



恩光通訊

校長的話

Words from the Principal

蔡奕玲校長

Ms. Choi Yik Ling, Principal

暑假期間，學校進行了幾項大型工程，包括加設了校務處的接待處，全新設計校內課室、宿舍、走廊、樓梯、扶手等色系，改裝房間的標示，有蓋操場安裝了隱形保護網……整個校園煥然一新，一新耳目。

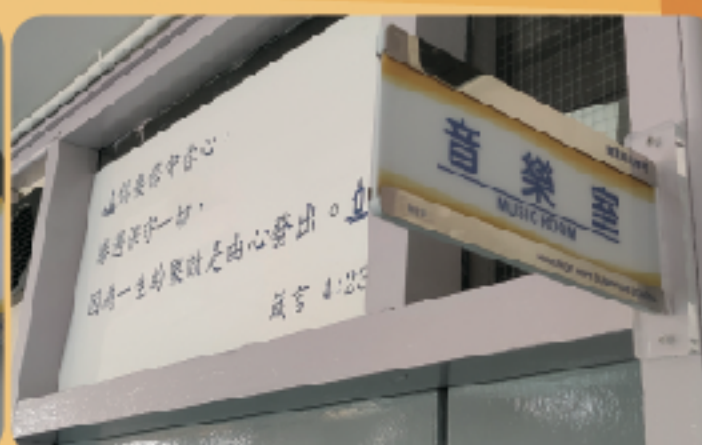
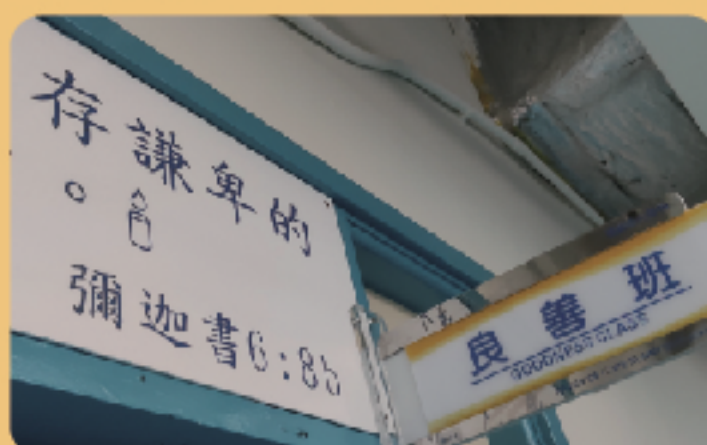
翻新油漆工程後，不同樓層擁有鮮明的主色，如一樓分為藍區及紫區，方便學生識別。有蓋操場的隱形保護網讓教職員安心帶學生在操場上體育課或閒暇嬉戲，不受天氣影響。

大堂接待處旁特別刻上靈實創辦人司務道教士摯愛的聖經金句：「祂必看見自己勞苦的功效，便心滿意足。」以賽亞書53章11節，願聖經的話及司教士服事主服事人的見證激勵進入校園的人，讓服事者及被服事者均可以體會主的愛及得以成長。

During the summer vacation, the School carried out several major projects, including set up of reception at the school office, a new color design of classrooms, dormitory, corridors, stairs, handrails; installation of new room signs and invisible safety net in the covered playground.

The paint renovation project allows different floors to have distinct main colors. For example, the first floor is divided into blue and purple zones for easy identification by students. The protection net enables the staff to take students to the playground for PE lessons or playing regardless of weather.

The reception area is specially engraved with the favourite bible verse of Sister Annie Skau, the founder of Haven of Hope, "After he has suffered, he will see the light of life and be satisfied;" Isaiah 53:11. May the verse and testimony of Sister Annie inspire all who come, so that those serving and being served can experience the Lord's love and mutually enriched.



短暫分離 • 連結契機

Short-term Separation for Long-term Good

香港人生活節奏急促，總是來去匆匆，閒暇時如可稍歇下來，樂得感受當下。然而，若家中有多重嚴重發展障礙人士，這又是否奢侈以致遙不可及呢？今期通訊，我們訪問了四位恩光宿生家長，且聽宿舍服務為他們的家庭帶來怎麼樣的改變。

Leading a fast-paced life, people in Hong Kong are always in a hurry, and are happy to take a break in leisure time. However, if there is family member with multiple severe developmental disabilities, is such thought too extravagant? We interviewed four parents of Sunnyside boarding students and listened how the hostel service has changed their families.



