

恩光通訊

Sunnyside Newsletter

65
04.2022



基督教
靈實
協會
HAVEN
OF HOPE
CHRISTIAN SERVICE

尊重生命 • 改變生命

校長的話

Words from the Principal

蔡奕玲校長

Ms. Choi Yik Ling, Principal

受著2019冠狀病毒病的影響，學生外出活動的日子變得遙遙無期，學校老師們把握著進行面授課期間、天清氣朗的日子，以班本活動形式進行戶外活動。

有外出「遊車河」，沿途觀賞青馬大橋風光，在校車上安排唱遊活動，家長們和同工也忍不住獻唱幾句，雖然未有落地遊覽，但猶如去旅行一樣。

有在學校花園露營，學生學習架起帳幕，又與同工一起利用戶外煮食工具製作午餐，學生、家長及同工齊齊享受露營的樂趣。更有家長們專誠請假陪伴學生，享受親子樂。發揮創意、突破限制，就能為學生帶來不一樣的體驗。

「不可離棄智慧，智慧就護衛你；要愛他，他就保守你。」

(聖經箴言4:6)

Affected by the 2019 coronavirus disease, it becomes difficult for students to go outing. Teachers took advantage of clear sunny days during the face-to-face teaching period to carry out outdoor activities in different ways.

For example, a school bus trip to Tsing Ma Bridge was arranged. Along the way, parents and staff couldn't help but sing a few words. Although there was no landing tour, all had a good time at the trip.

Camping was held in the Sensory Garden where students learned to set up tents, and use outdoor cooking kits to prepare lunch together with teachers. All participants enjoyed the fun of camping. Some parents even took leave to accompany their child to play together. We are glad to bring a different experience to students by being creative and breaking through constraints.

“Do not forsake wisdom, and she will protect you; love her, and she will watch over you.”
(4:6 Proverbs, the Bible)





愛在疫苗接種時



鑑於近日香港疫情十分嚴峻，校方積極鼓勵家長在安全及可行情況下，盡快為學生預約接種疫苗，以保障學生安全。然而，家長帶學生前往接種疫苗面對不少困難！故此，當教育局與醫院管理局推出特殊學校學生接種疫苗計劃，本校立即安排護士向家長詳細解說，釋除家長對疫苗的疑慮。因應學生的身體狀況及醫療需要較為複雜，學生必須接受醫生評估為適合，方會進行疫苗接種。在各方配合和安排下，校方於2月19日下午安排校車接送及派出教職員陪同，讓二十多位學生到將軍澳醫院完成接種首劑科興疫苗。

鵬鵬從小未接受過疫苗注射，在接種疫苗前，媽媽很耐心每天在家和他講解將會打針並預演當中的過程。起初媽媽也擔心接種時，需要在醫院使用約束物品，但當日在老師及宿舍導師陪伴下，鵬鵬很勇敢地步入接種房間，並坐在椅上。在各人一起數一至十之下，不消一會便成功接種！在場所有同工均興奮地鼓掌，盛讚鵬鵬勇敢！

「萬事互相效力，叫愛神的人得益處」

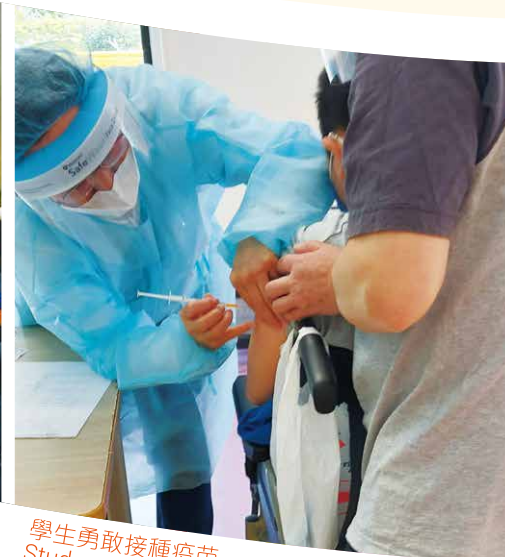
衷心感謝靈實寧養院梁德敏醫生，體恤我校學生情況較特殊，對陌生環境易生恐懼，尤其是有情緒問題的學生，反應尤甚。再者在疫情嚴峻下，外出社區接種疫苗亦令家長擔心增加感染的機會。考慮到以上因素，愛心滿滿的梁醫生欣然答允於3月12日及3月19日特別到校為學生接種疫苗，當中包括首劑接種、接種第二及第三針的學生，惠及眾多學生。梁醫生事後表示整個流程安排理想，很快便替學生接種完畢，亦盼藉此協助減輕公立醫院醫生的工作量。

