

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
心光賽馬會視障幼兒支援服務中心
Ebenezer Jockey Club Early Intervention Centre
福音事工 「有作為」計劃
Christian Ministry Project WORKS

心光盲人院暨學校

Ebenezer School and Home for the Visually Impaired



2020 活動概覽
Activity Highlights 2020



昔日心光通訊
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願你們平安

院長 郁德芬博士

今早出門，我發現門外舖了一張消毒地毯。雖是小小的一張，但在深紅的毯上印著「出入平安」四字，也真觸目。雖然我不知道是哪位鄰居替我舖上，但感激之情不禁油然而生。

今年復活節，學校甚至教會團契可能都取消了大型的聚會。心光同學們喜愛的、極具智慧與活力的「尋蛋活動」也未能舉行，節日的歡樂氣氛無疑退減了。在這平淡的日子中，我們努力甚至瘋狂地尋蛋（口罩）—— 訂單被拒，難免沮喪；取得捐贈，則快樂無比，竟有一絲成就感，有點像同學們尋得一隻蛋那般喜悅，想要振臂歡呼。

蛋寓意生命。作為培育孩子成長的重要人物 (significant others)，我們不單讓孩子有生命，更要促使他們得到豐盛喜悅的生命。口罩在這疫情中，是保護我們健康和生命的一項重要物品，更帶來「放心」的喜悅。我們應要知道，這份喜悅是來自那些認識和未識的朋友。我們雖微不足道，但他們愛護我們，記掛我們。我們獲得的、擁有的並不是理所當然，是那些朋友無私的分享。我們都擁有很多東西，但你有否善用、分享你所擁有的？學生、老師、治療師、職工，每一個崗位上的人捫心自問，是否都盡心盡力、各展所長，一同建設、造就大家得到豐盛的生命？

耶穌作為上帝的兒子，甘願為我們犧牲，使我們獲得豐盛的生命。在今年別具挑戰的復活節，我們要向基督學習，彼此關懷、分享，承擔使命，使大家同得豐盛喜悅平安的生命。

我每天出外上班，到不同學校和機構出席會議，見面時都會親切地向人問好。地毯上的「出入平安」四字正正是聖經所說的「你出你入，耶和華要保護你，從今時直到永遠。」(詩篇 121:8)

簡單的一句話，在疫情的焦慮中，令人倍覺安心。願大家平安！



May Peace Be With You

As I walked out of my house this morning, at the door was an eye-catching new doormat engraved "出入平安" ["Have peace wherever you go"]. It was placed by a neighbour of mine. Though there was no way to find out who it was, I felt very thankful.

This Easter may be the quietest Easter we have ever had as most activities and church services have been cancelled. Instead, we may have to spend most of the time looking for face masks – an ordinary household item which became hard-to-find treasure overnight. This reminds us not to take anything for granted and challenges us to share even when we have little. During this difficult time, we shall remember how our Lord Jesus Christ selflessly gave up even His own life for our sins, showing us that it is not about how much we have, but how much we can give. Therefore, we should continue to celebrate Easter, by sharing what we have, supporting one another in words and actions, demonstrating perseverance and diligence in our work and studies, and always having faith in God. "The Lord will watch over your coming and going, both now and forevermore." (Psalm 121:8)

May peace be with you all.

Dr Alice Yuk

Chief Executive Officer

Ebenezer School and Home for the Visually Impaired

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停課不停學

心光學校 關潔雯副校長

新型冠狀病毒突襲全球，為各人的生活、學習或工作都帶來不少影響。全港學校需延遲復課。在此期間，校方為了讓學生「停課不停學」，在家中也能持續學習，緊貼教學進度，各科任老師透過不同模式，為學生安排學習材料。

學校一向重視運用資訊科技及輔助儀器提升學習效能，因此大部分學生已掌握電子學習的技巧，並以此作為接收及遞交功課的工具。我們亦製作錄音、點字及印刷材料；個別科目製作校本工作紙、自學冊或凸圖練習；QR Code二維碼掃描講解、Flipped Classroom、科本或班本WhatsApp群組、BookWidgets及Google Classroom學習平台等等，為學生提供多元化學習材料。

為了增加與學生的互動，學校亦利用直播軟件Zoom，跟學生進行實時課堂，務求讓學生於防疫留家期間，也能跟老師及同學進行討論和交流。

除了學習外，治療師亦關心學生的體能發展。他們拍攝短片，透過電郵發送給學生及家長，讓他們在家也能按著指引，好好鍛鍊身體。

最後，在疫情尚未受控時，各人心中也許有不同的憂慮。宗教推動小組的成員為學生搜尋靈修網站，並進行網上實時團契，期望學生能透過聖經的話語，加添信心與愛心，幫助家長及學生們卸下心中的憂慮和愁煩，得著從天而來的平安與喜樂！

「應當一無掛慮，只要凡事藉著禱告、祈求和感謝，將你們所要的告訴神。神所賜出人意外的平安，必在基督耶穌裡保守你們的心懷意念。」(腓立比書四章6-7節)

Suspending Classes Without Suspending Learning

The outbreak of coronavirus has had a major impact on our lives in different ways, including school classes being suspended. In coping with a challenging and stressful time like this, resilience and resourcefulness are instrumental. We have been exploring and employing different means to support student learning, e.g. providing and delivering learning materials through post or emails, school website, e-learning platforms, etc. We have always valued the integration of I.T and A.T in our teaching to improve students' learning effectiveness. Students' skills and experience in using QR Codes, Flipped Classroom, WhatsApp, BookWidgets and Google Classroom have been particularly helpful in continuing classes electronically. To allow for interaction among teacher and students, we have started using Zoom to conduct real-time lessons. This mode of learning has been quite well-received and students have shown enthusiasm in learning despite the epidemic. Our therapists have also videotaped exercises so that students can continue therapeutic training at home.