卓文爸爸

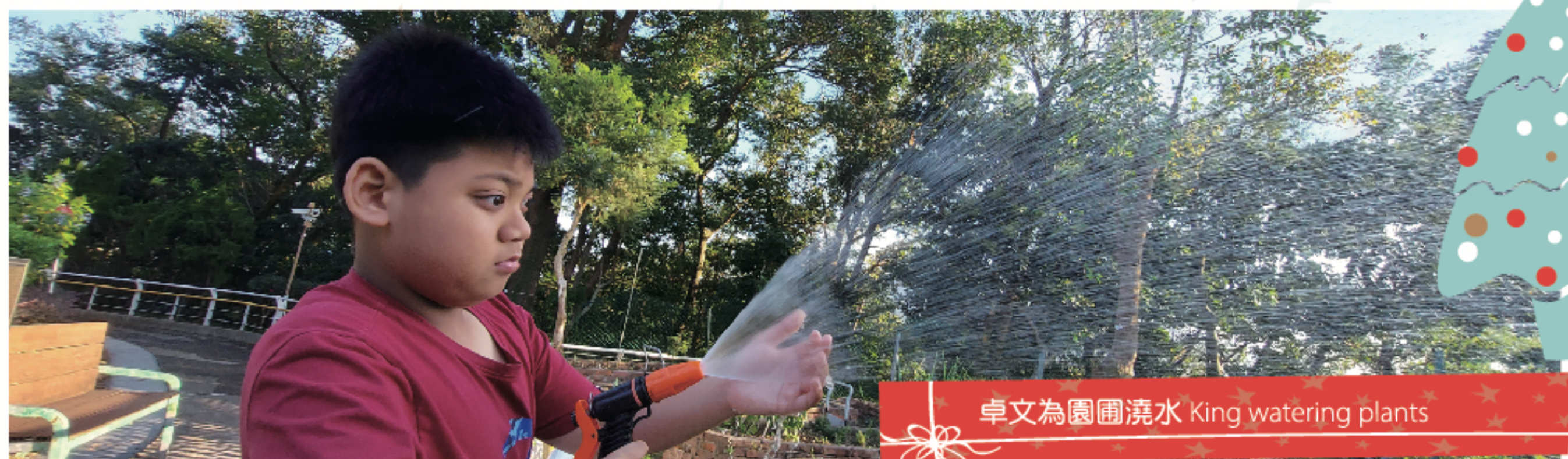
「卓文住宿後，感覺他是獨立了、比以往合作多了，可以形容為“話頭醒尾”。以前在家他只專注會拿著平版電腦玩，現在如果他留意到，甚至會主動幫手做家務，幫爸爸拿取物品。外出前，他還會記得那個房間或廚房未關燈，便主動前去關燈。沐浴的時候，他又會自動自覺脫下衫褲並且放好，更會主動將脫下的尿片放入垃圾桶。」

住宿對家庭來說，是分擔了照顧囡囡的時間，以前我要天天管接管送，現在我的工作時間可以更靈活。如果沒有入住宿舍，我覺得卓文在家中只會越來越懶，入住宿舍對他個人成長大有幫助呢！」

Father of King,

“King was more independent and cooperative after living in dorm. He used to focus on playing computer games, now he would help with housework and turn off the light before going out. When bathing, he will take off his clothes and put the used diapers into trash can.

Lodging shares the time of taking care of my son. Before, I had to pick him up every day. Now my working hours can be more flexible. If King does not live in dorm, I think he will only get lazier and lazier at home. Dorm life greatly helps his personal growth.”



卓文為園圃澆水 King watering plants

澄澄媽媽

「我見澄澄住宿後很開心，她在恩光住我也很放心，最重要是她也長多了肉。澄澄在家時我要專注照顧她，常常會忽略其他家人。澄澄入宿後，我整個人開朗了、輕鬆多了，家人相處亦更融洽。」

Mother of Ching Ching,

“I notice that Ching Ching is very happy after living in the dorm. I felt relieved, most importantly, she has gained more weight. Before, I had to focus on taking care of Ching Ching, often ignoring other family members. Now I become more cheerful and relaxed and the whole family gets along more harmoniously.”



