



基督教
靈實協會
HAVEN OF HOPE
CHRISTIAN SERVICE

恩光通訊

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耶穌對她說：「復活在我，生命也在我，
信我的人，雖然死了，也必復活。」
選自聖經《約翰福音》11:25

Jesus said to her, "I am the resurrection and the life.
He who believes in me will live, even though he dies;"
extracted from John 11:25, the Bible

香港安健學校確認計劃

「健康學校」為世界衛生組織於八十年代初提出的概念，提倡健康學校要通過訂立學校的健康政策，傳授個人健康生活技能，改善學校環境及校風，提供健康服務以及加強與社區聯繫等，以改善和影響學童和教職員健康的元素。而「安全學校」的概念則是在學校內提供一個安全的健康環境，預防學生受傷以及建立學校與社區聯繫等研究和推廣工作。顧名思義，推行「安健學校」，旨在綜合健康學校、安全學校、學校職業安全健康的概念，以保障教師、職員、學生及其他成員的健康及安全，同時建立及維持學校、家庭與社區之緊急聯繫，為師生提供一個安全、健康、和諧及愉快的學習及工作環境。

基於靈實恩光學校為一所嚴重弱智學校，職業安全及健康對每一位職員及學生均十分重要。故本校早於1999年已簽署了「西貢區健康學校共同聲明」，正式成為「健康學校」，制定了適合本校的安健學校管理系統，並定時進行自我評核和改進，以保障學生及職員的安全與健康。另外本校亦於2000年成立了「職安健委員會」，執行職安規例，如預防意外、防火措施、急救設備、衛生及體力處理工作等。

經過了多年的發展及經驗，本校於 2006-2007 年度參加了「香港安健學校確認計劃」。經「香港安健學校聯盟」對本校作出安健學校管理系統表現的評核後，本校獲頒發證書確認為「卓越安健學校」，即表示本校已完成整個計劃、發展及維持安健學校管理系統，經評核後，成績達到85%以上，成為香港首間獲得此殊榮的學校（亦是首間特殊學校）。

本校不敢自滿，繼續有系統地由安健學校發展委員會統籌及推行安健工作，包括：

- (一) 學生安全方面：由膳食小組、感染控制組、護理組及預防意外組負責；
- (二) 員工安全方面：成立職安健組，訂定及執行「體力處理工作指引」，推動「工作前熱身操」，並對員工作出相關培訓；
- (三) 危機處理方面：危機處理小組制定有關應變指引，如針對火災、學童失蹤、不明氣體、傳染病等情況，作出定期演習，加強員工實踐；
- (四) 環境保護方面：成立環保小組，推行節省能源運動、加入綠色學校計劃等；
- (五) 環境安全方面：職安健組及支援組定期巡查校舍等；
- (六) 社區關係方面：向家長提供醫療護理講座、向地區教育團體及機構提供職安健講座等。

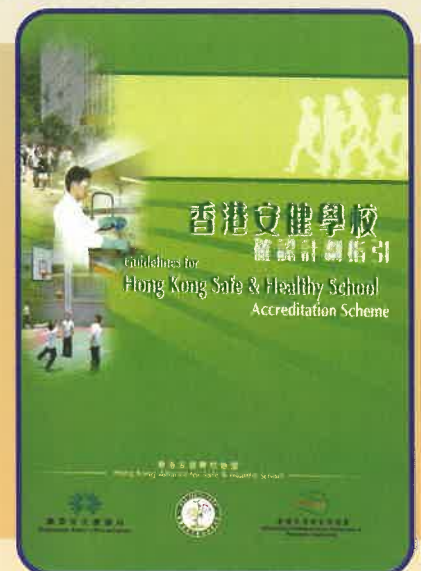
參加了安健學校確認計劃後，本校締造了一個更安全及更健康的學校環境及流程，也更了解學校在健康及安全方面的處境而有所改進，同時亦提高了學校使用者（員工、學生及家長）在安全及健康方面的意識。另外，參考了職安局的專業意見，本校能更有系統地發展成為安健學校，邁向安健學校的目標。



本校特別製作了一塊壁報板，簡介安健學校確認計劃，供同工閱覽。

A notice board is made to introduce the Safe & Healthy School Accreditation Scheme to our staff.

校長(中)與舍監(右)出席頒獎典禮，接受嘉獎證書。
Principal (middle) and warden (right) attended the presentation ceremony to receive the certificate.



根據安健學校確認計劃指引，有系統地推行安健工作。

Safe & healthy work is systematically launched in the school in accordance with the guidelines for the Safe & Healthy School Accreditation Scheme.

