



編者的話

邁向喜氣洋洋的蛇年，恩光通訊亦在這熱鬧的氣氛中面世。我們很高興在此將恩光最新動態介紹給大家，讓大家了解學校的發展之餘，亦請給予我們指導和支持。

今期重點介紹了學校的綠化計劃，計劃實行之後，校園更是綠意盎然。上學期各項的活動花絮、學生作品亦讓大家更認識學童的校園生活。而健康食譜及健康錦囊的專欄，則為大家活得更健康而設。

最後，我們更要多謝熱心支持恩光的基金、機構及人士，讓我們得以拓展一些未獲資助的服務，改善學童的教學質素及宿生生活。

Words from Editor

Come the beginning of a new year, come the release of the Sunnyside Newsletter. We are glad to present the latest events and activities in Haven of Hope Sunnyside School to you all. We want to share our joy and happiness and our School's development with you. Your feedback and support are much appreciated.

The feature article presents the Gardening Project in the campus that has coated a greener appearance as a result. The activities snapshot in the first semester and students' handiwork help us know more about the life of students. Healthy recipe and tips let us lead a healthier life. Lastly, we have to thank our donors who enable us to develop non-subsidized services in the School. Students' life in the campus and hostel is thus enhanced.



恭賀新禧 蛇年進步

Happy Year of Snake!!



基督教 HAVEN
靈實 OF HOPE
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SERVICE

靈實恩光學校
HAVEN OF HOPE
SUNNYSIDE SCHOOL

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Make the Campus Green

綠化校園計劃

美化校園開始了....

靈實恩光學校位於安達臣道的一個小山崗上，校園內有廣闊的斜坡及草地，惜學校的經費有限，加上教育署的人手編制中沒有園丁一職，因此校園缺乏人手打理，以致山坡上雜草叢生，早前所種植的花卉亦漸見枯萎。有見及此，校方申請了康樂及文化署的資助，參加綠化校園計劃，替學校換上青綠的新衣。

Gardening Project commences....

Situated at a small hill in Anderson Road, Haven of Hope Sunnyside School owns a spacious campus with slopes and grassland. Due to the limited funding and lack of gardener in the manpower provision from the Education Department, the School has difficulty to maintain a green campus. As a result, wild grasses were grown on the slopes and the plantation was withered. Fortunately, grant from the Leisure and Cultural Services Department was obtained and the School has participated in the Gardening Project in Campus to improve the environment.

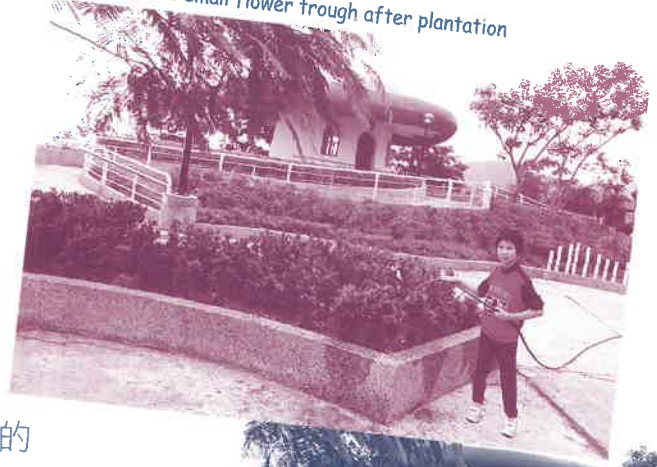
培養環保意識

為了提高學生的公民教育水平，老師特別將日常的園藝運作，如澆水、除草等常務與課程配合，每逢星期五便會安排參與興趣小組的學生，於老師的陪同下，協助灌溉植物。藉着綠化校園的計劃，讓學童建立愛護植物的環保意識，亦可配合學校的人手，保持校園的整潔美觀。

Sense of Environmental Protection

The daily maintenance, for example, watering plants or trimming grasses, is incorporated in the school curriculum. Teachers have specially arranged students in interest groups to help in the gardening process and nurture their sense of environmental protection.

