**第六十六期心光通訊(二零一八年十二月)**

**Ebenezer News No.66 (DEC 2018)**

**心光盲人院暨學校**

**全體董事、師生、院友**

**恭祝您**

**聖誕快樂!新年蒙福!**

**The Board Members,**

**Staff, Students**

**and**

**Elderly Ladies of Ebenezer**

**Wish you a MERRY CHRISTMAS**

**&**

**BLESSED NEW YEAR**

**「2018心光傲行」慈善籌款**     **心光學校**  **曹永莊舍監及劉慧堯老師**

一年一度的心光傲行不經不覺已踏入第三屆，今年的主題是「綠色生活．美麗人生．與愛同行」，為視障人士服務籌募經費及提高大眾對視障人士的關注之餘，鼓勵大家愛護環境、珍惜資源。

  活動獲得太平基業證券有限公司鼎力贊助，於2018年12月2日順利舉行。政制及內地事務局局長聶德權先生及教育局首席助理秘書長（特殊教育）黎錦棠先生為活動主持開幕典禮，約550名參加者欣賞過學生精彩的表演後便昂首出發。除了由心光學校來回薄扶林水塘的路線外，今年特別增加了以山頂為終點的路線，讓參加者挑戰一下個人的毅力和體力。大部分參加者都應大會呼籲自攜水樽於沿途設置的水站補給，為保護環境出一分力。

  在全院師生、職員、合作伙伴及各界善長的支持下，2018心光傲行共籌得超過港幣五十萬元，將為視障人士提供更優質和多元化的服務。

**Ebenezer Walk with PRIDE 2018**

For the third year in a row, Ebenezer organised Walk with PRIDE to raise funds and awareness to support the visually impaired. The theme of this year’s event was ‘Green Life．Beautiful Life．Love Life’ as we also hoped to encourage people to show love for the environment and cherish resources.

   Sponsored by Pacific Foundation Securities Limited, Walk with PRIDE 2018 was successfully held on 2 December 2018. We had the honour to have Secretary for Constitutional and Mainland Affairs Mr Patrick Nip Tak-kuen, JP and Principal Assistant Secretary (Special Education) Mr. Lai Kam-tong, Godwin to officiate at the opening ceremony. Around 550 participants set off for the Walk after watching the students’ performance. In addition to the route from Ebenezer School to Pokfulam Reservoir, some walkers challenged themselves by taking the longer route to the Peak. Most walkers made an effort to go ‘Green’ by bringing their own bottles to get refills at the designated stations.

   With the concerted effort and unfailing support of all our staff, students, partners and donors, over HK$500,000 was raised, which will go towards enhancing services for the visually impaired.

**Ms Stella Cho, Warden**

**Ms Yoyo Lau, Teacher**

**Ebenezer School**

**「2018心光傲行」各奬項的得奬者：**

**Winners of** **Ebenezer Charity Walk prizes include:**

|  |  |
| --- | --- |
| **奬項Award** | **得奬者Awardee** |
| 學生最高籌款獎  Student Top Fundraising Award | 林泳希  Lam Wing Hei |
| 個人最高籌款獎  Top Fundraiser Award | 周達昌  Chau Tat Cheong |
| 隊伍最高籌款獎  Top Fundraising Group Award | 當代慈善基金  [Association of Chinese Cultural Preservation Limited](https://www.ccfl.org.hk/) |
| 最踴躍參與隊伍獎  Most Active Participating Group Award | Watermark Community Church |