We may all be experiencing some levels of stress during this time of uncertainties and this is when we especially need to put our faith in God. Ebenezer Christian Ministry will share daily devotional with students and parents. There will also be online weekly fellowship meetings with students. We hope that God's Word may bring comfort to you all. 'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.' (Philippians 4: 6-7)

Ms Kwan Kit Man, Deputy Principal
Ebenezer School



老師利用直播軟件Zoom，跟學生進行實時課堂
Real-time lessons are conducted using Zoom

RSP視障學童在家支援服務

心光學校 傅芷薇副校長

資源教師為關顧學生停課期間的學習需要，維持良好的生活及學習習慣，我們與學生、家長和協作學校攜手推行「停課不停學」的措施，做到「在家輕鬆學，上好每一課」。

資源教師會定期聯絡家長，提供輔導支援服務，瞭解學生在家的學習和生活情況，建立良好的家校合作關係。同時，教師會因應學生的能力，與學生定期溝通，關顧學生的健康情況，鼓勵他們多做延伸練習和體健運動；並會提醒學生做好防疫措施、注意個人衛生；亦會詢問覆診情況、購置防疫物品的情況或困難等。

此外，資源教師會聯絡協作學校教職員，了解協作學校給予學生在家溫習的內容。有需要時給予協助和支援，如點字轉譯、調適建議、復課後的測考安排、探訪安排等。資源教師亦會與不同持份者溝通，提供點字教材、網上教材或電子書等支援服務予學生學習，使學生有系統地持續學習。

RSP e-Learning amid Coronavirus Outbreak

In order to achieve "suspending classes without suspending learning", we have maintained our Resource Support Programme (RSP) services to the students, parents and partnering schools, ensuring that students can continue to enjoy learning at home amid the epidemic.

Our Resource Teachers (RTs) communicate with parents regularly to follow up on students' learning progress, health conditions or any other needs to provide resource support accordingly. Depending on the condition of the students, RTs also communicate with the students to ensure they have sufficient resources required for online learning and encourage students to keep up with the visual training and physical exercises as much as possible. Time and again, RTs remind students to step up preventive measures and personal hygiene habits. We also provide protective items whenever necessary.

Besides, RTs maintain contact with partnering schools to provide support and advice on how VI students can continue to learn at home and to discuss post-suspension arrangements. Other RSP services such as professional consultation, Braille transcription services and provision of e-materials & e-textbooks continue despite school suspension.

Ms Woo Chi Mai, Deputy Principal
Ebenezer School



家長以搖鈴為學生進行追視訓練
Visual tracking training with a rattle



家長運用多色玩具，與學生進行手眼協調訓練
Multi-coloured toys for parents to train students' eye-hand coordination



家長運用多色玩具，提升學生的追視能力
Using multi-coloured objects to enhance students' visual tracking skills



學生在家中進行視覺搜尋練習
The student is having visual search training at home

正式開展視障音樂專才計劃

心光機構 藝術發展基金項目經理 鍾倩婷小姐

視障音樂專才計劃於2020年1月正式開展，由顧問郁德芬院長、主席王天玲校長(心光恩望學校校長)及音樂總監鄭臻賢老師(心光學校音樂科主任)帶領。計劃提供不同類型的音樂課程及表演項目，服務對象主要分為三類：1)視障學童及心光畢業生；2)教授視障學童的導師及教師；及3)公眾人士。

本計劃的課程全部由專業樂器導師教授，為視障學童及心光畢業生提供多元及系統化的音樂培訓，包括樂器及聲樂培訓、音樂樂理理論、音樂點字應用等，為視障學童建立良好音樂基礎及提升其音樂造詣。因應畢業生的實際需要，計劃亦會提供職業培訓、支援及就業配對，為他們投身音樂行業做好準備。老師和導師課程包括教授音樂點字及輔助音樂軟件應用等。

計劃亦會為非牟利機構、企業、組織等提供表演項目，以展示視障人士的音樂才能，並提升公眾對視障人士的關注，促進社會共融。

各項課程現正開始招生，如有興趣或想了解更多關於本計劃的內容，歡迎致電 3 1 5 9 5 4 0 0 或電郵 stchung@ebenezer.org.hk 聯絡鍾倩婷小姐。



視障音樂專才計劃獲港府「殘疾人士藝術發展基金」資助正式開展
Ebenezer Music Academy is subsidised by HK government's Arts Development Fund for Persons with Disabilities

Ebenezer Music Academy

Ebenezer Music Academy was officially established in January 2020. Led by our Advisor Dr Alice Yuk (CEO), Chairman Ms Wong Tin Ling (Principal of Ebenezer New Hope School), Music Director Ms Jasmin Cheng (Music Panel Chairperson of Ebenezer School) and a group of professional music instructors, the Academy aims to provide a variety of systematic music training courses designed for visually impaired students and graduates. We hope to enhance their skills through the adoption of different learning media and tools which best suit their individual needs. The programme also provides vocational support and job-matching service for graduates, preparing them for further music training or professions in the music industry.

Our programme beneficiaries can be divided into three categories: visually impaired students or graduates from the Ebenezer School, who receive musical training and theory education; the music instructors, who are provided with courses on braille notation and relevant music software; and the public, with whom our musicians may collaborate on different projects.

Courses are now open for registration. If you are interested in the above courses or would like to learn more about our training programmes, please contact Ms Cindy Chung at 3159-5400 or email stchung@ebenezer.org.hk for further information.

