

活在恩光 藝術共融

「活在恩光發展委員會」的重點項目——「藝術日」於3月8日在靈實恩光學校舉行，同學們積極參與各種多元化的藝術活動，例如：

互動劇場

學生在感官花園欣賞互動表演，當中滲入不同感官如視、聽、嗅覺等刺激元素，感受戲劇藝術和兒童文學。

彩虹繪畫

學生選取喜歡的顏色畫出彩虹，期間播放有關彩虹的音樂，讓學生藉音樂自由創作。

人工智能重現名畫

主持人穿上與古典名畫相關的戲服帶動氣氛，與化身成名畫主角的同學互動交流。

老師們能按著學生的才能和興趣微調每項活動，讓他們可以認識並體驗各種不同形式的藝術，培養創意思維，從而啟發他們對藝術的興趣及潛能。

「你們要嘗嘗主恩的滋味，便知道祂是美善；投靠祂的人有福了。」(聖經 詩篇34:8)

Words from the Principal

Ms. Choi Yik Ling, Principal

The mega event of Living in Sunnyside Developmental Committee - Art Day was held at Haven of Hope Sunnyside School on March 8 when students actively engaged in various art activities, for example,

Interactive Theatre

Students enjoyed interactive performances in the Sensory Garden, where different sensory stimuli such as sight, sound and smell were incorporated in children's literature.

Rainbow Painting

Students chose their favourite colours to paint their own unique rainbow, during which rainbow music was played.

AI Recreation of Paintings

Hosts wore costumes related to classical paintings and interacted with students who were the protagonists of the paintings.

Teachers were able to fine-tune each activity according to students' talents and interests so that they could experience different forms of art, cultivate creative thinking, and develop their interest and potential in art.

"Taste and see that the Lord is good; blessed is the man who takes refuge in Him." (34:8 Psalm, the Bible)



恩光日·夜都繽紛

「活在恩光發展委員會」旨在挖學生特質、意願和興趣，提升學生的生活質素。承接上年度以班際舉行的室內及室外早會，本年委員會致力以全校參與的模式，定期在早會向學生和家長推廣中華文化，藉以提升國民身份認同及建立健康生活模式，更特別邀請我校物理治療部主管鍾啟賢治療師教導八段錦，每次讓大家學習一式。

早會中，陪伴在旁的家長、家傭都投入帶著學生做運動，氣氛熱烈。在成人的協助下，學生大多能跟從招式做動作，專注時間亦越來越長。認知能力較高的學生更可以自行模仿導師的動作，不用旁人協助。委員會希望藉此親子活動，讓家長、家傭能為同學建立良好運動習慣，平日或學校假期在家時亦可帶領他們進行國粹級運動。

此外，委員會安排同學參加地壺校隊訓練，參觀藝術活動或光影展等展覽，更在3月8日舉辦藝術日，擴闊學生的生活體驗。配合學校的計劃，宿舍部亦積極編排藝術活動內容，將宿舍走廊改裝成感官藝術長廊，安裝投射燈、揚聲器、顯示屏、香薰機等器材。宿生製作的藝術作品及數碼影像作品展示在藝術長廊供大家觀賞。

宿舍部感官藝術長廊以「天、地、人、重生」為主題，分三階段在本學年進行。現已完成第一階段「天、人」——星空裝置及人像攝影，第二階段「地」——金土水火土五行元素畫作及戶外攝影，最後階段為「重生」——再造紙及物品重用作佈置。

首階段，宿舍導師因應學生能力和興趣設計藝術創作，如*以瑪組導師絞盡腦汁協助肌能較弱的宿生，在透明膠球上塗抹不同質感的顏料，再輔以燈光效果，成為獨特多姿的星球，懸掛在走廊之上，營造出科幻而帶點神秘的氛圍。另一家舍——*奈利組嘗試引導障礙較少的宿生認識及運用相機，拍下其他宿生的生活點滴，參觀者可以從展品中的二維碼，看到宿生的動態影像，展現重生相片的活力。第二階段以瑪組以五行為題創作油畫，掛在走廊牆壁上。奈利組就會和家人到鯉魚門石礦場進行親子拍攝之旅，希望大家都拭目以待他們的藝術創作成果。