**《奮青樂與路》音樂劇後感**    **心光學校 中三級學生 余安琳**

這是我人生中第一次參演的音樂劇 --《奮青樂與路》。經過個多月排練及參演音樂劇的過程，我改變了，也進步了很多。以往，我是一個非常膽小的人，一伙兒排練的時間，我不會主動與台前幕後的人溝通交流，也不會與大家一起說笑，未能抒緩緊張的情緒。可喜的是，在參演音樂劇後，我慢慢變成一個懂得與人溝通的人，還會主動邀約別人一起吃飯。當中還有一個明顯的轉變：以往的任何一次面試，我都會緊張得很。每次完成面試後，踏出門口的一刻，我便會抱頭痛哭。現在，我已經是一個能夠在台上放膽唱歌、跳舞、演劇的人，還在1700人面前分享自己的心裏話呢！在參演過程中，我得益不少。除了在音樂、演戲、跳舞的技巧上有所提升外，我還能擴闊眼界，不單更了解自己，還感受到世界的人和物。當然，我的解難能力也提高了，我能獨自解決疑難，完成以往完成不了的不可能任務！

**Sing Out**

It was the very first time I took part in a musical and I am so thankful for the opportunity. I can see how it has made me more confident and sociable. I used to freak out if I had to talk to a large crowd, but I have proven to myself that I can actually sing, dance, act and even open up my heart to an audience of 1,700 people. I feel proud of myself for completing what I had considered impossible.

**Yue On Lam**

**S3 Student**

**Ebenezer School**

**心光學校 外讀生**  **楊恩華**

如果說第一次參演《奮青樂與路》帶領我走出視力下降的陰影，那麼第二次則改變了我處世的態度，為我人生的旅途灌輸動力，指引方向。重演《奮青》，雖然大都是原班人馬，但也有注入新血。新丁的加入，給我們一班老丁帶來新的挑戰。最初或多或少產生過隔膜和衝突，但《奮青》的旅程讓我們學會了包容，明白了團體精神的重要，於是隔膜逐漸溶化，大家也變得融洽，因為大家只為一個目標——演好這齣劇。漸漸地，我觀察到大家的進步和改變，新成員的屹立，老成員的追求都不斷鞭策著我前進，也令我反思參與重演的初心、未來的夢想與人生的意義。人生好比大海中航行，若沒有夢想，就猶如輪船失去了方向，就好比隨波逐流的我。在《奮青》中我反思，正如戲中的台詞：「鍾意的就不要放棄」。因此，我找到了自己的夢想，我的夢想是要進入北京中央音樂學院，成為一名二胡演奏家，從事二胡演奏、教學、創作的工作。這讓我明白到為人不需要攀比成績，不需要獲得別人的同情，應該尋找自己的興趣和長處，不要做別人的翻版，而是要做一個真正的自己。

The first Sing Out musical had brought me out of my shell while this re-run has changed my attitude towards life. The re-run used mainly the original cast with a few newbies. Unfortunately, we did not always see eye to eye, and there were some clashes between us – not exactly a great way to work but from which we learned acceptance and team spirit. In the end, everyone made an all-out effort for the sake of the performance. A line from the musical particularly inspired me: “If you like it, don’t give up on it.” I like playing er-hu, and I strive to enter the Beijing Central Conservatory of Music. I aspire to be a musician playing, teaching and creating music with my er-hu. I’ve learned to stop comparing myself to anybody because I don’t want to copy anyone. I want to be me, doing what I like and liking what I do.

**Yang En Hua**

**S5 Integrator of Ebenezer School**

**從心出發，細味Cedar   「有作為計劃」項目經理**  **涂淑怡姑娘**

為答謝各界支持，本年10月19日，Cedar Workshop在中環的Café 8舉辦其宣傳活動Taste Of Cedar。參加者在黃昏的悠閒時光中，從心感受不一樣的培訓體驗。

  當日，共有來自10間企業(共20人)出席活動，當中不乏由現有客戶引薦的新伙伴。參加者不但能經歷Cedar的招牌體驗遊戲，更可邊聽著視障音樂家的美妙琴音，邊分享Cedar給予他們的愉快經歷。相信他們在活動後，已計劃跟Cedar日後伙伴合作的方式。

**Taste of Cedar**

  Cedar organised its annual event Taste of Cedar at Café 8, Central on 19 October to thank the support of our fellow partners. The participants enjoyed a series of activities as well as the sunset at the Victoria Harbour.