**Ms Cindy Chung, Arts Fund Project Manager
Ebenezer Agency**



計劃為有音樂潛能的視障學童提供系統化的音樂培訓
The Academy provides a variety of systematic music training courses designed for visually impaired students and graduates

澳門學習之旅

心光學校學生 方熙雯同學

一月二十日，二十多位經面試獲選的同學，由老師帶領乘搭「金巴」，經港珠澳大橋到澳門遊覽，我很高興能成為其中一位幸運兒。

到達澳門後，我們首先乘坐澳門最新的交通工具——輕軌列車前往路氹東站，再到永利娛樂場乘坐澳門纜車返回氹仔。一路上我飽覽了不少澳門的景色，心情十分興奮。之後，我們在十六浦酒店吃了豐盛的自助午餐，大家都大飽口福！午餐後，我們便前往澳門最高的山——東望洋山參觀炮台及燈塔，機會難得，當然要拍一張大合照留念！其後，我們還參觀了通訊博物館，又到官也街瘋狂購物，最後以葡國晚餐作為是次旅程的完美句號。

回程時，我累得筋疲力竭，可是心裏卻非常充實和快樂。因為這次旅程讓我遊遍澳門的著名景點，嚐到澳門的美食，還可以與當地人溝通交流，學習葡語，實在收穫豐富！



師生乘搭「金巴」前往澳門
We go to Macau by Golden Bus



方熙雯在永利娛樂場乘坐吊車
Taking the cable car at Wynn Macau



師生在松山燈塔拍照留念
Group photo at Guia lighthouse



大家在十六浦酒店享用豐富的自助午餐
Lunch buffet at Ponte 16 Hotel

Our Study Trip to Macau

On January 20, I got to travel to Macau with my schoolmates and teachers by Golden Bus for the very first time, which took us directly from Hong Kong to Macau through the new mega bridge – the Hong Kong-Zhuhai-Macao Bridge.

As soon as we arrived, we took the new rail system in Macau, Macau Light Rapid Transit, to Cotai East Station, then we took the cable car at Wynn Macau to Cotai. I enjoyed the beautiful scenery along the way. After we had a big buffet lunch at Ponte 16 Hotel, we spent the afternoon hiking the highest hill in Macau and visiting Guia Fortress and the lighthouse. We took many photos there. We also visited the Communications Museum and shopped around Guanye Street. We could not stop talking and laughing throughout the trip. We had a delicious Portuguese dinner at a local restaurant before we returned to Hong Kong at around 9 pm.

We arrived at Ebenezer School at around 11:30 pm and we all felt very tired but I was thankful for having such a joyful journey. I even learned a few Portuguese phrases from the local people. This trip has given me more confidence to travel abroad and try new things in the future.

**Hailey Fong, S1 student
Ebenezer School**

重生「行向新希望」計劃學員 郭瑞華先生

在我還沒有參加「行向新希望」計劃前，我是完全不懂手杖的用途及使用方法，而且對即將失去視力感到非常擔心及恐懼，對未來也失去信心。自從參加計劃後，在方天大及魏安娜兩位導師的耐心教導下，我對如何安全及正確地使用手杖出入、如何上落樓梯、如何在室內找尋掉落的東西和座位的位置等技巧，都能一一掌握，應付自如。可是，我知道未來還有很多知識需要學習。最近，我開始學習在戶外使用手杖過馬路，進出商場和港鐵站，難度比室內大得多。我要學懂分辨汽車及大型車輛的聲音、學習使用引路徑、保持在斑馬線及交通燈過路處的中間位置行走等。學懂這些技巧大大增強了我對未來的信心。在此，再次衷心感謝心光機構提供的「行向新希望」計劃，也非常感激導師們悉心的指導，令我獲益良多，也造福了不少視障人士。

Reborn

Before I participated in the programme, I did not know how to use the white cane at all, nor did I have any confidence to face the challenges brought by vision loss. Thanks to the training and guidance from Mr Fong and Anna, I have now acquired some essential skills that help me go up and down the stairs, find lost items or locate tables and seats. However, I still have much to learn. Only recently I started to learn some outdoor skills such as how to use the cane to safely cross the road and go in and out of shopping malls and MTR stations. Techniques like walking in the centre of crossings, feeling the tactile guide paths and distinguishing the sounds of buses, lorries and private cars are also helpful. All these skills have strengthened my confidence. I would like to express my thanks to Mr Fong, Anna and Ebenezer for the provision of equipment and the valuable advice and training offered.

Mr Kwok Sui Wah Danny
Service User of Walk with Hope



「行向新希望」計劃學員郭瑞華先生在導師指導下，使用手杖在商場內行走
Danny uses the cane to walk in the shopping arcade

黑麻麻煮飯仔 (新春篇)

「有作為計劃」

項目主任 嚴俊傑先生

為了慶賀新春，我們在農曆新年前舉辦了一場「煮飯仔」活動。「好味呀！」「刨蘿蔔累死人了！」這兩句話是我們在「黑麻麻煮飯仔 (新春篇)」活動中聽到最多的評語。過年少不了各式糕點，因此，這次活動不做甜品，改為炮製中式蘿蔔糕！

蘿蔔糕相信大家也品嚐過，但曾親手製作的人則少之又少。因此，這次活動的參加者都十分期待自己的「第一次」。過程中他們需要蒙著眼，把蘿蔔刨成絲，再把煮好的蘿蔔絲混合粉漿，加入自己喜歡的配料，如乾瑤柱、蝦米、臘肉、臘腸等，然後放入蒸爐，蒸熟後再撒點小蔥花，美味的蘿蔔糕便完成了！剛蒸好的蘿蔔糕香味簡直令人垂涎三尺，整個製作過程雖然辛苦，但大家都樂在其中，特別在品嚐自己成果的一刻。「好吃！」「加點辣椒醬會更完美。」大家都十分欣賞自製的蘿蔔糕。活動最後在咀嚼聲和笑聲中結束，祝願大家新一年也能大飽口福，笑口常開！

Cooking in the Dark Workshop (Chinese New Year Edition)

"It tastes great!" "Grating the radish is hard work." "My hands are sore!" These are the most heard comments from our latest Cooking in the Dark workshop. The workshop was held on 18 January on a pleasant sunny afternoon. This time, instead of making desserts, we switched to making traditional Chinese radish puddings – a must-have dish to celebrate the Chinese New Year.

