

心光通訊

EBENEZER NEWS

心光學校
Ebenezer School
心光恩望學校
Ebenezer New Hope School
心光護理安老院
The Ebenezer Care & Attention Home
心光幼兒中心
Ebenezer Child Care Centre
視障幼兒教育支援服務
Early Intervention Programme
福音事工 「有作為」計劃
Christian Ministry Project WORKS

120th 心光盲人院暨學校
Ebenezer School and Home for the Visually Impaired

傲澤社群
Nurturing PRIDE
for a Better World

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MERRY CHRISTMAS



陶小龍 小六
心光學校
Tao Xiao Long P.6
Ebenezer School

陳柏伊 中二
心光學校
Chan Pak Yi S.2
Ebenezer School

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

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Hildesheimer Blindenmission,
Germany
德國喜迪堪協會

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「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 unflinching 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**



聶局長肯定郁德芬院長及莊陳有先生推動優化視障人士服務所付出的努力
Mr Nip deeply appreciated Dr. Alice Yuk and Mr Chong Chan-yau's effort in enhancing services for the visually impaired



支持機構代表與主禮嘉賓合照
Representatives of supporting organizations with officiating guests



參加者蒙眼步行，體驗視障人士日常面對的挑戰
Participants walking blindfolded to experience the challenges faced by the visually impaired



主禮嘉賓蒙眼步進會場主持開幕儀式
Officiating guests put on blindfolds to enter the stage for the Opening Ceremony



槍聲一響，參加者隨即起步踏上心光傲行
Participants embarked on Walk with PRIDE to support the visually impaired



學生邀請親朋好友出席支持心光傲行
Families and friends of our students supporting Walk with PRIDE



Watermark連續三年獲得最踴躍參與隊伍獎
Watermark won the Most Active Participating Group Award for 3 consecutive years



心光合唱團在開幕典禮演出
Ebenezer Choir performed at the Opening Ceremony



職員在山頂終點站歡迎抵步的參加者
Staff welcoming walkers at the finishing point at the Peak

「2018心光傲行」 各獎項的得獎者： Winners of Ebenezer Charity Walk

獎項 Award

學生最高籌款額 Student Top Fundraiser Award

個人最高籌款額 Top Fundraiser Award

團體最高籌款額 Top Fundraising Group Award

最踴躍參與團體獎 Most Active Participating Group Award

林泳希 Lam Wing Hei

周達昌 Chau Tat Cheong

當代慈善基金 Association of Chinese Cultural Preservation Limited

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，未能舒緩緊張的情緒。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！

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。

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。



主持人正在介紹Cedar
Our host introduces Cedar Workshop



體驗活動：用手去「看」表情符號
Using fingers to read 'emojis'

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.



《奮青樂與路》盲毛新丁—余安琳(圖：沈穎笙)
Musical newbie – Yue On Lam

Yue On Lam
S3 Student
Ebenezer School

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

音樂劇老丁—楊恩華(圖：沈穎笙)
Musical veteran – Yang En Hua

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



參加者同心協力地解謎
Problem-solving teamwork



體驗活動：用嗅覺揀選飲品
Using sense of smell to choose drinks

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

我們在大唐芙蓉園觀看《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



師生們在大唐芙蓉園留影
Group photo in 'Da Tang Fu Rong Yuan'



師生們在南門(永寧門)外做心光護脊操
Teachers and students doing spinal care exercise in front of the Yong Ning Gate



師生們在城牆上跑步，不亦樂乎！
Running along the city wall of Xian keeps us warm



師生們在驢山萬化之門合照
Group photo on Mount Li



參觀兵馬俑，師生們歎為觀止！
Visiting the Terracotta Army



與陝西師範大學師生拍照留念
Group photo with teachers and students at Shaanxi Normal University



學生們在陝西師範大學體驗寫書法的樂趣！
Calligraphy experience at Shaanxi Normal University



學生們與陝西師範大學學生交流學習生活點滴
Chatting with students in Shaanxi Normal University



觀看中國傳統藝術表演—皮影戲
Watching shadow play, an ancient art in China

《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



香港特別行政區區政會議及立法會議員張國鈞議員JP、國際獅子會中國港澳303區總監郭美華小姐、本院院長郁德芬博士BBS, JP及一眾嘉賓蒞臨開幕禮
The Opening Ceremony was officiated by Mr Horace Cheung, member of Executive Council and Legislative Council, Ms Mimi Kwok, district governor of Lions Clubs International District 303- Hong Kong & Macao, China, our CEO Dr Alice Yuk and the guests



全校師生與來賓一起欣賞學生作品，場面十分熱鬧
Ebenezer students were thrilled to witness their own artworks on display.