  The event attracted 20 participants from 10 organisations including some new referrals from satisfied clients. The participants took part in Cedar’s signature experiential activities then shared their views and observations while enjoying the music played by visually impaired musicians. We are looking forward to working with these organisations in the near future.

**Ms Shirley To**

**Project WORKS Manager**

**Ebenezer School and Home for the Visually Impaired**

**西安歷史文化深度行**   **心光學校**  **黃麗盈老師**

西安，中國著名的七大古都之一，已有3100多年歷史。今年，獲中國歷史文化基金贊助，本校師生浩浩蕩蕩出發到西安古城進行五日四夜的跨境考察學習活動，由中文科、中史科及人文學科老師帶領學生前往這座歷史古城。考察過程不單豐富了他們對中國歷史文化的了解，也讓他們在歷史文化專題探討的過程，學習如何在歸納分析資料，把知識融會貫通。同時，運用資訊科技輔助學習，從而提升學生運用輔助學習工具的靈活性。

  走進這座歷史古城，我們能細看文化古跡，又可感受那濃厚的文化氣息。師生們參觀了不少歷史文化景點，包括：兵馬俑、華清池、明城牆、大雁塔、小雁塔、漢陽陵博物館等。過程中，同學們也不禁讚歎古人的智慧，紛紛查問當中的歷史典故，有不少同學更忍不住運用資訊科技工具，搜尋箇中的文化事跡。同時，老師透過應用程式發放相關題目，讓同學們進行思考分析。更精采的是，我們到訪了陝西師範大學進行文化交流活動，同學們不但能了解大學生活的學習情況，與陝師大學生互相交流，我校學生還為大家表演朗誦和唱歌呢！隨後，學生在書法實驗室，利用屏幕放大儀器，親身體驗寫書法的樂趣，不亦樂乎！接著，師生們一同參觀婦女文化館，觀看幾十種民族服飾和出土文物。同學們異口同聲表示能在大學進行交流活動，確實是難能可貴的體會。

  是次跨境考察主題為「從舌尖到筆尖」，當然不少得品嚐西安著名美食。我們能親身體驗當地飲食文化，品嚐餃子宴、驪山十三花民俗宴、陝南菜、褲帶麵等，師生們也吃得津津有味。同學們在品嚐美食後，便上網搜尋這些美食的文化起源，還寫作描寫文章及打油詩呢！除了飲食文化，同學們也分別在唐代服飾文化、娛樂文化及墓葬文化進行探討。因此，師生們一同欣賞唐代歌舞劇《夢回大唐》及皮影戲，不單能觀看唐代服飾典雅華麗之美，更能細看唐代的娛樂文化，反思中西文化匯萃的情況。同學們彷彿走進了時光隧道，重返大唐盛世，從多感官感受唐代的音樂舞蹈，確實讓人嘆為觀止！

  雖然這五天的天氣非常寒冷，但看到同學們在過程中一天一天成長，學懂關懷別人，守望相助，確實讓老師們的內心無比熾熱。盼望這次考察旅程，能讓同學們體會當地風土人情和積累人生閱歷，也能將書中所學的知識及考察所得的資料融會貫通，靈活自主學習。但願同學們面對日後每一個成長的挑戰時，也能體現考察過程那份堅毅無比、自強不息的精神，勇闖生命中的每一個難關！

**History and Culture Study Tour to Xian**

A total of 28 teachers and students from Ebenezer School started their 5-day study tour to Xian, a city more than 3,000 years old, on 25 November 2018.

  In this ancient capital of China, Ebenezer students learned a lot of history and culture through visits to different historical relics including the Terracotta Army, Huaqing Pool and Giant Wild Goose Pagoda. With the help of the electronic devices and useful educational apps like Socrative, WhatsApp and Airdrop, students were able to research the ancient Chang’an, respond to teachers’ questions and have discussions online during the visits. We also talked with the students at Shaanxi Normal University and learned calligraphy in the campus. It was a valuable experience.

  Students learned a variety of cultures including food, clothing, entertainment and cemeteries and were impressed by the wisdom of the ancient Chinese. Students even wrote poems for the delicious delicacies they have tasted.

