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靈實協會網址 HOHCS Website : [www.hohcs.org.hk](http://www.hohcs.org.hk)

# 恩光通訊

## SUNNYSIDE NEWSLETTER

### 今期主題 Feature:

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AQUA × PHYSIOTHERAPY  
= HYDROTHERAPY

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恩光聯繫(離校)生連(校內)心發展計劃 Link of Sunnyside Development Programme

你們要休息，要知道我是神；我必在外邦中被尊崇，在遍地上也被尊崇。

選自聖經《詩篇》46:10



Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.

extracted from Psalms 46:10, the Bible

# 水 × 物理治療 = 水療訓練

一級物理治療師 梁家嵐姑娘



俯臥水面鍛鍊背部肌肉  
Lying on the front to train back muscle.



於水中進行被動式伸展  
Doing passive stretching in the water.



水中企立無難度！  
It's so easy to stand in the water!

物理治療的水療訓練是指透過各種水中運動去伸展、放鬆及強化肌肉、骨骼和活動關節。在水中運動不但可以鍛鍊心肺功能，強健體魄，增強抵抗力，同時可以紓緩精神緊張及生活壓力，持續有系統的訓練甚至可有減肥效用。

## 水療在恩光

承蒙恩光之友會的慷慨捐助，靈實恩光學校得以擁有自己的水療室，學生可有更多機會接受水療訓練，水療對大腦麻痺兒童有正面的治療果效，於柔軟度、呼吸系統功能、肌肉力量、步姿及大肌肉控制能力等多方面都有所裨益。

結合水壓及浮力的特性，水中運動可改善學生的企立平衡能力。有研究顯示，患有哮喘疾病的兒童透過持續的水療能有效改善其心肺功能。學校的水療池恆溫在33°C至37.6°C，溫水有助紓緩學生緊張肌肉，配合主動練習，能大大提升肌肉中的血液流通。

然而，不是所有需要接受物理治療的學生都可接受水療，需要透過治療師詳細的評估，並認為水療乃合適的治療項目，才可進行。部分學生於陸上的運動有所限制，在水中運動就有較大的支持，容易誘發自主動作，增加成功感及自信心，大大增加治療的樂趣。物理治療師會因應學生情況而處方治療，以改善學生的肢體控制、平衡能力、心肺功能、柔軟度、步行能力等。

## 家長心聲 - 何潤成媽媽

潤成的肌肉張力較高，身體及四肢都較為緊張，自主控制較弱，雙手常置外側，接受水療訓練後，肌能方面有明顯的改善。潤成很喜歡浸泡於暖水中，整個人都紓緩下來，配合物理治療師的訓練，潤成的肌肉較能放鬆，雙手的功能得以進一步發展，如可將手置於身前。

現時潤成可自行握匙進食，中線的概念較以前強，而身體的協調亦有進步，能較長時間安坐凳上或地氈上。我很珍惜潤成接受水療訓練，即使是從百忙的家務中，亦抽空到學校跟治療師學習訓練技巧，期望水療能讓他的肌能有更大的進步。

# AQUA x PHYSIOTHERAPY = HYDROTHERAPY

Ms. Gwyneth Hung, Physiotherapist I

Hydrotherapy is a physiotherapy treatment that can stretch, relieve and strengthen one's muscles, bones and joints through exercises in the water. Water exercises not only train a person's cardio-pulmonary function to develop a stronger body and higher resistance to diseases, but also relieve his stress and pressure. Continuous systematic training can even lose weight.

## Hydrotherapy in Sunnyside

With the generous support of the Sunnyside Club, Haven of Hope Sunnyside School is able to set up its own Hydrotherapy Room. Students can have more opportunities to practise hydrotherapy, which has proved to be effective in students with cerebral palsy in terms of flexibility, respiratory function, muscle strength, posture and gross motor control.

Making use of water properties, i.e. gravity (down-thrust) and buoyancy (up-thrust), pool exercises improve students' balance in upright position. Research finds out that the cardio-pulmonary function of children suffered from asthma can be strengthened through continuous hydrotherapy treatment. Temperature of the hydrotherapy pool in the School is set in the range of 33°C to 37.6°C. Together with active exercises, warm water can soothe students' strained muscles and stimulate his blood circulation.

However, not all students who need to receive physiotherapy are suitable to have hydrotherapy treatment. Only those who undergo comprehensive evaluation by physiotherapist and are diagnosed to be fit for the treatment can proceed. Some students who are limited by their ability in land exercises could find better manoeuvre in the water, hence greater sense of achievement and confidence in the treatment. Physiotherapist could treat students in accordance with their conditions, so as to improve their body control, balance, cardio-pulmonary function, flexibility and walking ability etc.