Hong Kong Safe & Healthy School Accreditation Scheme

The concept of Healthy School is first identified at a World Health Organization (WHO) conference in the early eighties. Healthy School shall implement through setting up of school based health policies, delivery of personal health skills and health services, enhancement of physical environment, school ethos, and partnership with the community, all of which would have strong impact on the health of students and staff. The objectives of Safe School are to provide a safe and healthy environment at schools, prevent injury of students and bridge gaps between schools and the community.

In order to incorporate the idea of Healthy and Safe School concepts and occupational safety and health in school, the Safe and Healthy School concept is developed. It aims at providing adequate safety and health protection to all teachers, staff, students and other members in school as well as building and maintaining a close relationship among school, families and the community. Its objective is to build a safe, healthy, harmonious and happy environment for all people to study and work.

As Haven of Hope Sunnyside School is a special school serving severely mentally disabled students, it is especially important that health and safety awareness of both students and staff should be enhanced. Our school signed the joint declaration of "Healthy Schools in Sai Kung District" and became a Healthy School in 1999. We developed a safe and healthy school management system, conducted regular self assessment and aimed to provide adequate safety and health protection to all teachers, staff and students. In 2000, a safe and healthy committee was set up and carried out related regulations such as accident and fire prevention, first aid facility, hygiene and manual handling work.

Accumulated years of development and experience, our school participated in the Hong Kong Safe & Healthy School Accreditation Scheme last year. Our safe and healthy school management system was assessed by the Hong Kong Alliance for Safe & Healthy School. We are honored to be accredited as a Hong Kong Safe and Healthy School with excellent performance, which means that our school has scored over 85. In this connection, we are the first school, also the first special school to win the award.

Far from complacent, our school continues to systematically implement and coordinate safe & healthy measures by the Safe & Healthy School Development Committee including:

(1) Safety of Students:

To be monitored by Meals Committee, Infection Control Group, Nursing Group and Accident Prevention Committee;

(2) Safety of Staff:

Set up the Safe and Healthy Committee to formulate and carry out guidelines and procedures on manual handling work, promote warm-up exercise before work, and offer proper and relevant safety and health training to staff;

(3) Risk Management:

Risk Management Committee to draw up guidelines on handling different hazards such as outbreak of fire, missing students, leakage of unidentified gas, outbreak of infection diseases and so on. Regular drills are carried out for staff to practice;

(4) Protection of School Environment:

Set up Environmental Protection Committee to conduct campaigns on energy saving and join the Green School Scheme;

(5) Safety of School Environment:

Occupational Safety and Health Committee and Support Group to conduct regular inspection at the campus;

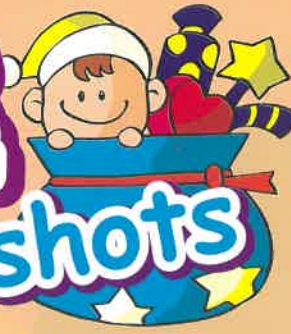
(6) Relationship with the Community:

Organize health and nursing care talks for parents, occupational safety and health talks for educational institutions and organizations in the community.

After joining the Hong Kong Safe & Healthy School Accreditation Scheme and getting the advice of the Occupational Safety and Health Council, the health and safety awareness of students, parents and staff is enhanced, an even safer and healthier school environment and procedures are made.

活動花絮

Activities in Snapshots



聖誕聯歡會：聖誕奇妙旅程

Christmas Party - A Wonderful Journey at Christmas



落雪呀！真有聖誕節氣氛呢！
It's snowing! What a white Christmas!



為慶祝主耶穌出生的大喜日子，我們要前往伯利恆朝聖。
We go to Bethlehem to celebrate the birth of Jesus Christ.

展能藝術會：盡展潛能

Arts with the Disabled Association - Develop the Full Potential



看我倆的作品，甚有後現代主義的感覺。
See how our pictures reflect the feel of postmodernism.



我的音樂觸覺敏銳，自然可搖出美妙的旋律。
I have a keen sense of musicianship and am good at playing the instrument.



家職會旅行：盡興而回

Trip of Parent-Staff Association - A Fruitful and Happy Tour



新鮮的有機農作物，令家長忍不住購買回家品嚐。
Parents lure on buying lots of fresh organic products.



家長矚著雙眼，仍能在眾小朋友中找到自己的孩子。
Parents can still find their children with eye mask on.



山頂暢遊

A Happy Day in the Peak



到山頂遊玩時，老師與我亦不忘向遊客介紹香港及我們的學校。

My teacher and I introduce Hong Kong together with our school to visitors in the Peak.

嘩！媽媽你睇下，我與李小龍合照呀。

Look Mum! I take a picture with Bruce Lee.



宿舍活動：熱鬧年宵 Boarding Activity - A Jolly Chinese New Year Fair



我和義工哥哥正努力地製作揮春，裝飾年宵攤位。

I work with a volunteer to make a decoration for our booth.