栢豪媽媽表示栢豪曾在學校打流感針，今次在校注射第一針科興疫苗的安排流暢，感謝學校安排校巴接送他們，還希望第二針也可以在校接種呢！一悅爸爸亦讚賞學校的周詳安排，女兒在熟悉的環境下，見到親切的教職員面孔，打針也較為輕鬆順利，作為父親也放心來。

第五波疫情仍未遏止，大家未能鬆懈，更積極配合政府防疫措施。恩光學校亦希望藉著鼓勵家長和協助學生接種疫苗，守護學生的健康。期望香港早日走出疫情的陰霾，同學可以回到校園，繼續開心學習成長。



在將軍澳醫院接種疫苗
Vaccination at Tseung Kwan O Hospital



學生勇敢接種疫苗
Student bravely took the jab



In view of the recent severe epidemic situation in Hong Kong, the School actively encourages parents to vaccinate their children the soonest to ensure their safety. However, parents face many difficulties when taking their children to get vaccinated. Therefore, when the Education Bureau and the Hospital Authority launched the vaccination program for special schools' students, the School immediately arranged the nursing team to explain in details to parents to relieve their doubts about the vaccine. Due to the complex physical condition and medical needs of students, they must be assessed by doctor as suitable before vaccination. With the cooperation and arrangement of all parties, the School arranged transportation and staff to accompany more than 20 students to Tseung Kwan O Hospital to take the first dose of Sinovac vaccine in the afternoon of February 19.

Peng Peng has never been vaccinated since birth. Before the vaccination day, his mother patiently explained to him the injection process with daily rehearsals at home. At first, she worried Peng Peng might need restraints during injection. Yet, on that day, he bravely sat in the room accompanied by teachers and houseparents. When everyone counted one to ten, he was successfully vaccinated. All applauded and praised Peng Peng for his bravery!

"In all things God works for the good of those who love him"

Sincere gratitude goes to Dr. Edmond Liong of Haven of Hope Holistic Care Centre who is sympathetic to the special situation of our students. They are prone to fear of unfamiliar environment, especially those with emotional issues. Vaccination at the community also makes parents worry about increasing the chance of infection. Thus, the kind-hearted Dr. Liong readily came to Sunnyside School to vaccinate students for the first, second or third dose, on March 12 and March 19. Afterwards, Dr. Liong said that with a smooth arrangement, the vaccination was completed soon. He also hoped that this would help reduce the workload of doctors in public hospitals.

Mother of Pak Ho said that Pak Ho had a flu shot at school and commented that the arrangement for his first jab of Sinovac vaccine at school was smooth. She thanked the School for arranging school bus pick-up and hoped that her son's second injection could be held at school too. Yi Yue's father also appreciated the School's careful arrangements. In a familiar environment, Yi Yue saw friendly faces of the staff, the injection was made easier and smoother.

The 5th wave of the epidemic has not yet been subsided; everyone has not slacked off but actively cooperated with the government's epidemic prevention measures. Sunnyside School hopes to protect the health of students by encouraging parents and assisting students to get vaccinated. It is hoped that Hong Kong will get out of the haze of the epidemic the soonest, and students can return to campus and continue to learn happily.



在熟悉的學校禮堂打針
Vaccination at the familiar school hall



愛心滿滿的梁德敏醫生(左五)與同事合照
Dear Dr. Edmond Liang (5th from the left) and colleagues

活動花絮 Activities in Snapshots



新春快樂 Happy New Year

宿生在新年活動上，祝大家
身體健康，虎年虎虎生威！
Boarders wish you all
healthy and strong in the
Year of Tiger!



家長日 Parents' Day

上學期的家長日在網上舉行，並向家長拜年。
The Parents' Day for the first term was held online and celebrated Lunar New Year with parents.

恭祝各位：
身體健康，虎年進步，事事如意！



HAPPY CHINESE
NEW YEAR!
THE YEAR OF TIGER



聖誕聯歡 Merry Christmas

《聖誕Model王派對》：
同學、家長和教職員打扮
和造型別出心裁，輪流上
台表演。
Delightful Xmas Party:
students, parents and
staff dressed up with
originality for a catwalk
show.