愛心大使兩僑小姐及朱慧敏小姐蒞臨開幕禮與一眾師生合照
The event ambassadors Ms Ava Yu and Ms Queenie Chu were there to show their support



老師為同學進行口述影像，學生用「心」欣賞作品
The teachers described the images in words for students who cannot see



學生自行閱讀作品簡介
The student is reading the introduction of her artwork in braille

心光學校 Ebenezer School



白杖日暨學校秋季旅行
School picnic on White Cane Day



宿舍慶中秋 Happy Mid-Autumn Festival



一眾學生與杉樹告別及留影
Farewell to the Cedar



香港殘疾人士田徑錦標賽
HK Athletics Championships for the Disabled



開學日升旗禮 Flag Raising Ceremony



最佳宿生頒獎典禮 Best Boarder Award Ceremony



跨學科日—瑪利曼學生到訪心光學校，與同學一同認識西安飲食文化
Marymount Primary School students visit Ebenezer School and learn about Xian food culture with our students



中文科故事小書演講比賽
Story Telling Competition



教職員合力清理颱風後薄扶林道之障礙物
Staff clearing the blocking tree branches on Pokfulam Road after typhoon



2018香港殘疾人游泳錦標賽
Hong Kong Swimming Championships for the Disabled 2018

「有作為」計劃 Project WORKS



與機構伙伴共晉午膳
Lunch gathering with corporate partners



音樂表演@香港會所
Performance @OMOP Hong Kong Club



市集擺賣活動
Ebenezer souvenirs for sale at Idea Mart

福音事工與校友 Christian Ministry & Alumni



校友夏令營2018
Alumni Summer Camp 2018



向校友介紹家居智能產品
Introducing smart home appliances to Alumni



校友會週年大會及校友校董選舉
Ebenezer School Alumni Association AGM & Alumni Manager Election



校友杜駿興獲優秀青年星中之星獎
Alumnus Keefe To receives Outstanding Youth Award

心光恩望學校

Ebenezer New Hope School



參觀啟德消防局 Visit to Kai Tak Fire Station



參觀禮賓府 Visiting Government House



《抑鬱症及兒童精神病》機構職員講座
Staff professional development seminar on Mental Illnesses



世界盃班際活動—球衣設計比賽
World Cup Inter-class Jersey Designing Competition



義工剪髮服務
Hair-cutting volunteer service



購買天星小輪船票
Buying Star Ferry tickets



學生在宿營中學習紮營，享受戶外樂趣
Students are learning to pitch the tent



梁詠彤同學榮獲屈臣氏學生運動員獎
Leung Wing Tung was awarded A.S. Watson Group Hong Kong Student Sports Award

心光幼兒中心

Ebenezer Child Care Centre



幼童學習中秋節傳統食物——月餅和楊桃
The children get a taste of the traditional food of Mid-Autumn Festival such as mooncakes and starfruit



心光護理安老院

Ebenezer Care & Attention Home



121週年院慶活動
121st Anniversary Celebration

心光視障幼兒教育支援服務

Ebenezer Early Intervention Programme



職業治療師及老師們前往明愛幼兒中心舉辦「大腦性視障的認識及介入」講座活動
Our occupational therapist and senior childcare teacher are educating colleagues about cortical visual impairment in Caritas Special Child Care Centre



學童參與升小一預備小組，學習製作小食
Children learn to make their own snacks at pre-primary 1 preparation workshops



義工們跟院友玩遊戲，樂此不疲
We are having a ball

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！



齊齊裝飾聖誕帽
Decorating Christmas hat together



盲人摸「像」 FEEL like the blind



可樂競飲大賽 Cola Drinking Contest

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



畢業禮舞蹈表演
Dance performance in the ENHS Graduation Ceremony 2018



學生投入參與「海洋世界」舞蹈表演
Students performing the "Marine World" dance



學生運用舞蹈表達情感
Students expressing their feelings through the scarf dance

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25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



幼兒家長在升小一講座專心聆聽講解
The parents are all ears at the event

「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。



「觸動理心」開幕禮
The opening ceremony of 'Touching is Touching'



泳池電動遮光簷篷
Electric shading canopies were installed around the pool

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



學生在涼亭內的搖搖椅遊玩
Students are enjoying the sunshine on the rocking chairs



學生正在觸摸學校的立體模型
The students now know the overall appearance of the campus by feeling the 3D model

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塵機。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。



局長試用學生製作的環保吸塵機
Mr Wong is trying out the vacuum cleaner made by Ebenezer Students



楊同學向局長及嘉賓介紹環保智能車
Yu Yu Yeung is introducing the eco-friendly smart car

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



局長參觀心光恩望學校的運動「牆」
@The EXIT Wall of Ebenezer New Hope 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