嘩！好熱鬧呀！首先逛這邊，然後再到其他攤位。
Woo! It's so mirthful. Let's walk around the fair.

新春團拜：共賀新禧

Chinese New Year Celebration - A Merry & Gleeful Gathering



學生舞獅助慶賀新春。
Our student celebrates the festival by dragon dancing.



家長與學生大玩汽球遊戲。
Students and parents are playing a balloon game happily.

特殊奧運會： 勇奪十金、九銀、五銅牌 Special Olympics - Won 10 Gold, 9 Silver and 5 Bronze Medals

聯校運動會：

勇奪18金、17銀、13銅牌

Joint School Athletic Meet - Won 18 Gold, 17 Silver and 13 Bronze Medals



家長與團代表學校接受紀念品。
Father and son represent the School to receive the souvenir.



看到兒子獲獎，媽媽當然喜上眉睫。
The mother is very proud of the son to win the medals.



民政事務局常任秘書長林鄭月娥女士（左四）及一眾嘉賓主持開幕典禮。
Mrs. Carrie Lam, Permanent Secretary for Home Affairs (4th from the left) and other guests officiate at the opening ceremony.



媽咪與妹妹一齊來支持我得冠軍，我好開心呀！
I'm so happy that my mother and sister come to support me to get the champion!

校園新動態

What's New Around Our Campus

靈實種籽計劃之「共渡成長每一步」社區教育活動

Haven of Hope Seeds Project Community Educational Programme:
"Together We Grow"

承蒙東港城借出場地，靈實種籽計劃之「共渡成長每一步」社區教育活動於三月十日及十一日舉行，吸引了將軍澳區內不少家長帶同子女出席。活動旨在提高社會人士對兒童發展的關注，及消除社會對有特殊需要人士的誤解，宣揚和諧共處的訊息。會場設置兒童發展評估攤位，由專業人士為兒童即場評估。

大會安排了豐富的節目，第一天邀請了基督教靈實協會行政總裁林正財醫生、游日新醫生、周賢明先生擔任主禮嘉賓，並由游日新醫生主講「流感與禽流感」，靈實實林日間活動中心暨宿舍的學員表演七色音樂團，職業治療師顏如玉小姐分享如何克服自閉特徵的經歷。

第二天邀請了陳以誠醫生主講「如何提升學習能力」，並演唱兒歌，在場小朋友聽得投入之餘，還上台一起跳舞呢。當天還有一班打扮漂亮的將軍澳宣道會幼稚園學童表演唱遊，吸引了不少途人圍觀。

Thanks for the kind support of East Point City, a community educational programme named "Together We Grow" organized by Haven of Hope Seeds Project was held on March 10-11, with the aims of enhancing the public awareness on children's development and alleviating the public misunderstanding on people with special educational needs. Assessment booths were set up to evaluate children's development by professionals.



A number of programmes were arranged which included talks conducted by paediatrician, musical performance by Haven of Hope Po Lam Day Activity Centre cum Hostel (PLDACH) as well as Tseung Kwan O Alliance Kindergarten, sharing by occupational therapist etc.

主禮嘉賓(後排由左至右)林正財醫生、周賢明先生、游日新醫生與靈實實林日間活動中心暨宿舍的學員於開幕禮後合照。

Dr. Lam Ching Choi, Mr. Chow Yin Ming and Dr. Yau Yat Sun (from left to right at the 2nd row) officiated at the ceremony with students of PLDACH.



小朋友正在進行發展評估。

A kid was under evaluation of development assessment.



陳以誠醫生與在場小朋友一齊載歌載舞。

Dr. Chan Yee Shing sang and danced with kids on the stage.



將軍澳宣道會幼稚園表演唱遊。

A cute performance by Tseung Kwan O Alliance Kindergarten.

靈實恩光成長中心物理治療推廣課程

Physiotherapy Courses by Haven of Hope Sunnyside Enabling Centre

在3月中，靈實恩光成長中心舉行了「幼兒體育」幼師培訓工作坊及「健身球」幼師培訓工作坊，期間有十多位幼稚園校長、主任及教師參加。課堂理論與實踐並重，加強參與者對幼兒體能發展的認識。

另外，在復活節及暑假期間，成長中心亦會舉辦多個由物理治療師設計及教授的兒童及親子課程，希望藉此促進孩子全人的發展及增進親子的關係。課程包括：兒童體適能課程、健身球親子班、兒童運動攀登訓練班、水中健體親子班、改善脊椎姿勢課程以及動感阻力帶親子班。

In March, Haven of Hope Sunnyside Enabling Centre (SEC) organized workshops on Children's Physical Education and Gym Ball Instructor Course for kindergarten principals, senior teachers and teachers. The courses combined theory with practice and enhanced the participants' understanding of children's physical development.