  We are glad to see that students learned not only the history and culture of Xian but also the skills of independent learning. This valuable experience shall become part of the beautiful memories of their school life.

**Ms Wong Lai Ying**

**Teacher-in-charge**

**Ebenezer School**

**(translated by Mr Wong Tsz Fung)**

**學生感想節錄**  **Excerpts from students**’**sharing**

我們在大唐芺蓉園觀看《夢回大唐》舞蹈表演，這個表演讓我十分驚喜，我深深感受到唐代人民服飾的華麗之美！

I was amazed by the dance performance in ‘Da Tang Fu Rong Yuan’. I was also impressed by the gorgeous clothes in the Tang dynasty.

**中三學生**  **余安琳**

**S.3 Student  Yue On Lam**

這次考察改變了我對歷史的感覺，以往我不太喜歡歷史，但當我親身觀看過這些古蹟後，讓我學習到古人的智慧，非常有趣！

This study tour has changed my feelings towards the History subject. This study tour has shown me how fascinating history can be.

**小六學生**  **陳柏霖**

**P.6 Student  Chan Bai Lin**

**《看不到的悸動》心光學生視藝展2018   心光學校**  **林思玲老師**

今年，本校榮幸與國際獅子會中國港澳303區香港沙田獅子會合辦《看不到的悸動》心光學生視藝展2018。11月20日至22日一連三天，展覽假香港大會堂高座展覽廳順利舉行。尤記得本年4-6月及暑假期間，香港沙田獅子會前會長簡啟樂先生、汪彥君女士與本校視藝科老師舉辦視藝課程，學生通過聲音、動作、觸感認識及學習當代藝術和水墨畫的技法，讓學生體驗中西藝術創作的樂趣。一幅幅扣人心弦，從心創作的作品呈現眼前。是次展出的作品超過100幅，全是學生課堂用心創作的成果，實在無不叫人讚嘆和感動。同時，這視藝展再次展現出學生「心猶勝目」，對藝術創作的肯定與認同。最後，特別鳴謝香港沙田獅子會身體力行，鼎力支持是次作品認購籌款活動，讓學生獲得難能可貴的經驗。今次善款約40萬，將全數撥捐本校發展視藝課程及培訓學生之用，發揮學生內在潛能，展所長，日後貢獻社會。

**Ebenezer X Lions Club Student Art Exhibition 2018**

Ebenezer X Lions Club Student Art Exhibition 2018, co-organized by Ebenezer School and Sha Tin Lions Club, was held in Hong Kong City Hall on 20-22 November. The contemporary art and ink wash paintings were created by our students as an expression of their sense of hearing, touch and movement under the professional guidance of Ebenezer’s Art teachers and Mr Ken Kan and Ms June Wang of Sha Tin Lions Club. There were more than 100 pieces of art on display, raising about $400,000 in support of the development of Ebenezer students’ talents in art. Thanks to Sha Tin Lions Club, the event was tremendously successful, exemplifying how our students are ever striving and ever learning despite their difficulties or challenges.

**Ms Lam Sze Ling**

**Art Teacher**

**Ebenezer School**

**2018聖誕嘉年華**   **心光恩望學校**  **活動組**  **鍾妮恩老師**

2018聖誕嘉年華於12月2日順利舉行。本年度我校與三所姊妹學校（香港聖瑪加利女書院、聖公會呂明才中學及聖保羅書院）一同設計六個攤位遊戲，與參加者一起製作聖誕襪及薑餅人掛飾，體驗嘉年華的樂趣。現場還有不同的音樂表演，包括樂器表演、聖誕歌獻唱等，場面十分熱鬧。我們衷心感謝學生及家長的參與，祝大家聖誕節快樂！

**Christmas Carnival 2018**

Christmas Carnival 2018 was held on 2 December 2018. This year we worked with three sister schools including St. Margaret's Girls' College Hong Kong, SKH Lui Ming Choi Secondary School and St. Paul's College to design six game booths with some Christmas stocking and gingerbread man decorations. There were also some amazing music performances. The students, parents and volunteers enjoyed the shows a lot. We were grateful to have your participation in the Carnival. Merry Christmas to you all!