水療都係我哋的親子時間!  
Hydrotherapy enhances our relationship.

## Words of Parent - Mother of Ho Yun Sing

As the muscle tension of Yun Sing is higher than normal children, his body and limbs tend to be tenser and self-control poorer. His hands usually spread out. After receiving hydrotherapy treatment, his motor control is apparently enhanced. Yun Sing likes to stay in warm water, his body is so relaxed that he could follow the training instructions of therapist. His muscles are relieved and hand control is improved, for example, he can place his hands in front of his body.

At present, Yun Sing can hold spoon to eat, his sense of centerline is stronger and skill of coordination better. He could sit on chair or mattress for longer time. I value Yun Sing's hydrotherapy treatment and am very much willing to go to the School to learn the training skills from therapist in midst of busy chores. I hope hydrotherapy can enhance his motor skills to a greater extent.

# 活動花絮

## 獅子會贊助保齡球活動

### Lions Clubs sponsored Bowling Activity



一行四十多人的師生和家長齊集九龍灣保齡球場，準備一展身手。  
A group of over forty students, staff members and parents gather in a bowling alley at Kowloon Bay to play bowling.



潔華第一次打保齡球，嚴陣以待，心情既緊張、又興奮。  
As it's the first time Kit Wah plays bowling, she is very happy yet serious.



嘉慧打得開心，連後面看的觀眾也一樣開顏。  
Not only Ka Wai but the audience enjoy the game.

## 伴我啟航 乘風航

### Adventuring in Adventure-Ship



嘩！猩猩的樣子好得意呀！  
Wow! The gorilla looks so cute!



無懼風雨，我們乘風破浪。  
We sail through wind and rain courageously.



你睇我幾大膽，再高我都不怕！！  
You see how bold I am! I won't be afraid even lifted up higher.

## 緣自The Body Shop 義工

### Rollout of The Body Shop Volunteers

三十多名來自The Body Shop的義工，協助帶領學生參觀香港動植物公園。  
Over thirty volunteers from The Body Shop help leading students to The Hong Kong Zoological and Botanical Gardens.



繼而乘搭觀光巴士港島遊，小朋友是第一次乘坐開蓬巴士呢！  
Then they tour around the Hong Kong Island in a sightseeing bus, it's the first time our kids traveling in an open deck bus!

# Activities in Snapshots

## 家職會旅行

Parent Staff Association Outing



家職會舉辦大潭及石澳之旅，你看大家多享受是日和煦的陽光及明媚的風光！

A day trip to Tai Tam & Shek O is organized by Parent Staff Association. See how the participants enjoy the nice sunshine and pleasant surroundings!

## 騎馬活動

Riding Activity



騎馬仔，好好玩！我開心，你知道。Riding on a pony is such a fun that both you and I enjoy our time!

## 宗教體驗日

Religion Experimental Day



首先參觀位處大圍的車公廟。  
First we visit Che Kung Temple at Tai Wai.



第二站到道風山信義宗神學院。  
Then we go to Lutheran Theological Seminary at To Fung Shan.



先在學校培訓...  
We are drilled in the School...



正式到石澳清潔海灘，為保持環境清潔盡一點力！  
Students go to Shek O to clean up the beach. We are responsible to keep the environment clean.

## 社區活動日

Community Day



雯桐在沙灘實踐所學。  
Man Tung practises what she learns.

# 校園新動態

## What's New Around Our Campus

### 學習圈 Learning Circle

我校與香港教育學院及友校(包括匡智松嶺第三校、保良局陳百強伉儷青衣學校、心光恩望學校、救世軍石湖學校)分享及交流有關感覺統合在課室應用的經驗,松嶺第三校的職業治療師以理論、個案講解及課室實踐與友校同工分享,五間特殊學校亦互相觀課,認識各校的實踐及應用情況,過程中老師能加深認識感覺統合,及嘗試以感覺統合解讀學生個別的行為。



教師和研究員為學生進行教學內容測試

Teacher and researcher test student's response towards the lesson.



The Hong Kong Institute of Education, Hong Chi Pinehill No.3 School, Po Leung Kuk Mr. & Mrs. Chan Pak Keung Tsing Yi School, Ebenezer New Hope School, The Salvation Army Shek Wu School and Haven of Hope Sunnyside School shared the application of sensory integration (SI) in classroom teaching. Occupational therapist of Hong Chi Pinehill No.3 School shared the SI theory, case studies and classroom application with other schools. The five special schools visited and observed each other. Teachers understood more on SI and tried to use SI to explain students' behavior.