Moreover, during the coming Easter and summer vacation, SEC will hold a number of courses designed and conducted by our physiotherapists to improve children's holistic development and parent-child relationship. Courses include Physical Fitness Training Course, Parent-Child Gym Ball Class, Sport Climbing Course, Parent-Child Hydro Fitness Class, Postural Education Class and Parent-Child Conditioning Course with Theraband.



幼稚園教師投入地參與培訓工作坊。

Kindergarten teachers were very involved in the workshop.

同工發展日 Staff Development Day

1月2日是我校的同工發展日，學校安排了多個講座和分享會，包括同工到美國體驗啟發潛能教育的分享會、簡介啟發潛能教育的五個重點。另外，學校又邀請了東華三院群芳啟智學校的言語治療師和宿舍導師到校，分享他們向自閉症學生推行結構化教學法所遇到的困難和應變的策略。

A series of talks and programmes were held with focus on Invitational Education (IE) in the Staff Development Day on 2 January. Staff who participated in the IE trip in the United States shared their observation and findings, and briefed the five major elements in IE. Moreover, houseparents and speech therapists from Tung Wah Group of Hospitals Kwan Fong Kai Chi School were invited to share their experience in applying the TEACCH approach for autistic children. They also shared what difficulties they encountered while applying the approach.



校長(左)感謝群芳啟智學校同工詳盡生動的分析。

Principal (left) thanked the staff of Kwan Fong Kai Chi School for their sharing.

校舍外牆重新油漆 Repainted the exterior walls

由於校舍外牆漆油剝落情況嚴重，學校於聖誕假期為外牆重新油漆，令校舍的外貌有煥然一新的感覺。學生在這優美的環境學習，不知會否特別精神呢？

As the paint of our exterior walls was seriously flaking off, the school walls were repainted during the Christmas vacation. See how beautiful our school is!



有機耕種 Organic Farming

為配合營造綠色校園的環境，學校於去年12月8日邀得香草園的謝先生為同工和家長舉行了一個有關有機耕種的講座，謝先生並且示範了以不同的工具種植，加深了我們對有機耕種的認識。亞洲電視並在節目「七十三行」介紹我校的有機耕種園圃呢！

Aimed at cultivating a green school environment, Mr. Tse from the Herboland was invited to share his working experience in improving the skills of organic farming and enhancing the environmental awareness of staff and parents on 8 December 2006. Mr. Tse demonstrated how to use different farming tools, which in turn improved our understanding on organic farming. Asia Television also introduced our organic farm in the show "The Seventy-third Occupation".



同工學習以圖像的教學法教導自閉症學生。

Staff learned the pictorial approach to teach autistic students.

安裝投影機 Installation of Projectors

為了配合電腦教學，校內的課室和特別室(如音樂室、視覺藝術室、多用途室等)已安裝投影機，方便老師採用多元化的教學法，學生上課時就更有興趣了。

To launch computer-assisted teaching, classrooms and special rooms, for example, music room, visual arts room and multi-purpose room etc., have installed projectors. Teachers can employ various teaching methods to make classroom learning even more interesting.



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 severely mentally handicapped children will be much more richer and full of fun. Let's thank

恩光之友會
強記建築有限公司

Sunnyside Club Limited
Keung Kee Construction Limited
The Incorporated Trustees of the Zoroastrian Charity Funds of Hong Kong, Canton & Macao

何英祥先生
黎志亮先生
林志偉先生
梁錦榮先生

Mr. Ho Ying Cheung
Mr. Lai Chi Leung
Mr. Lam Chi Wai
Mr. Leung Kam Wing, Kan
Mr. Lau Hok Bun, Andrew
Mr. Liu Yui Kai
Ng Wai Chuen
Mr. Wan Siu Shing

捐款回條 Donation Slip

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\$: _____

中文姓名: _____ *先生/小姐/太太

Name in English: *Ms./Mr./Mrs. _____

地址/Address: _____

電話/Telephone: _____

**請刪去不適用者*

**Please delete whenever appropriate*

請將劃線支票(祈付“基督教靈實協會”)寄回九龍將軍澳安達臣道301號靈實恩光學校收

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.



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？靈實恩光學校誠徵義工，有興趣者請填寫以下表格，傳真至2703 6320，或致電2703 1722 與何小姐聯絡。

Would you like to spend your spare time meaningfully? Haven of Hope Sunnyside School is now recruiting volunteers. Please fill in the form and fax to 2703 6320 or contact Miss Ho at 2703 1722.

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

Activities held during school time (9am-3:30pm)

宿舍時段的活動

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: _____