姿姿媽媽

「起初我們都不捨得姿姿入宿，爸爸感到好像失戀一樣，他好像說：“為何要送走我最親密的女朋友？”然而，姿姿好自然融入宿舍生活，面容都表達得好舒服，少了在家的暴躁。期間家人都可以放鬆下來，無須處處小心驚恐發出聲音，引致姿姿情緒波動。」

姿姿入住宿舍後，家人可以趁機充一充電，有空間處理工作及姿姿哥哥的需要。起初，我覺得寄宿是不需要的，後來發現原來寄宿對姿姿很有好處！同時對家庭都有好處，即是雙贏局面，大家都有個喘息的機會。」

Mother of Chi Chi,

“At first we were unwilling to let Chi Chi stay at hostel. Dad felt as if he was broken in love because his closest girlfriend was sent away. Yet, Chi Chi integrates into the dorm life naturally. The whole family can relax as there's no need to be cautious about making noises which can make Chi Chi in panic.

We can also have more time to cope with work and the needs of her brother. Before, I felt boarding was not necessary, but later I observed that lodging is very good for Chi Chi and family as well. It's a win-win situation where everyone has a chance to take a break.”

姿姿協助處理食物 Chi Chi helps prepare food.



鵬鵬媽媽

「鵬鵬年紀漸長，將來畢業後他亦需要入住成人院舍，現時入宿可讓他先作準備，希望他日後能夠獨立生活。鵬鵬入宿後乖巧了很多，與在家的表現實在是天與地之分別。他在家時，他的哥哥不能專心讀書做功課。而鵬鵬有時差不多凌晨一點兩點才睡，他現在宿舍九時至十時就已睡著了。我自己亦可以自由一點，閒時和自己的朋友逛街食飯，輕輕鬆鬆，日常家務、買餸煮飯都方便一點。」

Mother of Peng Peng,

“When Peng Peng is getting older, he will need to stay in adult centre after graduation. Boarding life prepares him to live independently in future. He changes a lot after staying at dorm. When he is at home, his brother could not concentrate on studying. Peng Peng used to sleep at one or two in the morning, now he goes to bed around nine to ten at night at dorm. I can go shopping and dine with my friends, and work on domestic chores more conveniently.”



鵬鵬住宿後，自理能力提高了很多！
Peng Peng's self-care ability improves a lot after lodging.

短暫的分離是為了不一樣的連結，縱然子女入住宿舍，或會讓家長不捨，甚至擔憂及難以放手。但子女入宿的經歷，可是他/她成長的里程碑，鍛鍊其處事及獨立的能力，邁向人生的另一階段。與此同時，家人也可享有更多空間，到了子女周末回家，又可樂聚天倫，實是美事！

The short separation is prepared for a different connection. Parents may be reluctant or even worried and difficult to let children live in dormitory. However, the lodging experience may be a milestone in the child's growth while the family can enjoy more space. When the child goes home on weekend, the family can enjoy love and joy together. How wonderful it would be!

備註：卓文、澄澄、鵬鵬於2019年入住恩光宿舍；次年姿姿入宿。

Remarks: King, Ching Ching and Peng Peng have lived in Sunnyside dormitory since 2019 while Chi Chi lodged in 2020.

活動花絮 Activities in Snapshots

抗疫迎新齊加油 Welcoming Ceremony



為了慶祝疫情放緩，恢復面授課堂，10月16日恩光特舉辦了「抗疫迎新齊加油」活動，教職員齊齊歡迎所有學生和家長回校。

On 16 October, a welcoming ceremony was held at School when all students, parents and staff joined to celebrate the class resumption.

線上物理治療講座 Online PT workshop



物理治療師製作網上教材，教導家長如何協助學生進行肩膊伸展運動。

Physiotherapist presented online to parents on how to carry out shoulder mobilizing exercise for their children.

學前機構到校參觀 Preschool Visit



耀中幼教學院的講師及七位學生到校參觀，了解特殊學校的運作。

A lecturer and 7 students of Yew Chung College of Early Childhood Education came to pay a site visit.