For most participants, it was their very first time to make this traditional Chinese dish and they were excited about this opportunity. They were given instructions to grate the radish, mix the flour and add ingredients of their choice such as dried shrimps, Chinese sausages, smoked pork and dried scallops, of course, while being blindfolded. Given half an hour in the steamer and a sprinkle of spring onion, the pudding was ready to serve. While some prefer to have it as it is, others like it with a bit of chilli sauce, but all the participants appreciated the great taste of the home-made radish puddings as well as the hard work that the staff members have put in to make this workshop a success.

We would like to take this opportunity to wish everyone a prosperous Year of the Rat and good health.

Mr Willis Yim, Project Officer
Project WORKS



參加者蒙眼把蘿蔔刨成絲
Participants have to grate the radish blindfolded



自家製的蘿蔔糕令人垂涎三尺
The taste of freshly made radish puddings is amazing



美味的蘿蔔糕大功告成
The radish puddings are ready to serve

「畫出香港」戶外考察活動 心光學校 林思玲老師

本校很榮幸獲香港青年藝術協會邀請，參加「畫出香港」藝術活動計劃。1月17日，Beyond Vision Projects 的藝術家及義工，聯同本校視藝科老師帶領小五、六年級學生到上環荷李活道、太平山街、摩羅街一帶進行戶外考察活動。當天老師和學生分三組，按不同的路線進行參觀。學生一邊聆聽藝術家講解，一邊觸摸相關的觸感圖來認識具中西建築特色的建築物，如：合一堂、文武廟、西港城、樓梯街等。同時，學生也利用平板電腦拍攝、拓印等不同的方法記錄所見，以便日後在課堂作延伸藝術創作。是次活動讓學生走出課堂，有機會與藝術家交流，更可以利用多感官來學習，進一步了解本地建築的藝術特色。

Draw HK

We are thankful for the opportunity to participate in the Draw HK programme organised by the Hong Kong Youth Arts Foundation, giving us a chance to work with artists and volunteers from Beyond Vision Projects. As part of the programme, Ebenezer's P.5 and P.6 students had a field trip to Hollywood Road, Tai Ping Shan Street and Lascow Row to appreciate the architecture of the buildings in the area, including Hop Yat Church, Man Mo Temple, the Western Market and Ladder Street. Students learned a lot with the help of the tactile maps and the detailed explanation by the artists. Students also recorded their learning by video-taping and the art technique of rubbing so that they can continue their art projects at school. It was such a valuable and educational experience.

Ms Lam Sze Ling, Teacher
Ebenezer School



師生與藝術家、義工在文武廟門前大合照
The students, teachers, artists and volunteers have a group photo in front of Man Mo Temple



學生一邊聆聽講解，一邊觸摸觸感圖來認識合一堂的外觀
Students learned about the architecture with the tactile maps and detailed explanation by the artists



學生利用拓印進行記錄
Students recorded what they have learned using the art technique of rubbing



學生擺出畫上人物的姿態
The student makes the same pose as the image on the artwork



學生在百多年歷史的樓梯街步行
Students are walking down the stone steps on Ladder Street

「送豬迎鼠賀新歲」團年飯

2020年1月19日，心光學校宿舍「送豬迎鼠賀新歲」團年飯活動順利舉行，當日有超過100名家長及同學出席，場面非常熱鬧。校長連同一眾家教聯成員以「炮竹一聲迎新歲」為是次活動掀開序幕，隨後有義工譚姨姨及姚玉樺老師的精彩粵曲表演；宿生們亦帶來了熱鬧的歌舞表演，十分精彩。宿生們在活動前每天練習，花了很多時間練習舞步及歌詞，他們的努力實在值得表揚。最後，感謝所有家長當天抽空出席，特別鳴謝家教聯成員及同事們捐出禮品作抽獎用途，令大家滿載而歸！

心光學校宿舍 曹永莊舍監

Chinese New Year Celebration

Our annual Chinese New Year Celebration was successfully held on 19 January 2020. Having over 100 parents and students in attendance, our evening was filled with much joy and laughter. Not only did we enjoy the delicious food but also the dance and singing performance by the boarders and the Chinese opera performance by our volunteer, Ms Tam and our teacher, Ms Yiu. Besides, we would like to extend our gratitude to PSA and our colleagues for their kind donation of gifts for the lucky draw.

Ms Stella Cho, Warden

Ebenezer School Boarding Section



眾嘉賓為團年飯進行開幕儀式
The balloon popping ceremony marks the opening of our celebration



宿生們努力演出，獲得全場熱烈掌聲。
The boarders have practised numerous times for the singing performance

安老院團年飯 - 銀花擁簇迎金鼠

心光護理安老院 楊陳彩虹主任

「銀花擁簇迎金鼠2020」安老院團年飯於1月11日假心光學校飯堂順利舉行，出席人數約80人，包括院友、家屬、義工及職員們。院舍特意安排專業攝影師替院友及家屬拍照留念，大家都反應熱烈，紛紛與家人留下美好一刻。當日院舍還預備了美味盆菜予來賓們品嚐，眾人都吃得津津有味，還有令人垂涎三尺的「心光老火湯」，也贏得不少好評！大快朵頤後，大家一同玩集體遊戲、卡拉OK等，氣氛熱烈。最後的壓軸好戲——幸運大抽獎，人人有份，永不落空！大家都獲得豐富禮物。新年伊始，院友們最開心莫過於能與家人共聚，難怪當日人人笑逐顏開！

Lunar New Year Celebration 2020

Lunar New Year Celebration at the Care & Attention Home was held on 11 January 2020. A total of 80 guests, residents and volunteers attended the gathering. We especially hired professional photographers to take photos of the happy moments. The participants had a great time singing karaoke, playing group games and trying their luck at the evening's lucky draw. Everyone enjoyed the delicious meal especially the home-made soup. To the residents, the best part of the evening was being with their family members; no wonder everyone was smiling all evening!

Ms Rainbow Yeung, Superintendent
Ebenezer Care & Attention Home



院友及家屬歡聚一堂迎金鼠
Celebrating the Year of the Rat



職員、義工們人人笑逐顏開！
Everybody says cheese!