心光師生起步禮大合照
Ebenezer school staff and students are getting ready to start



師生齊享山樂
Students are enjoying the Trail Run

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。



同學們參觀模擬居所和展具，認識居民昔日在公共屋邨的生活
Students learnt about the living style of early Hong Kong public housing estate residents



同學學習編製居民昔日買菜用的膠籃
Students made an old-fashioned basket with plastic stripes



同學了解美荷樓的環境後，運用不同物料製作有聲浮羅，以故事形式呈現美荷樓的故事
After visiting Mei Ho House, students presented their learning using different materials



同學利用鐵錘等工具，親手製作可發出不同聲音的銅碟，再把它們組合成銅管樂器
Students hammer the metal into a unique brass instrument

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 Rony
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

學生、家長及老師們帶同禮物探訪沙田區長者
The students, parents and teachers visit the elderly in Sha Tin district



小四學生陳浚益與媽媽一起探訪長者
P.4 Eki Chan and his mother visit the elderly



學生們包裝探訪日所需物資
Students are sorting out the name tags

《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



李爸向家長及職員分享照顧患病女兒成長的經歷
Mr Li shared the ups and downs of caring for his daughter



李爸在分享後為大家獻唱電影主題曲
Mr Li sang the award-winning theme song I Love You

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。



121週年院慶 121st Anniversary Celebration



親親薯仔舞 "Potato Dancing" performance

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

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、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 Belilius 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

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

心光學校校友 朱健驊



三項鐵人賽—跑步和單車
Triathlon running
and cycling



朱健驊於三項鐵人賽中獲獎
Chu Kin Wah - Winner of the Triathlon
Championship



心光盲人院暨學校

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VIP相集 Photo Gallery with Funders, Donors, Guests, Volunteers and Visitors



Alumnus Victor Yuen, barrister-at law, officiates at Ebenezer Joint Graduation Ceremony



Hong Kong Club Foundation (HKCF) members visit Ebenezer



Margaret Leung (1st left) and her team of Les Beatitudes (愛運心) visit our Project WORKS team



Nancy Law (3rd left) and Maureen Tam (2nd right) of HKSB @Ebenezer Student Visual Art Exhibition at HK City Hall



Former CEO Ms Fanny Lam, S5 Integrator Bosco Tsang with his guide dog and CEO Dr Alice Yuk at a HKGDA event



We are all VIPs @end-of-term gratitude lunch gathering for staff

Acknowledgement of Large-sum Donations and Allocations

We would like to express our gratitude to Lee Hysan Foundation, The Heart Warming Fund Ltd, Contemporary Charitable Foundation, Rusy and Purviz Shroff Charitable Foundation, May and Stanley Smith Charitable Trust, The Sau Ching Charitable and the Hong Kong Jockey Club Charities Trust, ESA Logistics (HK) Company Limited, Mr Dong Choi Chi Alex, Dinshaw Sorabjee Paowalla Settlement, Hildesheimer Blindenmission, Watermark Community Church Limited, REF Financial Press Limited, Aristo Securities Limited, Ho & Fung Charitable Foundation Limited, Mr Mak Ki Yan, Mr Cheung Ching Ping Stephen, Ms Cheng Hiu Lam Ronnie, Ms Irene Lam & Friends, Mr Wong Man Sang, Mr Ho Man Kit for their generous donation during August 2018 to November 2018. These funders or donors, together with those who are not on the list yet will be fully acknowledged in our Annual Report 2018-19 to be released in December 2019.

愛心奉獻@福音事工 Donation Appeal by Christian Ministry

在1897年，德國喜迪堪會Hildesheimer Blindenmission (HBM) 憑藉基督耶穌教導的愛心，委派宣教士在香港創辦了心光盲人院暨學校。而傳揚福音的工作一直由德國宣教士創立的「福音事工部」負責，服務範圍包括院內的宗教活動及院外的福音事工。院內除宗教課外，還組織各個團契、崇拜及活動等。院外的福音事工，主要包括帶領校友認識耶穌基督及安排教會，同時組織團契及福音活動，探訪校友、校友生涯規劃發展、輔導、協助申請社會資源等。上述事工的一切開支，以往大部份皆獲得HBM差會資助。

隨著差會於2010年10月離開香港去為其他更有需要的國家服務後，「福音事工部」所有的經費，均全賴一眾熱心人士鼎力支持，方可承傳向校友廣傳福音的工作。在此，我們懇切誠邀各位關心視障校友需要的朋友們，一同支持福音事工，樂於奉獻以支持部門繼續營運及發展。各位對我們的捐獻與代禱，將是莫大的支持。倘若您滿心感動，願以捐款的方式支持心光盲人院暨學校傳福音的事工，請參閱本通訊附件之捐款表。

(請在此閱讀完整版 Please scan here for English version)



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