線上無障礙敬拜 Online No Barrier Worship



無懼疫情，無障礙敬拜改以網上形式定期進行，10月18日的敬拜以「夢」為主題。

The No Barrier Worship holds regularly online in spite of COVID-19. The central theme of NBW on 18 October was "Dream".

家長線上工作坊 Online Parent Workshop

靈實恩光學校 啟發學習發展委員會

協商與雙贏 家長工作坊

在過去一年中，我們面對了許多挑戰，例如：學校課程、學生學習、家長工作等。在這些挑戰中，我們需要找到一個雙方都能接受的方案，這就是協商與雙贏。

希望，如何處理這些挑戰，又能找到一個雙方都能接受的方案，這就是協商與雙贏。希望家長能透過這個工作坊，了解如何與學校合作，共同為孩子創造一個良好的學習環境。

第一次：11/11/2020 (六) 上午10:30-上午11:45
第二次：11/11/2020 (六) 下午2:30-下午3:45

靈實二年級家長請速報名 ** 查詢：余美儀校長

地址：FC 252室 (啟發樓二樓)



11月21日的線上工作坊共有9位家長出席，以「協商與雙贏」為題，講解如何在與孩子訂立和執行目標之餘，透過協商，找出雙贏的路徑去達到目標。家長並分享經驗，彼此鼓勵。

Participated by 9 parents, the online workshop held on 21 November taught them how to set and achieve goals with their child in a win-win situation through compromise. Parents then encouraged each other by sharing their experience.

CHRISTMAS



2\$

宿舍生活多姿采 Colorful life at hostel



新學年又開始啦，宿舍換上新裝。在走廊掛上內容豐富的壁報板，展示宿生一天精彩的生活和學習訓練，大家快來看看喔！

Let's look at the new noticeboard at the corridor of boarding section. It shows the marvelous daily routine and training schedule of boarders.



閒暇時分彈彈琴，偷得浮生半日閒
Let's play piano and relax.



雖然我剛入宿，但已很投入地協助清洗生菜
Though I've just joined the hostel, I already helped clean veggie.



齊齊征服半圓平衡球

Together we master the half-round balance ball.



宿生充當導師，教職員做運動

Boarder becomes the coach to teach staff how to exercise.

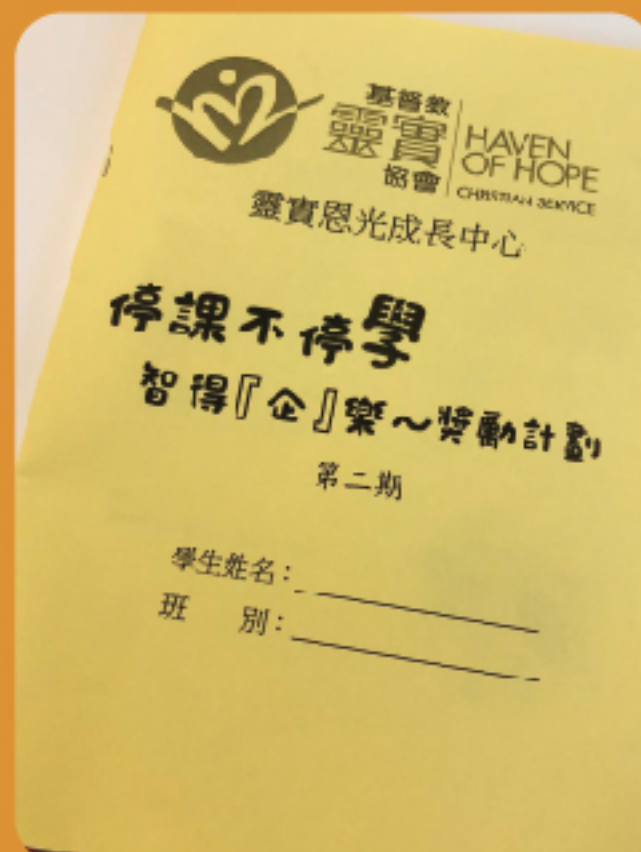


八號風球下要留意新聞報導

We should pay attention to the latest news during Typhoon Signal No. 8.