種滿了龍船花後的小花槽
The small flower trough after plantation



小花槽本來的面貌
Original look of the small flower trough



學校正門的圓圃煥然一新

The round patch at the school entrance in new look

選取綠化地點

由於學校的面積廣大，因此會分期分段進行綠化，首先綠化的地點集中在正門的地方，包括學校門口的花槽、正門對開的園圃、禮堂外的一個小花槽等。



在老師的協助下，坐輪椅的學童亦可灌溉植物
With the help of teacher, wheelchair-bound student can water plants

Selection of Planting Location

Because of the vast campus area, the gardening project is carried out in phases.

The first phase concentrates at the School entrance, including the flower bed, flower trough and the round patch in the front.

精選植物種類

由於校園空曠大風，所種植的品種一定要耐風、耐旱，容易打理及不會有太多落葉，樹木方面校方選擇了龍柏、紅灑金、黃榕、金銀蓮喬、勒杜鵑、杜鵑、龍船花等種在園圃內，盆栽方面則選擇了龍吐珠及中竹。



擺滿了龍吐珠的盆栽架，點綴校園一角
Potted plants help decorate a corner in the campus

Selection of Plants

As it's open and windy in the campus, the plants that grown should be wind and dry resistant, easy to manage and not easy to drop leaves. Thus, the School has selected yellow fig, azalea and cypress etc. to plant in the field.

欣欣向榮遍校園

經一輪努力後，校園頓時變得綠意盎然，我們很高興在這裡和大家分享當中的成果。

In full bloom

After the gardening work, the campus has coated in different kind of greens. We are proud to share the fruits with you.

學童參與澆水，樂也融融
Students help water plants with fun



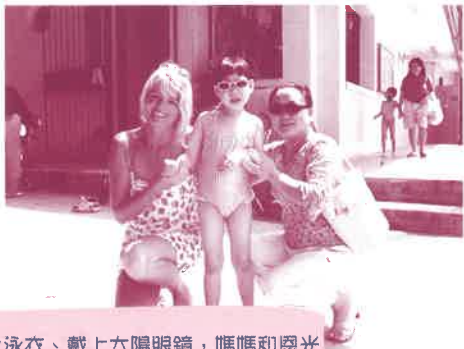
活動花絮

Activities in Snapshots

如沒有恩光之友會的慷慨捐助和支持，以下的活動便舉行不到了：
WITHOUT THE GENEROUS SUPPORT OF SUNNYSIDE CLUB, THESE
ACTIVITIES COULD NOT BE ORGANIZED:

西貢半月灣海上暢遊

Boat Trip in Half Moon Bay, Sai Kung



換上泳衣、戴上太陽眼鏡，媽媽和恩光之友會的義工姨姨也要跟我拍照留念，你看我多神氣！

After changing the swimming suit and wearing sunglasses, mother and auntie from the Sunnyside Club wanted to take a picture with me. See how smart I was!

開心，硬要一齊影張相啦！
See, we have such a big and joyful group!



多謝水警叔叔扶我上碼頭，他們那天非常落力扶抱我們上、下船，很是辛苦呢！

Many thanks to the uncles from the Marine Police! They were very nice and helped me to go up the pier and assisted my other classmates on and off the boat. They were sweating to the toes on the day.



有高威猛的義工叔叔在旁，我在海中游水都唔會驚，好好玩呀！

A tall and fit uncle from the Sunnyside Club accompanied me to swim. So I was not afraid and it's such a fun!



玩具圖書館經恩光之友會的資助裝修後，內外都以全新形象與大家見面。

After renovation with the support of the Sunnyside Club, the Toy Library proudly shows his new internal and external look.



恩光之友會的義工搖身一變作聖誕老人，向學童大派聖誕禮物！
Santa Claus from the Sunnyside Club presented Christmas gifts to our students.



由美國波音國際公司員工組成的愛心小丑會於十二月十二日到校表演，逗得小朋友開懷大笑。

The Klown Klub of the Boeing Management Association flew from the States to the School on December 12 and gave an amusing performance to our students.