心光學校 Ebenezer School



合唱團到滙豐總行大廈報佳音
The choir sings Christmas carols at the HSBC Headquarters



學生與家長一同參加香港殘疾人田徑錦標賽
Students and parents participated in the Hong Kong Para Athletics Championships



學生在常識科學探究活動上探討聲音傳遞與物質的關係
The student is learning how sound and matter interact



學生在雅仁會館與義工慶祝聖誕節
Students celebrate Christmas with volunteers at Zetland Hall



看！大家多享受燒烤樂
Enjoying barbeque together



學生們到赤柱沙灘執拾垃圾
Students are picking up rubbish on the beach



學生在環保工作坊上學習運用蜂蠟保鮮布
Learning how to make good use of beeswax wraps



學生在環保工作坊上學習栽種士多啤梨
The students learn to plant strawberries



外讀生參加RSP聖誕聯歡會
RSP students celebrate Christmas together



英華女學校學生與心光學生共同預備午餐
Students from Ying Wa Girls' School and Ebenezer School are preparing lunch together



同學們在宿舍認真地籌備活動
Boarders discuss how they will organise a school activity

「有作為」計劃 Project WORKS



探訪廚專
Visiting Dignity Kitchen



社會福利署員工參與團隊培訓活動
Team building training with SWD staff



在慈愛浸信會進行義工培訓
Volunteer Training Programme at Tsz Oi Baptist Church



羅桂祥SEEJobs五年計劃揭幕儀式
The launch ceremony of the SEE Jobs 5-year project



新加坡銀行參與團隊訓練活動
Team building training with the Bank of Singapore staff



校友做足防疫措施
Epidemic prevention is the most important thing



派發防疫物資給校友
Distributing epidemic prevention supplies to our alumni

心光恩望學校 *Ebenezer New Hope School*



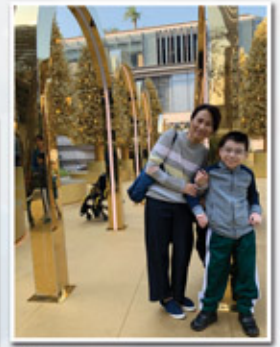
全方位學習活動 - 參觀宜家家居
Life-wide learning activity - a visit to IKEA



參加舊衣回收活動
Let's recycle old clothes!



賽馬會會員義工隊訪校
The Hong Kong Jockey Club Volunteer Team comes to visit us



參觀K11 MUSEA
Shopping at K11 MUSEA



聖誕晚會
Christmas Night Party



深灣遊艇會向每位宿生送上聖誕禮物
Students received Christmas gifts from members of The Aberdeen Marina Club



暢遊海洋公園 Having fun at Ocean Park



欣賞中式花燈
Admiring the Chinese lanterns

心光幼兒中心 *Ebenezer Child Care Centre*



心光幼兒中心與家長及幼兒一起慶祝聖誕節！
Celebrating Christmas with parents and children together



心光幼兒中心幼童選用不同的葉子襯托畫畫
She is drawing with different leaves



心光幼兒中心幼童開心抱抱狗醫生
He is so happy to hug Dr. Pet



養和醫院醫生講座—柯凱因氏症候群
Seminar on Cockayne Syndrome by Hong Kong Sanatorium & Hospital representative

心光賽馬會視障幼兒支援服務中心 *Ebenezer Jockey Club Early Intervention Centre*



與明愛學前服務同工交流
The staff from Caritas Rehabilitation Service pay a visit to ECCC and EIP



在家長情緒小組中，家長分享育兒心得及彼此鼓勵
Parents share their personal experience with one another



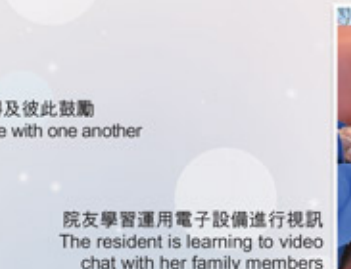
95歲的婆婆仍然精神奕奕
I'm 95 years old!



用雙手感受愛心，笑容真摯。
The best and most beautiful things must be felt with the heart



家長出席「CVI知多少」家長講座
Parents attend a talk on CVI



院友學習運用電子設備進行視訊
The resident is learning to video chat with her family members



心光視訊
同心連線

心光護理安老院 *Ebenezer Care & Attention Home*

心光學校 香港學校朗誦節 成績一覽表

Ebenezer School: Results of Hong Kong Schools Speech Festival

P.1 尤允康 YAU WAN HONG	粵語女子詩詞獨誦 Cantonese Solo Verse Speaking - Girls	良好獎狀 Proficiency	S.1 陳柏霖 CHAN BAILIN	英語男子詩詞獨誦 English Solo Verse Speaking - Boys	優良獎狀 Merit
P.2 邵知言 SHAO ZHIYAN	英語男子詩詞獨誦 English Solo Verse Speaking - Boys	優良獎狀 Merit	S.2 許佳琦 XU KAI KI	粵語女子詩詞獨誦 Cantonese Solo Verse Speaking - Girls	良好獎狀 Proficiency
P.3 王心怡 Wang Xin Yi	粵語女子散文獨誦 Cantonese Solo Prose Speaking - Girls	優良獎狀 Merit	S.3 楊裕陽 YEUNG YU YEUNG	英語男子詩詞獨誦 English Solo Verse Speaking - Boys	優良獎狀 Merit
P.4 陳穎思 CHAN WING SZE	粵語女子詩詞獨誦 Cantonese Solo Verse Speaking - Girls	優良獎狀 Merit	S.3 陳柏伊 CHAN PAK YI	粵語女子散文獨誦 Cantonese Solo Prose Speaking - Girls	優良獎狀 Merit
P.4 李沛凝 LI PUI YING	英語女子詩詞獨誦 English Solo Verse Speaking - Girls	季軍 2nd runner-up	S.4 盧國寶 LO KWOK PO	英語男子詩詞獨誦 English Solo Verse Speaking - Boys	優良獎狀 Merit
P.5 鄭婉婷 CHENG YUEN TING	英語女子詩詞獨誦 English Solo Verse Speaking - Girls	優良獎狀 Merit	S.4 張佩怡 CHEUNG PUI YI	粵語女子散文獨誦 Cantonese Solo Prose Speaking - Girls	優良獎狀 Merit
P.5 梁健聰 LEUNG KIN CHUNG	英語男子詩詞獨誦 English Solo Verse Speaking - Boys	良好獎狀 Proficiency			

