench Fund supported the Centre to carry out the Health Award Programme. Exercise equipment to prevent osteoporosis was bought for students to do fitness activities while large air-cushioned equipment was purchased for them to work on head-up, waist extension and leg-lifting exercises. Teachers arrange a lot of muscle training for students to prevent body degeneration and joint deformation.

Moreover, CWM/Nethersole Fund also sponsored the Centre physiotherapy service for students and their family members. Under the training of physiotherapists, the family members are given proper care to reduce strain on tendons and joints due to long-term care of their child. It is hoped that these training activities can be carried out as scheduled after the epidemic subsides.



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
Cheng Sau King
Cheung Man Tat & Wong Wai Yan
Chiu Wing Yan
Dr Chan Nim Chung
Kwan Chi King

Lai Yin Kwan
Lau Hok Bun Andrew
Leung Edward
Liu Wai Lin
Lo Man Wa
Lui Kin Chung

Lui Sau Ching
Ng Wai Chun
Tang Him Shun
Tang Wai Kuen
Wong Wing Chee
Yau Kit Yu

Ying Fung Kwong Helen
仁美清
何英祥
曾玉蘭

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。

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 "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