透過學校和宿舍的刻意經營，同學們無論上下課、學習或課餘時，都可參與到挖其能力和意願而設計的活動，享受日與夜同樣精彩的校園生活。

*以瑪組及奈利組的結合，代表「以馬內利」，即上帝與我們同在。



教職員穿上傳統服飾帶領活動
Staff in traditional costume leading the program

Day x Night Vibes @ Sunnyside

"Living in Sunnyside Developmental Committee" aims at uplifting the quality of life of students in accordance with their characteristics, intention and interests. In this school year, the Committee arranges regular morning assemblies for the whole school when Ba Duan Jin, a traditional Chinese 8-section Qigong Exercise, is taught by Mr. Kenny Chung, head of our Physiotherapy Department. He teaches students one section each time.

The atmosphere in the assemblies is so welcoming when parents and domestic helpers lead students to do exercise. The concentration of students increases gradually while those with higher cognitive ability can follow instructor without assistance. The Committee hopes that parents and domestic helpers can help students develop a healthy exercise habit even at home.

Moreover, the Committee arranges Floor Curling school team training, art exhibition and Arte Museum visits, Art Day on March 8 for students to join. The Boarding Section also refurbishes the corridor with arts and sensory elements where spotlights, loudspeaker, projectors, aroma diffuser are installed. Students' art works are displayed.

The theme of the Sensory Art Corridor is "Heaven, Earth, People and Rebirth" to be implemented in three phases in this school year. At present, there are the first phase, "Heaven and People", that is, starry sky insert and portrait photography and second phase, "Earth" where the five elements of Gold, Earth, Water, Fire and Metal are drawn and outdoor photography trip is held. The last phase is "Rebirth" which refers to making of recycle paper and decoration of reused items.

In the first phase, house-parents assist boarders of weaker motor skills at *Emma House to paint colorful paintings on transparent plastic balls. With the help of spotlights, the unique planets are hung on the corridor, creating a mysterious ambience. While the more active boarders of *Nuel House learn to use camera to take photos of other roommates. Their exhibits are displayed with QR code on which visitors can scan and view the energetic images of students. The Emma House paints oil paintings of Five Elements while the Nuel House arranges parent-child outdoor photo-taking trip at Li Yue Mun Quarry at the second phase.

Through the deliberation of the school and the hostel, students can participate in activities designed according to their abilities and wishes, and enjoy the exciting vibes at the campus regardless of day and night.

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



活動花絮

Activities in Snapshots

特殊奧運會 Special Olympics



12位學校代表均獲獎，成績亮眼！
All the twelve school representatives won medals. Well done!

「奔向共融」 i-Run



香港賽馬會特殊馬拉松舉行當天風和日麗
The Hong Kong Jockey Club Special Marathon was held on a beautiful sunny day.

特色藝術「皮影戲」

Chinese Shadow Puppetry Show



欣賞傳統「皮影戲」之餘，還可嘗試參與演出。
Students not only enjoyed the Shadow Puppetry Show, but also joined the performance.



聯校國民教育活動

Joint School National Education Event



高中班同學到明愛樂善堂學校，欣賞該校學生演出粵劇表演。
Senior secondary students enjoyed Chinese opera show performed by students at Caritas Lok-Yi School.



宿舍活動 Boarding Activities

送兔迎龍年宵市集 Lunar New Year Fair



齊齊印大桔，祝大家新春大吉！
Let's print big tangerines to gain blessings!



我又有獎啦！
I won again!



宿生與家人暢遊西貢海濱長廊
Boarders and family went to Sai Kung Waterfront Promenade for a day trip.