園藝治療

心光恩望學校 易婉婷老師

學校在本年度的多元化小組中增設了園藝治療小組，讓學生在輕鬆愉快的氣氛下，逐步建立對植物及種植的興趣。園藝活動多姿多彩，學生不但嘗試種植不同植物，也參與園藝手工創作，如葉片拓印、花藝插花、香包布偶製作等。課堂上，不同手肌能力及輪椅學生都能體驗園藝的樂趣。

園藝治療師為視障學生選取不同觸感的植物，讓學生以觸覺感受多肉植物厚實的葉片及一般細長葉片的差別。除了觸感外，治療師也以植物的氣味及味道吸引學生，在堂上介紹不同香草、香料、可食用蔬菜等，鼓勵學生主動接觸生活上不同類型的有趣植物，發掘園藝的樂趣。



學生完成製作乾花心意卡
Making greeting cards with dried flowers



認識香草
Smelling herbs



初次嘗試種植
First attempt at planting

The Horticultural Therapy Group

The Horticultural Therapy Group was newly created for students this year. With the horticultural therapist's professional support, students can develop their interests towards horticulture through a variety of class activities in a relaxed and pleasant atmosphere. Other than traditional planting and gardening, students can also try handicraft activities, such as making flower arrangements, making herb packs and rubbing leaves. These activities can effectively stimulate students' five senses.

The therapist introduces various kinds of herbs and vegetables and encourages students to explore and play around with them by listening to the sounds produced by seeds of different sizes, touching the soil and leaves, smelling the herbs and tasting the vegetables. These activities give students an all-round experience in horticultural therapy while developing their interest in nature and encouraging their curiosity to observe plants that can be found in daily life.

Ms Yik Yuen Ting, Teacher
Ebenezer New Hope School

水療小組

心光恩望學校 鍾妮恩老師

本學年，學校為學生增設了「水療小組」。同學經物理治療師、護士甄選及家長同意後便可參加；小組逢星期三下午多元化時段進行，對象為嚴重智障兼身體弱能的學生。我們希望透過水療活動促進學生的血液循環、使其放鬆肌肉、增加關節活動幅度、以及減低或提高肌肉張力。物理治療師透過水的特性，運用不同的治療方法和活動，提升同學的體能、平衡、協調和動作學習等能力。

同學乘搭校巴往協康會綜合服務大樓進行水療訓練，他們均享受其中。很多平日在地面、輪椅上不能完成的動作，在水中也能夠完成。家長亦很滿意水療訓練的效果，部分家長更特意陪同子女參加，從中學習，並希望學校來年繼續舉辦此類型活動。



與老師一起在水中暢泳
Hydrotherapy training with the teacher



同學們很享受水療活動的樂趣
I enjoy hydrotherapy!



在水中踢踢腿、鬆鬆關節
Relaxing muscles with gentle leg kicks

Hydrotherapy Group

This year we started to offer hydrotherapy training for students with severe intellectual disability and physical handicap. After assessment by the physiotherapist and the nurse and the approval of the parents, students can take part in the weekly hydrotherapy training, which helps activate blood circulation, relax muscles, increase the joint range of motion and improve muscle tension. Physiotherapists make use of hydrotherapy training to improve students' health and fitness, balance, coordination and motor movement.

Students receive the training in Heep Hong Society Integrated Service Complex. Exercising in water allows them to perform movements that cannot be done in a wheelchair. Parents are satisfied with the training and would like to have it again next year.

Ms Chung Ni Yan, Teacher
Ebenezer New Hope School

夢飛行2019

心光學校 蔡梓培老師

遨翔天際是不少人的夢想，小四陳穎思和小三王心怡透過「夢飛行」計劃達成她們首次的飛行夢。要實現夢想，她們先要創作一幅圖畫來表達其飛行夢想，然後再通過面試，實在不易。幸而兩位學生都主動、認真地完成作品和反覆練習面試技巧，最終皇天不負有心人，她們順利獲得飛行機會，與家人同遊台北三日兩夜。

旅程中，她們有機會與其他殘疾學生交流，一同參觀不同景點和體驗當地文化。她們都表示飛行是多年來的夢想，十分珍惜這次機會，也希望將來可以到訪更多地方，擴闊眼界。

FLY FOR LOVE 2019

"Fly For Love" has given Wing Sze and Xin Yi their first ever flight experience. The two girls achieved this by expressing their dreams of flying with artworks and in interviews. They had spent a long time creating the artworks and practising interview skills. At the end, their efforts were rewarded with a trip to Taipei with their family.

They showed a lot excitement and often asked other students to describe to them what was happening on the plane. Besides sightseeing and exploring a different culture, the two have also made friends with students of other schools during the trip. They were thankful for this opportunity and hope to visit more places in the future to broaden their horizons.