**Ms Chung Ni Yan**

**Teacher**

**Ebenezer New Hope School**

**恩望舞蹈新視野**   **心光恩望學校**  **體育科**  **林少雁老師**

「舞蹈」對於視障學生而言是一項特別的挑戰。如果學生只專注於肢體動作的模仿，表現往往未如理想。可是，若老師能透過教授不同的動作和技巧，讓學生體驗以韻律為主的「基礎活動」（Fundamental Movement），從學生的角度出發，讓他們探索及表達自己的情感，他們便能投入於舞蹈創作及個別化的動作表演。其中，周達昌、鄭文靜及凌焯珩同學在去年校內畢業禮的舞蹈表演中，以「海洋世界」為主題，透過舞蹈展現自己的情感，展現成果，為觀眾帶來不少驚喜。

**More Than Dancing**

Dancing can be quite a challenge for students with visual impairment, but it’s just as fun for them as for anyone else. Students learned about Fundamental Movement through different movements and techniques. The student-centred programme allows them to explore and express their thoughts and feelings. As a result, they were more engaged in the dancing activities and completing the movements. Three of the students performed “Marine World” in the graduation ceremony last year.

**Ms Lam Siu Ngan**

**PE Teacher**

**Ebenezer New Hope School**

**升小一講座及參觀學校**   **心光幼兒中心**  **中心主任**  **霍靈枝姑娘**

為了讓準備升讀小一的視障幼兒家長了解本院兩校，幼兒中心於2018年10月2日上午舉行「升小一講座及參觀學校」活動。當日有19位家長出席活動。透過講座，讓家長了解小一學位安排機制、程序及兩校課程。隨後老師帶領家長參觀校舍環境，包括學校設施、宿舍環境及學生上課情況等。當天講座及參觀加深了家長們對兩校的了解，為子女升學作出最合適的選擇。

**P.1 Information Day cum School Tour**

25 October 2018 was our P.1 Information Day where parents of children with visual impairment could get to know about our two schools. There were 19 parents in attendance. The parents were informed of the primary allocation system, the curriculum of the two schools and the teaching practice. They also toured around the schools to learn about the facilities, classrooms and boarding environment. The event helped parents select the most suitable school for their children.

**Ms Doris Fok**

**Centre-in-charge**

**Ebenezer Child Care Centre**

**「觸動理心」活動計劃**   **心光學校**  **許永強老師**

2018年9月5日，「觸動理心」開幕禮假本校禮堂舉行，當天理工大學師生與本校師生一同分享暑假期間在心光校園進行的各項工程的成果。本年，理工大學師生在本院校園進行了多項工程，包括：在泳池加裝電動遮光簷篷、在校園內建造三個涼亭、美化學生飯堂舞台、製作校園立體模型等。在此，我們感謝這批義工對心光的支持。

**Touching is Touching**

The opening ceremony of ‘Touching is Touching’ was held in Ebenezer School Hall on 5 September. The teaching staff and students of the HK Polytechnic University shared the results of the projects on our campus including installing electric shading canopies around the pool and three pavilions, renovating the performance stage, making a 3D model of the campus, etc. We appreciate the support of these volunteers.

**Mr Hui Wing Keung**

**Teacher-in-charge, Ebenezer School**

**環境局局長探訪心光兩校**   **心光學校**  **廖啟軒老師**

環境局局長黃錦星先生，GBS, JP、南區民政事務專員及南區區議會正副主席於十月十五日到訪心光學校，由中二班楊裕陽同學為嘉賓講解本校學生在環保方面的研究、學習情況及作品展示。當日楊同學不單播放短片介紹心光學校的環保設施，更向局長及嘉賓介紹了環保智能車、水底機械人、環保吸塵機等學生作品，局長及嘉賓對學生作品很感興趣，並試用學生製作的環保吸麈機。最後，局長及嘉賓到訪心光恩望學校參觀運動｢牆｣及觀看學生的上課情況。

