

恩光通訊

Sunnyside Newsletter



基督教
靈實
協會
HAVEN
OF HOPE
CHRISTIAN SERVICE

尊重生命 • 改變生命

校長的話

蔡奕玲校長

信仰靈性關懷

作為一所基督教特殊學校，靈實恩光學校在關顧學生及其家人的身心健康以外，更希望他們的靈內滿足，能認識創天造地的上帝，學校透過不同的活動，讓參與者在信仰與生活中找到平衡和力量。

無障礙敬拜聚會：本年8月，我們與西區福音堂籌辦了無障礙敬拜迎新日，移師西貢戶外康樂營舉行，讓新知舊友聚首一堂，分享見證，參與敬拜與康樂活動，享受靈裡的交流，互相關顧支持。

家長心靈茶座：這是一個專為家長而設的聚會。在輕鬆的環境中，家長們可以暢所欲言、分享感受，彼此鼓勵，並探討信仰生活的挑戰與收穫。

家長讚美操：結合運動與敬拜，家長們通過讚美操提升身心靈的健康，增強彼此的聯繫。

「你要認識神，就得平安，福氣也必臨到你。」（聖經 約伯記22：21）

Words from the Principal

Spiritual Care

Ms. Choi Yik Ling, Principal

As a Christian special education school, Haven of Hope Sunnyside School aims not only to care for the physical and mental well-being of students and their families but also to nurture their spiritual fulfillment by helping them come to know the God who creates the Heaven and the Earth. Through various activities, the school encourages participants to find balance and strength in their faith and daily lives.

No Barrier Worship: In August, we organized a No Barrier Worship Welcome Day in collaboration with the Western District Evangelical Church. This event was held at an outdoor recreation camp in Sai Kung, bringing together new friends and old to share testimonies, participate in worship and recreational activities, and enjoy fellowship and mutual support.

Parents' Tea Gathering: Specifically designed for parents, the gathering allows them to freely express their thoughts and feelings, encourage one another, and discuss the challenges and rewards of living out their faith in a relaxed environment.

Parents' Praise Dance: Combining exercise with worship, parents engage in praise dance to enhance their physical, mental, and spiritual health while strengthening their connection with one another.

“Submit to God and be at peace with Him; in this way prosperity will come to you.” (22:21 Job, the Bible)



多元療癒：宿生的藝術、音樂與香薰之旅

自2021年起，靈實恩光學校宿舍部在閒暇時段安排了多項感知活動，讓宿生參與，涵蓋香薰治療、音樂治療和表達藝術治療。無論是肌能稍遜的以瑪組*宿生，還是活力充沛的奈利組*宿生，大家都能在互動中探索自己的興趣，建立自信，療癒身心。

香薰治療

香薰治療師利用各種精油為學生進行按摩，有效紓緩身體不適，改善便秘和抽筋問題，並能調節情緒，促進放鬆，提升心理健康。在治療過程中，我們目睹宿生由緊張逐漸放鬆，原本緊繃的身體慢慢舒展，流露出舒適與輕鬆的表情。身為註冊香薰治療師的退休舍監王姑娘積極參與，並指導家長、家傭和義工學習相關技術，讓他們能在家中為學生提供香薰按摩，也讓更多人可以享受香薰治療的益處，促進健康與幸福感。

音樂治療

音樂治療師通過鋼琴和結他演奏，以創意和療癒的方式，為宿生創造音樂氛圍。在聖誕、新年和復活節等節慶，治療師會演奏相應的音樂，讓宿生感受到節日的喜悅與活力。宿生們透過音樂互動，彼此打招呼，當大家一起唱《奇妙恩典》時，明顯展現出愉悅的反應；在演唱《雲上太陽》時，更能感受到聽障宿生的共鳴與回應。透過音樂，宿生不僅能尋找快樂，還能在互動中建立情感聯繫，促進心理健康與社交能力的發展。



音樂共賞
Appreciation of Music

表達藝術治療

表達藝術治療是一種創新且饒有趣味的療法，旨在透過多樣的素材和媒介促進宿生的互動與自我探索。這種療法不僅重視藝術創作的過程，還鼓勵每位宿生在安全的環境中自由表達自己的獨特潛能。例如，透過手工藝、樂器演奏、沙畫和繪畫等活動，即使是體能較弱的以瑪組宿生也能找到表達自我的途徑。在表達藝術治療中，甚至可以使用廢物作為創作素材，這不僅環保，還能激發宿生的創意。

透過這些多元而療癒的互動治療，所有宿生無論能力和狀況如何，都能從中獲益，促進身心健康，愉悅舒暢，並在藝術的世界中尋找到自己的聲音。

*以瑪組及奈利組結合，代表「以馬內利」——上帝與我們同在。



王姑娘為宿生按摩，舒展筋骨。
Carole massaging a student.