以瑪家舍親子活動 Emma House Parent-Child Activity



遠足之餘，更在山上唱詩敬拜神。
Hiking, singing and worshipping at Duckling Hill.

將軍澳鴨仔山遠足之旅 Hiking at Duckling Hill, TKO



家長教師會活動 Parent Teacher Association Activities

賀年食品製作工作坊 Lunar New Year Food Making Workshop



一眾家長精心炮製鳳梨酥
Parents made pineapple pastries.



校園新動態

What's New
in the Campus

恩光新老師 (續)

上期恩光通訊介紹了三位新老師，今期繼續請另外兩位老師自我介紹：

New Teachers at Sunnyside (Cont'd)

In this issue, two more new teachers are introduced.

彭杜賢老師

大家好，我是杜賢老師，是節制甲班的副班主任。大家可以叫我杜賢，或杜杜都可以！我喜歡藝術和音樂，閒時喜愛畫畫創作、練習樂器、閱讀和看電影；我也愛到海灘和山林散步，在大自然裡享受休閒時光。很高興可以加入靈實恩光學校，希望能與大家共同學習成長！

Miss Pang To Yin

Hi, this is Teacher To Yin, the Assistant Class Teacher of Temperance Class A. Please call me To Yin or To To. I love art and music. In my spare time, I like to draw, practice music, read and watch movies. I also love to walk on the beach and in the mountains, enjoying my leisure time in nature. It is my great pleasure to join Haven of Hope Sunnyside School and hope to learn and develop with all of you!

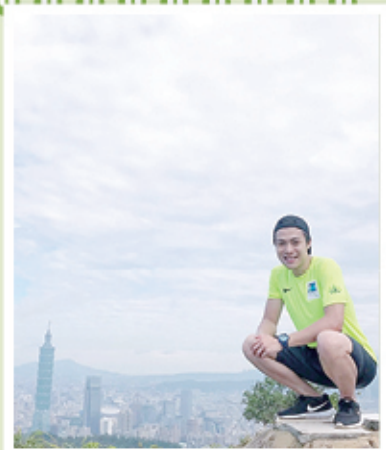


楊家傑老師

大家好，很高興及榮幸能夠加入恩光這個大家庭，我是今年溫柔乙班的副班主任楊家傑老師，大家亦可以稱呼我「家傑Sir」，我十分好動，喜歡各類型的運動及戶外活動，例如遠足、露營等等。恩光給我的感覺十分特別，家長和職員們之間的關係十分融洽，訊息的傳遞都很即時及到位，這對於照顧或教導我們的同學尤其重要，所以如果大家在校園見到我，歡迎大家繼續多多跟我交流，請大家多多指教。

Mr. Yeung Ka Kit

Hello everyone, I am very delighted and honoured to be part of the Sunnyside family. As the Assistant Class Teacher of Gentleness Class B class this year, you may call me Ka Kit sir. I am very active and enjoy all kinds of sports and outdoor activities, such as hiking, camping, and so on. Sunnyside gives me a very special feeling since the relationship between parents and staff is very cordial, and messages are delivered in a timely manner, which is especially important in caring for or teaching our students. Therefore, if you happen to see me on campus, please feel free to interact with me more often. Thank you!



離校生專隊服務

社會福利署支援特殊學校離校生及其照顧者，成立離校生專隊服務，在學生畢業前六個月聯絡照顧者，提供照顧及相處技巧訓練，並安排離校後的照顧計劃及連接社區支援服務。靈實將軍澳及西貢地區支援中心負責本校離校生專隊服務，社工部特別安排家長參觀該中心，了解服務詳情。

School Leavers' Designated Team Services

To assist the special school graduates and their caretakers, Social Welfare Department set up School Leavers' Designated Teams by offering caring and interaction skills to caregivers 6 months before graduation of students, arranging post-school care plans and link with community support services for them. As Haven of Hope Tseung Kwan O and Sai Kung District Support Centre is responsible for our school's designated team services, our Social Work Department arranged parents to visit the Centre to learn about the services.