### 天賜的產業 Heritage from the Lord

你們好!我是馬天欣老師的兒子 - 張敬,爸爸媽媽希望我能一生敬畏神。我在2010年2月16日(年初三)出世。我出世時的體重是6.6磅,兩個月後我已經差不多長至12磅重了。我很喜歡吃奶及睡覺,亦很喜歡手舞足蹈地拍玩具。

Hello! My name is Timothy Cheung, son of Jenny Ma, teacher. My parents hope I will revere God throughout my life. I weighed 6.6 lbs when I was born on 16 February 2010, the third day of Lunar New Year. After two months, I grow to almost 12 lbs. I love to drink milk and sleep and also like to pat toys with hands and feet.

大家好!感謝天父賜給我一個妹妹「悅柔」。爸媽替我們改的名字是叫我們盡心事奉神、用愛對待人。妹妹鍾意同人傾偈,亦最鍾意同我玩,我走到那裡,妹妹的眼睛就會追望到那裡。

How are you? Thank God who gives me a sister named "Yuet Yau". My parents want us to serve the Lord with all our heart and love people with all our mind. My sister likes to chat with people, and loves to play with me. Her eyes will follow wherever I go.

我叫張敬

My name is Timothy Cheung



哥哥與妹妹  
brother and sister

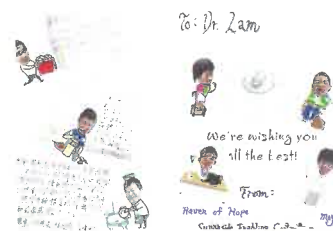
### 全人參與,不再苦候 Engage & Wait no more

二零零六年八月開辦的靈實恩光成長中心,已運作了四年。本著讓學員持續享有群體生活及所學的信念,成長中心提供離校生服務,減輕家人在學員輪候社會福利署提供成人服務期間的徬徨無助。

縱然以往三年中心皆是虧蝕,但顧念到這群特殊學校畢業生的無奈,中心仍堅持提供適切的日間照顧訓練及住宿照顧服務。成長中心持守神的帶領,紓緩家人照顧智障子女的壓力。未來有賴恩光學校各家長的參與,同心合力去為中心創造可持續運作的模式。

Haven of Hope Sunnyside Enabling Centre (SEC) has operated for four years since August 2006. With the mission of offering students social life and practising what they learn, the Centre renders service to graduates of Sunnyside School, so as to alleviate the anxiety and helplessness of family members during the long waiting period for adult service provided by Social Welfare Department.

Though the Centre has been in deficit for the past three years, it continues to offer day care training and residential care service to these special school graduates because of their helpless situation. Led by the Lord, the Centre strives to relieve the pressure of family members in taking care of their mentally impaired children. The future of the Centre relies on the involvement of every parent at Sunnyside School to help create a sustainable operation model.



當天送給林醫生的感謝卡內,盡表成長中心家長對現時服務的讚譽及認同。

Parents of SEC give Dr. Lam a thank you card which shows their appreciation and recognition to the existing service.



恩光成長中心及家職會家長代表於5月與協會行政總裁林正財醫生(右三)會面,共同探索中心的前景。

Representatives of SEC and Parent Staff Association and Dr. Lam Ching Choi, CEO of Haven of Hope meet in May to explore the prospect of SEC.

## 恩光聯繫(離校)生連(校內)心發展計劃

### Link of Sunnyside Development Programme

靈寶恩光成長中心自四月起，由學員製作飲品及速遞給校內顧客享用，顧客並會酌量給予學員小費，再加上口頭鼓勵，提升他們的自信心及社交技能。計劃運作至暑假，扣除成本後，學員會將部分收入捐給中心，其餘作為家用拿回家，負上作為成人及家庭成員的責任。

Students of SEC prepare drinks and deliver them to customers in the campus since April. Customers offer tips and verbal encouragement to students to boost up their self confidence and social skills. The programme will run till summer holiday and students will donate part of the proceeds to SEC. The rest will be given to their parents to demonstrate their roles as adult and family member.



速遞員殷勤地送上飲品，老師多受落！  
Our courier gives a drink to teacher courteously.



多謝大家落單，茶水部至有工開。看看我們的學員多勤奮！

Thank you for your support to keep the tuck shop running. See how diligent our student is!