沙畫傳情
Sand Art: a Medium for Expressing Emotions



Holistic Healing: The Art, Music, and Aromatherapy Journey of Borders

Since 2021, the Boarding Section of Haven of Hope Sunnyside School has arranged a variety of sensory activities for students during leisure time, covering aromatherapy, music therapy, and expressive art therapy. Whether it's members of the *Emma House with slightly weaker physical abilities or the energetic *Nuel House members, everyone can explore their interests, build confidence, and heal their minds and bodies through interaction.



Aromatherapy

Aromatherapists use various essential oils to massage students, effectively relieving their physical discomfort, improving constipation and cramping issues, regulating emotions, promoting relaxation, and enhancing mental health. Throughout the treatment, students' originally tense bodies slowly stretching out, and their expressions reflecting comfort and ease. Carole, the retired warden and a registered aromatherapist, actively participates and guides parents, domestic helpers, and volunteers to learn relevant techniques so they can provide massages for students at home.

Music Therapy

Through piano and guitar performances, music therapists create a vibrant and therapeutic musical atmosphere for students. During festivals such as Christmas, New Year, and Easter, therapists play corresponding music to let students feel the joy and vitality of the holidays. Through music interaction, students greet each other, exhibit joyful reactions when singing "Amazing Grace" together, and hearing-impaired students can even sense the resonance when singing "Sun Above the Clouds."

Expressive Art Therapy

Expressive art therapy is an innovative and playful therapy aimed at promoting interaction and self-exploration for students through a variety of materials and media. Activities such as handicrafts, playing musical instrument, creating sand art, and painting enable self-expression of even Emma House students. Students can also utilize waste materials, making the process both environmentally friendly and stimulating for their creativity.

Through these diverse and healing interactive therapies, all students - regardless of their abilities and conditions - benefit, promoting physical and mental health, joy, and comfort, while helping them find their own voice in the world of art.

*Combining the name of the two houses mean "Emmanuel", God is with us.



你知道我的意思嗎?
You know what I mean?

活動花絮 Activities in Snapshots

學校活動 of School



慶祝國慶75周年滬港澳共融跑
Shanghai, Hong Kong and Macau Inclusion Run in Celebration of the 75th Anniversary of the National Day



賣旗籌款——為公益不遺餘力
Flag Day Appeal in support of charity

Watoto兒童合唱團到校表演
Watoto Children's Choir Performance



開學禮——新一年又到了
Commencement Ceremony to welcome a new School Year

宿舍活動 of Dormitory



繽紛BBQ之夜暨音樂晚會
Splendid BBQ Night and Music Party

奇趣綜藝大滙演：觀賞雲南民族舞蹈
Wonderful Variety Show in watching Yunnan Folk Dance

家長活動 of Parents



新生家長茶聚
New Parents' Tea Party

家長健身舞班
Parents' Aerobic Dance

同工活動 of Staff



教師澳門考察團
Teachers' Study Tour to Macau

校園新動態

What's New
in the Campus

MVPA 60 獎勵計劃

為配合教育局推動全港中小學學生恆常進行中至高強度體能活動的方針，本校於本學年推出了經過調整的「MVPA 60秒計劃」。此計劃旨在鼓勵校內職員及照顧者善用學時，在課堂或課後與學生進行多元化的運動活動，並統計每位學生的累積運動時間，於每週四的早會上公佈以作嘉許。

MVPA 60 Award Scheme

In alignment with the Education Bureau's initiative to promote regular moderate to high-intensity physical activities among students in Hong Kong's primary and secondary schools, our school has launched the adjusted "MVPA 60 Award Scheme" this academic year. This plan aims to encourage staff and caregivers to effectively utilize school hours to engage students in a variety of physical activities during lessons or after school. Each student's accumulated exercise time will be recorded and announced during the weekly Thursday morning assembly for recognition.