靈實恩光成長中心

Haven of Hope Sunnyside Enabling Centre



於疫情期間，中心推出停課不停學·智得「企」樂獎勵計劃，鼓勵學員在家積極學習，以獲得不同級別的獎項。

During the epidemic, the Centre launched an award scheme to encourage students to learn at home by offering prizes attained at different levels.



校園新動態 What's New in the Campus

智能互動投影機 Interactive Projector

學校引入智能互動投影機，能於任何表面如地墊上，投射出動態的影像，並回應學生的姿態及動作。學生透過捕捉移動的圖案，能伸展肌能，更可訓練專注力，增加與周遭環境的互動能力。

A motion-activated projector which can project dynamic images on any surface like floor mats was purchased to respond to students' posture and movement. By capturing moving patterns, students can not only stretch their muscles, but also train their concentration and enhance their ability to interact with the environment.



關愛行動 In Love We Care

由啟發潛能教育小組及恩光使團聯合主辦之「關愛行動」，已於2020年11月正式展開！計劃鼓勵各班同工與家長及家傭攜手協作，運用五類關愛方式（包括：五愛語中的服務、讚賞、禮物、接觸、時間 / 代禱行動）設計班本關愛計劃，關顧班內每位學生。

各班將為每位同學拍攝一張關愛相片，再放入精美相架，於校園內展示及送給家長作為紀念。

Jointly organized by the Invitational Education Committee and Sunnyside Evangelical Committee, "In Love We Care" project was launched in November 2020. All students, parents and domestic helpers are encouraged to use five love languages, i.e. service, praise, gift, touch and time/pray to design their caring plan for every student.

Each class will take a caring photo for every student, frame it beautifully for display and give it to parents as souvenir.



防疫措施 Infection Control Measures

安裝屏擋 阻隔飛沫 Installation of Screen Block

為了加強防疫效果，學校特別訂製了個人屏擋，配合不同輪椅檯面的尺寸，安裝在學生的輪椅及課室檯面上。個人屏擋幫助阻隔飛沫，即使部分學生未能佩戴口罩，亦能保障他們的健康。

The School tailor-made personal screens and installed them on students' wheelchairs and classroom tables for droplet precaution. Even if some students fail to wear masks, their health is safeguarded.

安裝智能體溫檢測機 Smart Thermal Detector

進入校園前探測體溫是必須遵守的預防感染措施，學校購入智能體溫檢測機，讓同事、家長及家傭不需手持探熱機量度體溫，減低交叉感染的機會，安全快捷。體溫檢測結果分為三類（綠、黃、紅），並即時記錄在電腦，方便追蹤發燒患者。

Detecting body temperature before entering the School is a compulsory infection prevention measure. A smart thermal detector was purchased so that staff, parents and domestic helpers need not hold the detector to measure body temperature and reduce the chance of cross infection. The temperature results are divided into three categories, green, yellow and red, and are recorded on the computer to facilitate tracking of feverish people.



獎券基金 Lotteries Fund

蒙獎券基金慷慨支持，本校購置了一輛新校巴。由於坐輪椅的學生日多，新校車的大部分座位可以拆卸，以騰出空間接載輪椅學生，最多可同時接載七位坐輪椅的學生。

Funded by the Lotteries Fund, the School purchased a new school bus which can accommodate at most seven wheelchair bound students, so as to meet the increasing need of wheelchair bound students.



何東爵士慈善基金 The Sir Robert Ho Tung Charitable Fund

衷心感謝何東爵士慈善基金慷慨解囊，讓宿舍的男、女浴室得以添置電動多功能洗浴床共四部，讓宿生在享受淋浴時，有更舒適和安全的環境。

Thanks to the generous donation of The Sir Robert Ho Tung Charitable Fund, the boarding section bought four multi-functional and height adjustable shower trolleys and chairs. Boarders can enjoy an even more comfortable and safe environment during shower.



香港科技大學 The Hong Kong University of Science and Technology

受惠於香港科技大學推行的空氣淨化計劃，本校獲贈十部空氣淨化機，安放在人多出入的地方。除了可進一步淨化和潔淨室內空氣，還可協助科大進行空氣淨化計劃科學研究呢。

Thanks to HKUST for implementing an air purification project, the School was given ten air purifiers to be placed in rooms with more people gathering. Apart from further purifying and cleansing air indoor, we assist HKUST in conducting scientific research.