Mr Choi Tsz Pui, Teacher
Ebenezer School



小三王心怡（左）和小四陳穎思（右）第一次乘坐飛機 Wing Sze and Xin Yi are ready for their first ever flight



兩位學生在台灣表演話劇 Wing Sze and Xin Yi performed a drama in Taiwan

綠色聖誕時裝表演 心光學校 戴卓盈老師

心光學校學生會於聖誕假期前夕（12月20日），舉辦了一場「綠色聖誕時裝表演」，與全校師生歡渡聖誕之餘，亦同時為愛護地球出一分力。當天所有同學和老師齊集禮堂，在限定時間內，師生們合力發揮創意，運用一些棄置的物料，如舊包裝紙、布碎、已破損的聖誕裝飾品等，設計出富有節日氣氛的時裝。完成設計後，每組的小小模特兒更在禮堂「行天橋」。各組都施展渾身解數，一邊展示其時裝最特別的一面，一邊向評判講述各自的設計意念，加上評判的風趣評語，將整個活動推向高潮。同學在欣賞各組作品的同時，亦能從中學會如何廢物再用，過一個環保聖誕！

Green Christmas Fashion Show

Ebenezer School Students' Union organized a fashion show themed 'A Green Christmas' on 20 December to celebrate the festival in an environmentally friendly way. All the students and teachers competed against each other in their ability to design a festive outfit with waste materials such as scrap paper, cloth and some old Christmas ornaments. Students then modelled their group's designs on the runway. The catwalk, complemented by the students' and judges' creative commentary on the designs, made excellent edutainment for all. The event not only brought much joy but also encouraged students to upcycle old materials.

Ms Rondy Tai, Teacher
Ebenezer School



師生們盡情發揮創意，設計環保服飾
The teachers and students demonstrated their talents in fashion design



模特兒們展示別出心裁的綠色聖誕時裝。
All the models are proud of their stunning 'Green Christmas' outfits.



小小模特兒甚有台風，毫不怯場
This young model is confident on the runway

自理生活日營

心光學校 洪虹老師

2020年1月17日(五) · 展能組共十四位同學由老師帶領，前往香港傷健協會賽馬會傷健營，參加由生活教育科舉辦的生活自理日營，旨在培養及提升學生的紀律、生活技巧、自理能力及溝通技巧。

當天活動豐富，包括：日常生活技巧訓練(如：打掃房間、執拾床單、清理碗筷、膳食處理等)；戶外訓練(如：清潔燒烤場椅子及桌子、清潔窗戶等)；紀律訓練(學生需在活動過程嚴格遵守自理營的規則)；人際溝通技巧(透過遊戲，讓學生在群體中體現合作精神及學習與人溝通的技巧)。

學生的表現十分投入，積極參與日營中的不同遊戲和活動。大家愉快地完成各項任務之餘，也提升了自理能力。

Life Education: Self-Care Day Camp

As part of the Life Education programme, 14 High Flyers students participated in a self-care day camp held at the Hong Kong PHAB Association Jockey Club PHAB Camp on January 17, 2020. The day camp aims to improve students' life skills, self-care abilities, self-discipline and communication skills.

The day camp offered: i) life skills training, i.e. room cleaning, clearing tables and food handling; ii) outdoor training, i.e. cleaning up barbecue chairs and tables; iii) discipline training, i.e. following rules and instructions; and iv) communication skills training, i.e. exercising teamwork and employing effective communication skills.

Students made good efforts in all the activities and were able to complete the tasks. Teachers were happy to see the improvement in the students.

Ms Hung Hung, Teacher
Ebenezer School



展能組同學到達香港傷健協會賽馬會傷健營
Students went on a day camp at the Hong Kong PHAB Association Jockey Club PHAB Camp



同學們學習執拾床舖
Students are learning how to make the bed



同學們學習打掃飯堂
Students are cleaning up the canteen

參觀香港鐵路博物館 心光學校 林思玲老師

上學期考試後，教師為同學準備了一系列有益身心的試後活動。其中小一至小五學生於1月20日到香港鐵路博物館參觀，有機會近距離接觸平日難以觸摸的列車。當天博物館的導賞員清晰地為學生講解香港昔日鐵路運輸的特色及不同類型火車的發展歷程，同時學生亦參觀了具傳統中國建築特色的舊大埔墟站。站內展示了舊日九廣鐵路所使用的各種設備和車票。學生最感興奮和難忘的莫過於可以親身到車廂內參觀舊式火車的佈置和觸摸車上的設施，讓他們仿如回到百多年前，為他們帶來不一樣的學習和體驗。



學生在具傳統中國建築特色的舊大埔墟站前留影
The ancient-style Chinese Tai Po Market Railway Station



學生在舊式車廂內參加講座
Hop on board the train to the past!



學生觸摸車廂內的佈置
Students can learn by listening, feeling and touching



學生坐在昔日車廂中，仿如時光倒流
Students are travelling back in time

Ms Lam Sze Ling, Teacher
Ebenezer School

Visiting The Hong Kong Railway Museum

Our P.1-5 students visited the Hong Kong Railway Museum in Tai Po Market on 20 January. Thanks to the knowledgeable docent, our students learned everything from the characteristics of the local railway system in the past, the different types of railways, to the milestones in the track development in Hong Kong. The museum also houses an ancient-style Chinese Tai Po Market Railway Station, which showcases a bewildering array of facilities and train tickets from the previous Kowloon-Canton Railway. The highlight of the tour was being able to sit in a 100-year-old train compartment, where the students could experience what it was like to travel back in time. The visit was a rewarding learning experience for all.

共融音樂 擊出潛能

心光學校 童行光明路計劃 方少玉主任

心光學校及明愛莊月明中學應香港仔坊會邀請，參與名為「BEAT」的青年藝術培育計劃。此計劃以「敲擊樂」作引入，讓初中生參與藝術訓練以至公開表演，讓其能力得到肯定及欣賞，從而提升自我形象及建立自尊。是項計劃為期一年，由2019年11月開始，分四個階段進行。現時為計劃初期，活動主要透過「破冰」及團體遊戲，讓兩校學生互相認識，一起學習以不同樂器敲打輕快的拍子，培養團體合作精神，為未來的表演打好基礎。



兩所學校的學生首次挑戰拍子合奏
Students' first jam together



心光學生以鼓棍敲打拍子
ES students are tapping drumsticks to the beat



兩所學校的學生一起學習杯子歌
Students are playing the cup song, as seen in the film Pitch Perfect

“Beat” Youth Art Training Program

Upon the invitation of Aberdeen Kai-Fong Welfare Association Social Service, Caritas Chong Yuet Ming Secondary School and Ebenezer School partner up in the “Beat” Youth Art Training Programme. This programme aims to build self-esteem and a sense of achievement in junior secondary students through percussion music training and the performance that follows. A year-long “Beat” Program has kicked off in November 2019 and will be implemented in four stages. The programme is now at its beginning stage, where participants from the two schools get to know each other in ice-breaking games and learn about rhythm and timing by tapping to the music.