靈性關顧活動

靈實將軍澳及西貢地區支援中心的離校生專隊自10月份起，每週二中午到校為一批高中學生開展「靈性關顧活動」。活動圍繞聖經中有關神創造的經文，並設計了各種互動、五感及音樂活動。除了在室內進行，我們也走出戶外，在感官花園及「冬菇亭」與學生互動，豐富他們的校園生活。

Spiritual Care Activities

The School Leavers' Designated Team of Haven of Hope Tseung Kwan O and Sai Kung District Support Centre has begun conducting Spiritual Care Activities for our high school students every Tuesday lunchtime starting in October. These activities revolve around biblical verses related to God's creation and include various interactive, sensory and musical activities. In addition to indoor sessions, we also venture outdoors to engage students in the Sensory Garden and the "Mushroom Pavilion," enriching their campus experience.



環保有責

環保大使「節能巡查」已於11月展開。在同工的陪同下，各班的環保大使負責檢查午膳前後是否關閉冷氣和電燈，以支持環保和節約能源。

我們邀請了環保署的「智能回收推廣車」到校，向學生介紹智能回收科技及設備的使用流程，並即場體驗智能回收系統的運作。

Environmental Responsibility

The "Energy Saving Patrol" by our environmental ambassadors has commenced in November. Accompanied by staff, the ambassadors from each class check whether air conditioning and lights are turned off before and after lunch to support environmental conservation and energy saving.

We have invited the Environmental Protection Department's "Smart Recycling Promotion Vehicle" to our school to introduce students to smart recycling technology and the usage process of the equipment, allowing them to experience the smart recycling system in action.





邱嘉偉同學
Yau Ka-wai

學生展才華

為了展示學生的才華，「活在恩光發展委員會」將邱嘉偉同學的視藝作品製作成便條紙，贈送給嘉賓和職員使用。此外，邱同學與梁迦媛同學的綵燈作品於九月中旬在維多利亞公園展出，與全港中小學生一同參加中秋綵燈會，共賀國慶。

Showcasing Student Talents

To showcase student talents, the "Living in Sunnyside Development Committee" produced notepads featuring the artwork of student Yau Ka-wai, which were distributed to guests and staff. Additionally, the lantern creations by Yau Ka-wai and Leung Ka-wun were displayed in Victoria Park in mid-September, participating in the Mid-Autumn Lantern Festival alongside primary and secondary school students across Hong Kong to celebrate the National Day.



梁迦媛同學
Leung Ka-wun

走讀生Staycation試住計劃

「走讀生Staycation試住計劃」已進入第五季，這項計劃不僅讓走讀生享受愉快的宿舍生活體驗，還幫助他們學習與人溝通與相處，讓家長也能趁機放鬆。參與的學生在宿舍度過了快樂而充實的兩日一夜，宿舍職員也能更好地了解 and 關愛這些學生，一同創造難忘的宿舍生活回憶。



Staycation Program for Day Students

The "Staycation Program for Day Students" has entered its fifth season. This program not only allows day students to enjoy a pleasant dormitory living experience but also helps them learn to communicate and interact with others, giving parents a chance to relax. Participating students spend two joyful and fulfilling days in the hostel, while staff can better understand and care for these students, creating unforgettable memories of dormitory life together.

環校行步行籌款

本校響應房角石協會的「傳遞愛與光」2024年籌款活動，於十月份舉辦環校步行籌款活動，並獲得家長及同工的支持。通過捐款，我們共同支持國內有特殊需要群體的事工。

Walkathon Fundraiser

Our school is responding to the Cornerstone Association's "Delivering Love and Light 2024" fundraising campaign by organizing a walkathon around the school in October, receiving support from parents and staff. Through donations, we support the work for groups with special needs in the mainland.





祝大家聖誕蒙福！平安喜樂！

Wish you a Peaceful & Blessed Christmas!

靈實恩光學校 HAVEN OF HOPE SUNNYSIDE SCHOOL

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恩光服務知多少？
一掃描自有分曉！

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

Ho Ying Cheung (何英祥)

Sheila A. Bhojwani

Chan Fung Hau

Kwan Chi King Virginia

Tang Him Shun

Cheng Sau King

Lai Yin Kwan

Tsang Hon Lam William

Cheung Man Tat & Wong Wai Yan

Lions Club of Bayview Hong Kong

Western District Evangelical Church

Chiu Wing Yan Joanne

Lui Sau Ching

Wong Kam (黃鑫)

Ho Lai Sheung

Ng Wai Chun (伍惠珍)

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。

I would like to donate to Haven of Hope Sunnyside School in support of its service to the severe intellectual disabled children.

港幣/HK\$: _____ 中文姓名 : _____ *先生/小姐/太太

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

地址/Address : _____

電郵/Email address : _____ *請刪去不適用者 Please delete whenever appropriate

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。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.

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。

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.