家長日暨聖誕聯歡會今年於十二月十六日移師慕德中學舉行，同工組成合唱團齊歌頌聖誕。

The Parents Day cum Christmas Party was held on December 16 in the hall of HKMLC Queen Maud Secondary School. A Staff Choir sang Christmas carols to celebrate the birth of the Christ.



活躍的我們

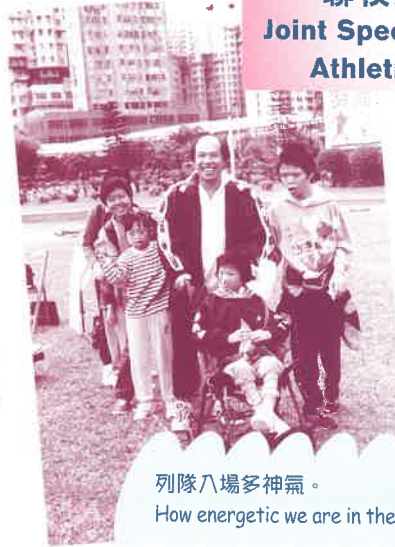
The Active Side of Us

特殊奧運會 Special Olympics



“媽咪，我得左啦！”
"Mum, I am the Champion!"

聯校運動會 Joint Special Schools Athletics Meet



列隊入場多神氣。
How energetic we are in the open parade!



仲有波波池遊戲玩呢！
We can pick up the balls!

冬季旅行 Winter Outing



你看歌和老街公園風景幾靚！
The Park at Cornwall Street is very beautiful!

宿舍及姊妹學校聖誕聯歡活動 Hostel cum Sister School X'mas Gathering



我們仲去埋又一城商場睇聖誕裝飾。
We also go to the Festival Walk to watch the Christmas decoration.



班大姐姐齊齊幫我帶高帽。
The big sisters help me wear the tall shiny hat.

文靜的我們

The quiet side of us

園藝我們都掂：你們種花，我淋水，最佳拍檔！
Gardening: You plant flowers and I water, a perfect match!



插花我們掂：你睇，呢度仲可插多幾枝花啊！
Flower arrangement: See, we can insert more flowers here!



Handiwork by Students

學生作品

讓我們齊來分享學生在美勞課時，製作屬於自己作品的喜悅！
Let's share the joy of students in making products of their own during the arts & crafts lesson!

小巧手環

A Handy Ring

2 從紙的兩邊剪起，
成流蘇型。
The paper was cut from
two sides to make a ring.



3 老師再耐心地教導孩子
使用釘書機。
Teacher teaches student
to use stapler.



1 在老師的協助下，學童學
習拿剪刀剪紙。
With the help of teacher,
student learns to use scissors
to cut paper.



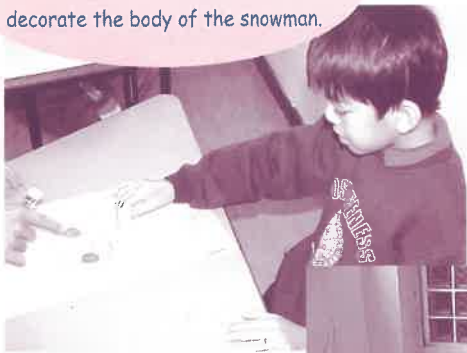
5 看小朋友拿著手環多高興！
See how happy is the student when
holding his handiwork.



4 逐漸形成手環的樣子。
Gradually, the shape was
formed.

開心的小雪人 A Happy Snowman

學童以棉花球裝飾雪人的身體。
The student uses cotton balls to
decorate the body of the snowman.



他小心翼翼地做好
他的作品。
He is careful in pasting
the cotton balls.



當然我們要展示我們的
精心傑作給大家欣賞。
Of course we have to take
a picture with our product.



請看看完成的大作。
Have a whole look of the
finished work.