**Visit by The Secretary for the Environment**

 Secretary for the Environment Mr Wong Kam Sing, GBS, JP, District Officer (Southern) Ms Dorothy Ma, JP, as well as the Chairman and the Vice Chairman of Southern District Council visited Ebenezer on 15 October 2018. Our S.2 student Yu Yu Yeung introduced to the guests our school’s eco-facilities, the environmental research we have carried out as well as the eco-friendly smart car and DIY vacuum cleaner designed by our students. They also paid a visit to the ExIT Wall of Ebenezer New Hope School and observed some lessons there.

**Mr Liu Kai Hin**

**Liberal Studies**

**Panel Chairperson**

**Ebenezer School**

**2018 猛龍金針草帽越野賽**   **心光學校**  **體育科科主任**  **陳炳基**

2018年9月22日，第一屆「高分猛龍金針草帽越野賽」在麥理浩徑第六段舉行。本校12位師生參與4.6公里及10公里比賽。為了做好賽前準備，同學不惜在假日在老師的指導下進行訓練。比賽當日天朗氣清，同學不單充分展現訓練的成果，過程中同學們還互相鼓勵扶持，發揮無比毅力，最後順利完成賽事，相信這份滿足感和喜悅相比任何獎項更為可貴。

**Go Fun Fearless Dragon Trail Run 2018**

Go Fun Fearless Dragon Trail Run was held at the sixth section of MacLehose Trail on September 22 this year. A total of 12 teachers and students participated in the 4.6 km and 10 km races. The students encouraged each other and gave their best in the race. The athletes may not have won any awards, but the sense of satisfaction is well worth the effort.

**Mr Chan Ping Kei**

**Physical Education Panel Chairperson**

**Ebenezer School**

**ADA藝術日活動--走進石硤尾邨美荷樓**   **心光學校**  **戴卓盈老師**

  本校參與由香港展能藝術會舉辦的「藝燃薪--展能藝術計劃」 已踏入第三個年頭了。每年均會舉行兩次藝術日活動，推動多元藝術教育，豐富同學的藝術體驗。本年十一月六日，小五至中三的同學跳出校園，走到香港昔日的公共房屋—石硤尾邨美荷樓。透過導賞活動，認識和體驗老香港屋邨居民的生活點滴，並在藝術導師的指導下，將這些體會和感受融入一系列糅合了音樂、視藝和舞蹈元素的活動中，以不同形式將藝術作品呈現在觀眾眼前。

**The Art Day — Visiting Mei Ho House**

  It is the third year of Ebenezer School’s participation in the Ignition Scheme organised by The Arts with the Disabled Association Hong Kong (HKADA). P.5 to S.3 students visited Hong Kong’s oldest public housing complex—Shek Kip Mei Housing Estate’s Mei Ho House on 6 November. The daily lives and stories of the grass root families in the past were brought alive through a guided tour there. The art tutors from HKADA also designed a series of activities where our students could turn their impressions of the old days into artworks.

**Ms Tai Cheuk Ying Rondy**

**Teacher-in-charge**

**Ebenezer School**

**愛心送暖行動2018   心光學校**  **溫婷昕老師**

2018年11月10日及11日，我校共十三名學生、家長及教職員參加了由香港精英運動員協會舉辦的「愛心送暖行動2018」，為2,500名獨居長者及低收入家庭送上關懷及溫暖。11月10日，一眾學生及家長負責裝配義工證，約3小時後，我們共裝配了一千七百個義工證。在整個裝配過程中，學生們默默工作，展現了專注及認真工作的模樣，讓其他義工團體也為此讚嘆不已。11月11日，我們一起探訪家庭，兩個學生家庭共探訪了八位長者，為他們送上糧食及日用品。過程中學生及家長們與長者閒談，聊聊往昔生活點滴，同時鼓勵長者多做運動，保持健康的體魄，探訪過程為長者們帶來不少歡樂。是次活動不但豐富了學生的社會服務經驗，也讓他們貢獻一己之力，向其他有需要人士及家庭伸出援手，學會關懷別人。

A total of 13 students, parents and staff participated in “Together We Care 2018” by Hong Kong Elite Athletes Association on 10-11 November 2018. We volunteered to sort out the name tags on the 10th and visit the single elderly on the 11th. Altogether we completed 1,700 name tags and visited eight elderly people who live alone to give away a calendar, some rice and food. They were happy with our visit. The students and parents chatted with them about their daily life. It was a great opportunity for students to serve others in the community.