『五行五色食療』

中醫理論學說，五行「木、火、土、金、水」，對應的五臟是「肝、心、脾、肺、腎」，亦分別代表「青、赤、黃、白、黑」顏色，多吃相對應的五色食物可以滋養身體五臟六腑。為了讓學生均衡地攝取不同營養，學校運用五色飲食，學童膳食包含不同顏色的食物。

膳食組每月重點為學生介紹一種顏色的菜式，寓教導於食物中。例如三月份介紹白色的菜式，白色對應臟腑為肺，有利於養肺益氣，改善呼吸功能。同學享用了蟹柳豆腐蒸滑蛋、鮮淮山蒸肉餅和白蘿蔔雜菌炆豬肉片等，既美味，又健康！



白蘿蔔雜菌炆豬肉片
sliced pork with radish & mushrooms



鮮淮山蒸肉餅
steamed pork with yam

Five-element and colour Diet

According to the Chinese medicine theory, the five elements of "wood, fire, earth, metal and water" correspond to the five organs of "liver, heart, spleen, lungs and kidneys", which are also represented by the colours of "green, red, yellow, white and black". Eating more food of the corresponding five colours can nourish the five organs of the body. To enable students to have a balanced amount of nutrients, Sunnyside School applies the five-colour diet to their meals.

Each month, the Meal Committee focuses on one particular colour of food to teach and feed our students at the same time. For example, white colour food corresponding to lungs and improving respiratory function is introduced in March. Students enjoy the delicious and healthy dishes such as Steamed Eggs with Crab Meat and Bean Curd, Steamed Pork Cake with Fresh Chinese Yam and Braised Sliced Pork with White Radish and Assorted Mushrooms!

多感官功能室裝置

職業治療部不時為多感官功能室引進新裝置，讓學生經驗各種感官刺激。今期介紹兩款集聲音、光影的電子板及兩管透明水柱。前者可以讓學生按拍掣，選擇不同放煙花的效果，豐富視覺及聽覺的體驗。此外，電子板更設有音樂、萬花筒、畫畫、配對等功能，訓練學生的互動及認知能力。而透明水柱以平板電腦操作，可以讓學生按喜好控制水柱的顏色變化，很受同學歡迎呢。

Devices at Multi-sensory Room

In order to offer a variety of sensory experiences to students, Occupational Therapy Department installed new devices at Multi-sensory Room from time to time.

Here, let's introduce two Interactive Panels and two Bubble Columns. The former can allow students to touch switches and select fireworks of different patterns and colours, so as to enrich their sight and sound experiences. One panel also equips music, kaleidoscope, drawing and matching functions, training the interactive and cognitive skills of students.

Moreover, students enjoy playing the bubble columns whose colours can be changed by i-Pad according to students' preference.





基督教
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CHRISTIAN SERVICE

尊重生命 • 改變生命



祝大家渡過了愉快充實的復活節！

Wish you all having a happy and fulfilling
Easter!

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...

Dr. Chan Nim Chung (陳念聰醫生)

Chan Soo Ching

Cheng Sau King

Cheung Man Tat & Wong Wai Yan

Chiu Wing Yan Joanne

Ho Ying Cheung (何英祥)

Kwan Chi King Virginia

Lai Yin Kwan

Lam Sze Chuen (林思尊)

Lui Sau Ching

Dr. Ng Kwok Leung (吳國樑醫生)

Ng Wai Chun (伍惠珍)

Tang Him Shun

The Van Zuiden Charity Trust

(萬瑞庭慈善基金)

Tsang Hon Lam

Wong Wing Chung (王榮宗)

Yam Wai Lin Shirley(任惠蓮)

吳麗雯

梁頌偉

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\$: _____

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*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.

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