## 園藝小組 Gardening Group

今年宿舍部新增了園藝小組，讓宿生有更多機會接觸大自然，認識不同種類的植物和物件，如蔬菜、水果、石子、泥土等，讓大家可以透過觸覺、視覺、嗅覺、聽覺及味覺，加深印象。石子和種子會成為宿生的敲擊樂器，小小的麥飯石更最得他們的喜愛，可以花半小時不斷用小手指搓揉去感受其質感。他們也喜歡用鼻子去嗅嗅蔬果的氣味呢。

This year the boarding section has formed a Gardening Group to encourage boarders to get in touch with the nature and learn different plants and stuff, for example, vegetables, fruit, stone and soil etc. Through touching, seeing, smelling, listening and tasting, students know more about the natural environment. Stones and seeds are their percussion instruments while small medical stones are their favourite. They would spend half an hour to rub the stone to feel the texture. Boarders also like to smell vegetables.



## 多感官功能室新成員介紹

### New members of Multi-sensory Room

我們剛加入多感官功能室，請大家多多指教！

We just join the Multi-sensory Room, your advice or comments are highly appreciated!

#### 天幕 Cosmic effect net

我們是一組網狀的吊燈，仿似星星閃爍的效果，一共有八種的閃燈模式。學童可於不同強度及閃燈模式的燈光下，感受環境的轉變。



We are a set of suspension lights that look like sparkling stars in the sky. We have eight flashing modes. Students can feel the change of environment through different light intensity and flashing.

#### 發光地毯 Space walk carpet

當我亮著時，即時給予學童如星星般的視覺刺激，可吸引他們走近或伸手觸摸，他們可以脫下鞋子，站在我上面，讓雙腳也有觸感刺激呢。



When I am lit, students will see lots of stars that will attract them to approach or touch me. They can take off their shoes and stand on me to feel the stimulation.

#### 觸感圖板 Flashing drawing board

我是一塊玻璃圖板，當開動電源後，便會現出如閃電的圖案，當學童伸手接觸我的表面時，閃電會流向其接觸點，讓他們學習到手部活動會帶來環境的轉變；而我的閃電圖案是可以調較的，讓學童可以看到不同的圖案及效果。



I am a glass drawing board. After connected with electricity, my face will produce different flashing patterns. When students touch me, the lightning will flow to the touching point, then they will learn that their hand movement can change the environment. My patterns could be adjusted to let them see different effects.

#### 星形燈飾 Starlike hanging lamps

我們的任務是吸引學生的視覺刺激，讓他們可以注視著我們，並誘發他們主動伸手觸摸我們，同時活動雙手。



Our mission is to attract students' attention! They will stare at us and touch us to exercise their hands.

# 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 impaired children will be much richer and full of fun. Let's thank ....

CHIU WING YAN, JOANNE

DOO WAI FUN, DAPHNE

HO YING CHEUNG 何英祥

KWAN CHI KING, VIRGINIA

LAU HOK BUN, ANDREW

LEE HYSAN FOUNDATION 利希慎基金

LEE KIN YING

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黃偉詩

黃駿泓

THE SUNNYSIDE CLUB LIMITED

恩光之友會

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康域慈善基金

## 捐款回條 Donation Slip

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”)寄回九龍將軍澳安達臣道301號靈實恩光學校收

I would like to donate to Haven of Hope Sunnyside School in support of its service to the severely mentally impaired 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, 301 Anderson Road, Tseung Kwan O, Kowloon.

## 靈實 2010 全港賣旗籌款

您的支持能減輕患病長者的經濟負擔

「生活求安穩，身體求健康」是很多長者的心聲，他們經歷了幾十年的勞勞碌碌，現在沒有甚麼比「活得快樂」更重要。可惜，他們的身體機能隨著年月而退化，有些更百病纏身，醫療費用的負擔實在令她們透不過氣來。在2007年，基督教靈實協會推出「靈實慈恩醫療服務」，以資助或免費形式為有需要的長者提供優質且廉價的醫療服務，以幫助他們減輕在醫療費用的負擔。

靈實2010賣旗籌款將於2010年9月11日(星期六)於全港舉行，為「靈實慈恩醫療服務」籌募經費，我們誠意邀請您參與及支持這項有意義的活動，一同攜手幫助更多有經濟困難的長者！

賣旗日 : 2010年9月11日(星期六)

賣旗地區 : 全港

時間 : 上午7時至中午12時30分

籌款目的 : 為「靈實慈恩醫療服務」籌募經費

查詢熱線 : 2703 3371/2703 3284

捐款熱線 : 2703 3373

傳真 : 2702 8173

登記成為義工

<http://www.hohcs.org.hk/volunteer.php>