**Ms Wan Ting Yan**

**Teacher-in-charge**

**Ebenezer School**

**《一首搖滾上月球》分享活動**   **心光幼兒中心 中心主任**  **霍靈枝姑娘**

本年10月14日下午，臺灣電影紀錄片《一首搖滾上月球》的主角之一 李正德先生(「李爸」) 到本院與學生家長及職員欣賞電影，並分享照顧患有罕見疾病女兒成長的經歷，隨後更為大家獻唱歌曲。在分享活動中，讓我們深深感受到父親們對孩子那份永不放棄的精神；只因為愛，成了不惜犧牲自己去照顧孩子的推動力，讓他們能衝破重重困難及障礙，令子女能開心快樂地成長。當日本院有112位家長及職員出席電影分享活動，隨後還有茶點共聚傾談。透過是次分享，盼能讓家長們彼此激勵，互勉同行。

**Meeting Li Pa of Rock Me to The Moon**

Mr Li Chengte (“Li Pa”), one of the fathers in the Taiwan documentary Rock Me To The Moon, made a visit to Ebenezer to meet with 112 parents and staff on October 14.

Mr Li talked about the hardships of raising his daughter, who has a rare disease, and how he strived through the struggles. The parents all shared the same loving feeling towards their children and were all greatly moved and inspired.

**Ms Doris Fok**

**Centre-in-charge**

**Ebenezer Child Care Centre**

**安老院121週年院慶**   **心光護理安老院**  **楊陳彩虹主任**

 121週年院慶於2018年10月13日(星期六)下午二時半假心光學校禮堂舉行，出席嘉賓、家屬、義工、院友等超過130人。院友家屬及職員上台獻詩後，精彩節目包括由院友、院友家屬、義工及職員合作演出的「親親薯仔舞」。現場嘉賓也被熱鬧的氣氛感染，一起唱一起跳呢！最後，活動以「好人好事」院友獎勵計劃作結。當天，院友與嘉賓們共渡了一個愉快的週末。

**121st Anniversary Celebration**

The 121st Anniversary Celebration was held on 13 October 2018 with over 130 guests and residents in attendance. We sang hymns together and enjoyed a special “Potato Dance” performance by the residents, their relatives and the staff. We also presented “The Good Neighbour” awards in recognition of the residents’ effort in exercising regularly and doing voluntary work. Everyone enjoyed the afternoon very much.

**Ms Rainbow Chan**

**Superintendent**

**Ebenezer C&A Home**

**不枉此生**    **心光學校外讀生 黃嘉慧**

  我叫Selina，十九歲，就讀庇理羅士女子中學。我看似與常人無異，但我體內卻有著變種基因，以致我患上非常罕見的遺傳病Wolfram Syndrome。患上這病的機會率只有一百萬分之一。由於香港只有幾宗病例，特區政府丶香港市民，甚至醫護人員都不認識它以及它對患者帶來的影響。因此，我希望透過分享，提高大家對Wolfram Syndrome的認識。

  五歲時，我確診患上一型糖尿病，此後我每天便需注射胰島素及不能吃太甜的食物。六歲時，視神經線開始萎縮，直至現在，只剩下約10%視力。九歲時，確診尿崩症，十歲膀胱功能開始衰退。每天，我所需服用的藥物有十多種，真是吃藥比吃飯還多。除此之外，我的精神健康亦受到影響。自從升上中一，我曾患上厭食症和多次情緒病，直至現在我仍被反反覆覆的抑鬱症困擾。