導師和宿生共奏聖誕
歌，慶祝佳節。
Instructor and boarder
played carol together
to celebrate Xmas.



網上課程 Online lessons

暫停面授課堂期間，學校以不
同的教學模式，進行非面授課
堂及治療課。
During the suspension of
face-to-face classes, online
lessons and therapies classes
are offered to all students.



『弦樂・同童行計劃』 Parent-child Music Therapy Course

透過為期半年的音樂治療，讓家長認識自己的情緒和壓力，表達感受；並和子女互動，建立良好的親子關係。
A six-month course on music therapy for parents and students was organized to cultivate parent-child relationship, and release emotion and pressure of parents.

活力無窮 Bounce with Vitality

宿生齊跳彈床，興高采烈！
Boarding students bounced up and down on trampoline happily!



『親子線上物理治療計劃』 Parent-child Online Physiotherapy Programme

特別假期時，外聘物理治療師每周為學生進行訓練，保持肌能，並解答家長疑難。
At Special Vacation, outsourced physiotherapists gave weekly training to students and answered parents' enquiries.

線上無障礙敬拜 Online No Barrier Worship (NBW)

1月9日的線上無障礙敬拜以『不要怕、只要信』為主題。
With the theme of "Fear not, believe only", an online NBW was held on 9 January.



歌曲：但以理在獅子坑

作曲和填詞人：李智迪

承蒙允許使用



歌曲：因著信

作曲和填詞人：盧永享
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2月20日則以『你有得揀?』為題，邀請了一位殘奧運動員作見證，學習信靠神渡困境。

On 20 February, the online NBW themed "You have a choice?" invited a Paralympic athlete to share how she learned to believe in and trust Jesus to get over difficulties.



在酒店隔離有什麼事
令你害怕呢？



就是在我完成殘奧之後，
回港後在酒店隔離的14天。



校園新動態 What's New in the Campus

防疫措施

Epidemic Prevention Measures

全民抗疫，
恩光學校亦責無旁貸。除了在大門及宿舍門口安裝「安心出行」及「疫苗通行證」，亦加設洗手設施、體溫探測器，更在多間課室及特別室增設空氣清新機、抽氣扇等，務求為學生營造安全舒適的環境。

Together we fight the virus! Apart from installing "LeaveHomeSafe" and "Vaccine Pass" at the main and dormitory entrance, hand-washing facilities and body temperature detectors are also set up. Air purifiers and exhaust fans are installed in many classrooms and special rooms to ensure a safe and comfortable environment for students.



全民造★

為了

推動獎勵風氣及建立

正面的校園氣氛，本年度教

務部訓輔組特設「全民造★」獎勵

計劃。每星期各班會有一位同學化身為

主角，老師為每位主角訂立一個正面的目標

或工作，更會製造機會讓同學完成目標。逢星期

五訓輔組老師會入班為主角總結成果，分享喜悅，

加以讚賞，給予獎勵。我們深信每位同學都可以表現

卓越，每一位都是主角！

To promote the incentive and positive atmosphere in the campus, this year the Counselling Group at the School Section launched "Everyone is a Superstar" program. Each class would nominate a student as the superstar of the week. Teachers set a positive goal or task for the student and would create opportunities for him/her to achieve the goal. Every Friday, the achievement of the superstar will be praised, awarded and shared the joy with others.

We firmly believe that every student can perform well and everyone is a Superstar!

Everyone is a Superstar



味覺在恩光

為了讓學

生嘗遍「甜、酸、苦、辣」

的食品，擴闊味蕾的體驗，並配合「關

愛在恩光」的主題，老師為學生們精心準備各

種美食，讓每一位同學都感受到老師對他們的關愛

和悉心的安排。頭炮是嘗一嘗甜的滋味，泡製軟餐紅豆湯圓，希望讓同學們吃到甜在心頭。

In order to let our students taste the "sweet, sour, bitter and spicy" foods and broaden their taste buds' experience, as well as to align with the theme of "Caring in Sunnyside", teachers carefully prepared various delicacies for the students. It is hoped that every student can feel teachers' love to them via the meticulous preparation and arrangement. The first move was making of sweet dessert when teachers made soft red bean glutinous rice balls for students to taste and even feel the sweetness in their hearts.