Healthy Recipe

健康食譜

芹菜肉茸豆腐粒

材料：嫩板豆腐2件，碎豬肉4兩（約160克），芹菜碎2湯匙，蒜茸1茶匙。

調味料：生抽、生粉各1茶匙，水1湯匙。

湯汁料：上湯1杯，蠔油1湯匙，生抽、老抽各1/2茶匙，糖、胡椒粉各少許，生粉2茶匙。

做法：1. 豬肉用調味料拌勻，豆腐切幼粒。

2. 先燒熱一湯匙油，炒熟碎豬肉，加入蒜茸及豆腐粒，用高火再炒勻。

3. 倒入湯汁料與豆腐和豬肉拌勻，煮滾至稠結，試味後撒上西芹粒即可。



Diced Beancurd with Minced Meat

Ingredients: 2 pieces of soft beancurd, 160 grams of minced pork, 2 tablespoons of chopped celery, 1 teaspoon of minced garlic.

Seasoning: 1 teaspoon each of light soya sauce & cornflour, 1 tablespoon of water.

Sauce: 1 cup of stock, 1 tablespoon of oyster sauce, 1/2 teaspoon each of light & dark soya sauce, dash of sugar & pepper, 2 teaspoons of cornflour.

Method: 1. Mix minced pork with seasoning. Cut beancurd into cubes.

2. Heat 1 tablespoon of oil and fry minced pork until cooked. Add minced garlic and beancurd cubes. Cook on high heat until well mixed.

3. Pour in sauce and cook until it thickens. Adjust seasoning and sprinkle on chopped celery.

Helpful Hints: Cook beancurd on high heat and make the sauce slightly thicker to prevent losing the water in the beancurd.

健康錦囊

擇時而飲水

Healthy Tips

水約佔人體重的六至七成，血液中含水量更高達九成以上。水對人非常重要，我們每天都應飲適量的水補充。流行的說法是每天喝兩公升、約八杯水。我們喝水也要講時間：

- 宜：
- * 早上起床喝一杯水，有助排泌，降低血糖濃度。
 - * 飯前一小時喝一杯水，有助消化，促進食慾。
 - * 進餐時喝適量的水，可以幫助消化和吸收。
- 不宜：
- * 劇烈運動後不宜馬上飲水，會沖淡血液，引致不適。
 - * 飯後不宜喝大量的水，以免沖淡胃液胃酸，影響消化功能。
 - * 睡前不要喝大量的水，以免晚上頻頻上廁所。



The Right Time for Drinking Water

Water composes of approximately 60-70% of our body weight and over 90% of our blood content. Water is very important to our health and we need to drink water regularly everyday. There is a common saying that we need to take 2 litres, i.e. about 8 glasses of water per day. We should drink water at the right time:

- Should:
- * Drink a glass of water after woke up to help excretion and lower the sugar content in the blood.
 - * Drink a glass of water one hour before meal to help digestion.
 - * Drink water during the meal to help digestion and absorption.
- Shouldn't:
- * After heavy exercise, don't drink plenty of water immediately.
 - * After meal, don't drink plenty of water to weaken digestion.
 - * Before sleep, don't drink plenty of water to make you busy to toilet the whole night.

鳴謝 Acknowledgements

我們謹在此向以下的支持者致衷心的謝意，大家對學童的點點關懷，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 severely mentally handicapped children will be much more richer and full of fun. Let's thank

The Sunnyside Club 恩光之友會
Quality Education Fund 優質教育基金
The American Women's Association of HK Ltd. 香港美國婦女會
Lam Woo Foundation Limited 林護紀念基金有限公司
CWM/Nethersole Fund 世界傳道會/那打素基金
Queen Elizabeth Foundation for the Mentally Handicapped 伊利沙伯女皇基金
The Far East Masonic Association for Charity 遠東共濟慈善協會
Leisure and Cultural Services Department 康樂及文化事務署
Women's Volunteer Group of Haven of Hope 靈實白普理景林社區健康發展中心
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本人樂意捐助靈實恩光學校，支持嚴重弱智兒童服務。

I would like to donate to Haven of Hope Sunnyside School in support of its service to the severely mentally handicapped children.

港幣/HK\$: _____ 姓名/Name: _____ 先生/太太/小姐
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Please send crossed cheque made payable to "Haven of Hope Christian Service - Sch" to Haven of Hope Sunnyside School, 301 Anderson Road, Tseung Kwan O, Kowloon.