太古集團慈善信託基金 The Swire Charitable Trust

太古集團慈善信託基金資助了本校各處及校巴免費噴灑Germagic™ 長效消毒塗層服務，加強防疫之餘，亦讓前線同事可以減少清潔校園時間，騰出更多時間照顧學生。

The Trust sponsored the School to spray Germagic™ antimicrobial coating all around the campus and school buses, thus enhancing infection control and allowing the frontline staff to free more time to take care of students.

靈實恩光成長中心 Haven of Hope Sunnyside Enabling Centre

匯豐銀行150週年慈善計劃贊助的「生命踏板計劃」已圓滿結束，感謝基金的支持！在新的一年，成長中心獲得戴麟趾爵士康樂基金及世界傳道會/那打素基金的贊助進行物理治療計劃。

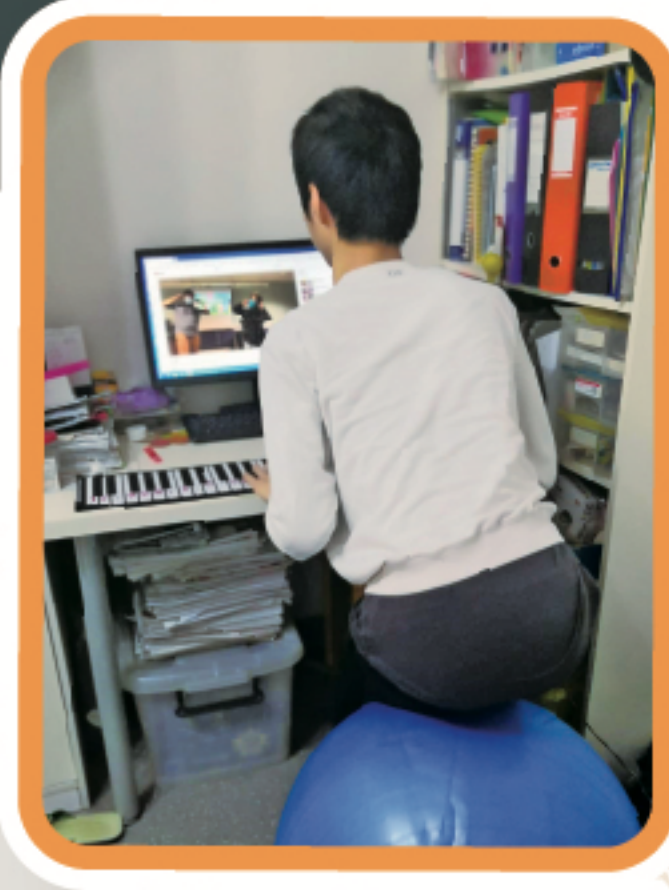
在疫情期間，中心將教學材料送到學員家中，再透過視像教學，讓導師及治療師在線上協助家長在家中為學員進行訓練。

縱然資源緊絀，考慮到中心家長在疫情期間的艱辛，以及因照顧學員而產生的額外開支，中心特別扣減走讀生學費及派發宿生照顧者抗疫津貼，由1,500至2,000元不等，與家長共渡時艱。

Thanks to the support of HSBC 150th Anniversary Charity Programme, "Life Education for Adults with Severe Intellectual Disabilities" was finished with success. In the coming year, Sir David Trench Fund and CWM/Nethersole Fund will sponsor the Centre's physiotherapy service.

During the epidemic, the Centre sends teaching materials to students' home so that teachers and therapists can conduct online training to students with assistance of parents.

Despite of the limited resources, the Centre deducted the fee of day care students and offered allowance to carers of boarders from \$1,500 to \$2,000 to help parents tide over the crisis.



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
Chen Mei Sum
Cheng Sau King
Cheung Man Tat & Wong Wai Yan
Chiu Wing Yan
Kean Ka Yiu Irene
Kwan Chi King

Lai Lai
Lai Yin Kwan
Leung Edward
Liu Wai Lin
Lui Kin Chung
Lui Sau Ching
Ng Wai Chun

Tang Him Shun
Tang Wai Kuen
Yau Kit Yu

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