  但最令我害怕的，莫過於這病的病人平均壽命只有30年。現時還未有藥物能夠徹底醫治Wolfram Syndrome，只能按表面病徵下藥。由於藥物治標不治本，讓患者不時會感到灰心。可是，我卻沒有灰心，我仍有11年時間！我很喜歡跳舞，也喜歡踏上舞台，甚至是表演！我渴望能參演音樂劇。我要發光發熱，燃燒生命！珍惜眼前人，不枉此生！

**Be Life Long or Short**

My name is Selina. I’m 19 years old, studying at Belilios Public School. I don’t look much different from other girls my age, but a variant gene in my body distinguishes me. It is the cause of a rare genetic disease, Wolfram Syndrome, which affects one in a million, and I am the one. Even doctors don’t seem to know much about this disease since there are only a few cases in Hong Kong. I hope my experience can help raise awareness of it.

  I was diagnosed with type 1 diabetes at the age of 5, which means I have to get insulin injections every day and have to avoid sweet food. At 6, my optic nerves began to shrink until only 10% of vision is left. At 9, I was diagnosed with diabetes insipidus, and at 10, my bladder function started to deteriorate. Now I take more than ten kinds of drugs every day. I also struggle to stay healthy mentally.  I have suffered from anorexia and mood disorders ever since I started secondary school and I still experience recurrent depression.

  There is no treatment to cure Wolfram Syndrome, and the average life expectancy of patients like me is only 30 years. It is scary to think, but I’ll keep on fighting. I love life, and still have 11 years of it. I’ll keep dancing. I love the stage and have won some prizes. I would like to participate in a musical one day. “This little light of mine. I’m gonna let it shine. Let it shine. Let it shine. Let it shine.”

**Wong Ka Wai, Integrator**

**Alumna, Ebenezer School**

**三項鐵人賽**   **心光學校校友 朱健驊**

  我24歲，是香港唯一一位視障三項鐵人賽運動員。年少時，有幸能代表香港參加2010年廣州亞洲殘疾人士運動會和2014年仁川亞洲殘疾人士運動會。可惜，在出發前卻收到不能參加比賽的通知。想到付出的努力卻化為烏有，大大減退了我對游泳的熱誠。

  後來，心光學校的定向行走老師鼓勵我參加馬拉松，就這樣我開始馬拉松訓練。起初，我參加香港國慶長跑比賽。比賽完結後，教練希望我能代表香港參加台北馬拉松比賽，這令我開始熱愛跑步運動！兩年間，我代表香港參加過不同類型的馬拉松比賽，獲得多次冠、亞軍獎項。

  每年，三項鐵人總會都會舉辦傷健三項鐵人接力比賽。當時，我自薦參加游泳和跑步，這是我第一次在沒有領航員帶領下游泳，我只靠獨木舟給我指令游到終點。待單車項目完成後，我便接著跑步項目，最終順利完成！

  兩年間，我已經代表香港參加了亞洲三項鐵人分站錦標賽及世界三項鐵人分站錦標賽，皆獲得優越的成績。現時，我的世界排名是第11名，亞洲排名第2名。現在，正積極訓練備戰2020年東京殘疾人士奧運會！

**The One and Only**

I am 24 years old, and I am the only visually impaired triathlon athlete in Hong Kong. I started swimming at a young age just to keep fit and stay healthy but at one swimming competition, I was invited by the swimming coach of the Hong Kong Paralympic Committee to join their training, and I got better at it. Then my teacher at Ebenezer School encouraged me to try marathon running, after which I participated in the Hong Kong National Day Long Distance Race, then Taipei Marathon and more marathons to follow, and I have won a lot of awards. I thought why not pick up cycling too, and I did. In the past two years, I have represented Hong Kong in three Asian triathlon championships and three world triathlon championships and have achieved excellent results. My current ranking is 11th in the world and 2nd in Asia. I am now preparing for the 2020 Tokyo Paralympics.

**Chu Kin Wah**

**Alumnus, Ebenezer School**