Tastes in Sunnyside



視覺的享受 Visual Enjoyment

疫情下，
更要攞攞新意思！宿舍部購置了不同的主題性大型布幕，主題包括：生日會、聖誕節、農曆新年及環遊世界。在宿舍內懸掛一幅幅立體又色彩繽紛的布幕，讓學生感受濃厚的節日氣氛，充滿視覺的享受；宿生並穿上貼合主題的華麗衣飾，在布幕前留下倩影和美好的回憶。

Under the epidemic, it is even more meaningful to create some new experiences! The Boarding Section purchased different themed big backdrops, with themes of birthday party, Christmas, Lunar New Year and travelling around the world. Hanging the 3-dimensional and colorful backdrops in the dormitory allows boarding students to feel the festive atmosphere and enjoy the visual stimulation. Students wear gorgeous clothes that fit the theme, taking a beautiful photo in front of the backdrop and keeping a good memory.



同工退修會 Staff Retreat

在
2021年12月21日，
全校同工按部門舉行半日
退修會，各部門各式各樣，如教
務部到黑暗中對話體驗館、宿舍部進
行集體活動及手工藝製作，百花齊放，
各取所需。

On 21 December 2021, a half day staff retreat was held. Departments planned and carried out the retreat differently to suit their needs and purposes. For example, the school section went to Dialogue in the Dark Experience Place while the boarding section held group activities and handicraft making.



家長支援 Support to Parents

第五波疫情
期間，學校社工就家長的需要，送上防疫物資應急。恩光雖然有學生及家人受到感染，感恩的是，他們已相繼康復！社工部整理了三位家長的抗疫經驗分享，加上抗疫小貼士，製作「家校同行齊抗疫」為家長們打氣。

此外，護理組亦定期為家長送上健康資訊，並為確診的家庭提供適切的護理忠告及協助。恩光學校的社工、護士及老師、宿舍導師等，適時為各學生家庭送上窩心慰問、應急物資及健康資訊，與大家一起共渡難關。

During the 5th wave of the epidemic, school social workers sent emergency supplies to meet the imminent needs of parents. Although some students and family members of Sunnyside School were infected, thankfully, they have recovered one after another! The Social Work Department edited three parents' anti-epidemic experience sharing with tips to compile a newsletter to encourage parents.

In addition, the Nursing Team also regularly sends health information to parents, and offers appropriate nursing advice and assistance to confirmed families with COVID-19. The social workers, nurses, teachers and houseparents of Sunnyside School timely send comfort, emergency supplies and health tips to all students' families to tide over the difficulties together.



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

Chan Kwai Shing, Kenneth (陳季丞)	Kwan Chi King	Lo Siu Chi, Edward	Tsang Chi Wah (曾志華)
Chan Nim Chung (陳念聰)	Kwan Ka Yiu Irene	Lo Wai Men (盧慧敏)	Tsang Sai Ming (曾世明)
Chan Siu Ching	Kwan Wan Siu, Wance (關韻韶)	Lui Kin Chung (呂健忠)	Wong Yuen Kwan Lana
Chan Wing Shing (陳榮聲)	Kwong Sin Yee	Lui Sau Ching	Wu Brian Eugene
Chau Kwok Choi	Lai Chi Wai	Mandarin Auto Services Limited (萬昌汽車有限公司)	Yau Kit Yu
Cheng Sau King	Lai Yin Kwan	MBA Accounting & Taxation Services Ltd. (會計稅務有限公司)	Ying Fung Kwong Helen
Cheung Yok Ling	Lee Suet Ting	Ng Hiu Tung	Yu Wun Sze
Chiu Wing Yan	Leung Chong To (梁創濤)	Ng Siu Fun Agnes	Zhang Shu Fang
Choi Yim Kuen, Sharon	Leung Edward	Ng Wai Chun (伍惠珍)	區秀英
Chung Sau Ling Judy (鍾秀玲)	Leung Tim Yau (梁添佑)	Sealy Asia (Hong Kong) Limited (絲漣亞洲(香港)有限公司)	商業電台
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Ho Fat Kui, Patrick (何發鉅)	Ling Ka Po (凌家寶)	Tang Wai Kuen (鄧惠娟)	
Ho Kwok Keung (何國強)	Liu Wai Lin	The Community Chest (香港公益金)	
Ho Wing Chung Clara	Lo Man Wa (魯曼華)		
King & Company (譚德興 程國豪)	Lo Chak Man (盧澤民)		
劉麗卿 律師行)	Lo Chun Hung, Gregory (盧振雄)		

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