Ms Ellen Fong, Project Officer
Children on the Bright, Ebenezer School

幼兒中心職員培訓 心光幼兒中心 霍靈枝主任

本中心重視每位職員的在職培訓，會定時在假期及課餘時間舉辦不同類型的培訓活動。除了由專業同工及治療師提供的指導課程外，亦會邀請外間講者到臨中心提供講座，以提升職員教導及照顧幼兒的專業知識及技巧。中心分別於2019年12月20日及2020年1月22日舉辦多項培訓工作坊及講座，包括：職業安全、聲線護理、小肌肉訓練、感知訓練、音樂治療、自理訓練及如何與家長溝通，內容既實用又多元化。

Staff Training

As part of our staff training, a series of workshops and talks were held on 20 December 2019 and 22 January 2020 to improve our staff's knowledge on occupational safety, voice protection, fine motor skills training, sensory-motor skills training, music therapy, self-care skills training and how to communicate with parents. We invited our staff members and therapists, as well as guests from other organisations to share their expertise. The training was informative and offered practical advice to improve our service.

Ms Doris Fok, Centre-in-charge
Ebenezer Child Care Centre



勞工署為中心職員提供「學前教育服務員工的職業健康講座」
A talk on “Occupational Health Talk Series for Teachers” was given by the Labour Department



職業治療師示範拉筋技巧
The occupational therapist demonstrates some stretching techniques



職員蒙眼使用文具
Our staff experience how to use stationery without vision

同「心」學習—與挪威國際學校交流

心光學校 陳淑雯老師

今年，心光學校英文科與挪威國際學校合作，通過做手工和遊戲，學習彼此的文化和教育方法，期望讓學生體驗融合學習。

來自挪威國際學校的學生兩次到訪心光，與小四至中四級學生玩遊戲和做手工，心光學校師生則在1月16日往挪威國際學校大埔校園探訪。當日，同學們先在草地上玩遊戲，互相認識。到了參觀校園環節，同學們都十分好奇和雀躍，有同學觀察到挪威國際學校有中文室而沒有英語室，感到十分奇怪，那是因為中文是他們的第二語言呢！最後，挪威國際學校的學生還教導心光學生運用利是封製作「鼠」形盒子來慶祝鼠年，既有趣又實用。離開時，大家都依依不捨，期望下次有機會再見。

Partnering with Norwegian International School

This year we have partnered with Norwegian International School (NIS) for integrated education opportunities. It was a valuable chance for students of both schools to learn about different cultural backgrounds and education approaches.

Students from NIS had visited our students at Ebenezer School two times to chat and do crafts together before we visited them at their Tai Po campus on 16 January. Our students loved their green field and spent a long time playing with the sports equipment there. After that, the NIS students showed us around their school. Our students wondered why they had a Chinese Room as opposed to us having an English Room until our teachers explained to them that we learn a different second language. Then the NIS students taught our students how to make a rat-shaped box out of red packets to celebrate the Year of the Rat.

'It's time to leave now!' The students were disappointed as they heard the teacher's announcement but it was wonderful how much they enjoyed learning together.

Ms Chan Shuk Man, Teacher
Ebenezer School



學生用利是封製作「鼠」形盒子來慶祝鼠年
Making a rat-shaped box using red packets in celebration of the Year of the Rat



同學們在挪威國際學校的草地上玩遊戲，真開心！
Playing together on the field seems to be the best part of the day



挪威國際學校學生在教心光學生轉碟的投巧
NIS students are teaching our students how to spin a plate on a stick

我在科大的日子

心光畢業生 鄧麗銘 (科大計量金融系第二年)

每當遇到朋友問：「妳在哪裡讀書了？」我總會不假思索地答：「科大，很遠那間。」雖然我這樣說，但科技大學這個「孤島」實質一點也不荒蕪，相反裡頭的生活卻是多姿多彩，尤其學業以外的活動。不論你屬於何種性格，必會找到合適的心頭好。

有次我參加了一項由一家投資管理公司舉辦的股票研究比賽，每組要挑選一家公司，為其撰寫一份研究和評級報告。沒想到我組在第一輪已經被淘汰，未能進入頭五強決賽。白費了整個星期的功夫，我實在心有不甘，於是寫了一封電郵予主辦機構，詢問他們為什麼不選我們精心打造的報告。主辦方回覆了一封詳盡的電郵，羅列我們需要改善的地方，提出的建議也十分仔細具體，令我心悅誠服。塞翁失馬，焉知非福，幾個月後，我收到主辦方的電郵，邀請我參加他們公司的暑期實習計劃面試。我最終順利通過面試，在去年暑假獲得人生第一次在金融界工作的機會，簡直是意外收穫！

綜合我在大學的生活，我認為最重要的是「主動」，誰知前方會有甚麼驚喜等著你呢？

My Life at HKUST

I absolutely enjoy my life at Hong Kong University of Science and Technology (HKUST), especially for the variety of extracurricular activities it offers. A while ago I joined a stock analysis competition organised by an investment firm. I had spent a week on my report only to get eliminated, but I was not willing to give up, so I emailed the organiser to ask for the reasons for their decision. To my surprise, they responded in a lengthy reply detailing their suggestions for improvement. I was thankful and respectful of their patience and professionalism. A few months later I received another email from the organiser. This time they invited me to sign up for their internship programme and I was given the opportunity to work in finance for the very first time. I was over the moon. You see, opportunities don't wait, but I don't wait for opportunities either.



鄧麗銘 (左一) 與科大同學相處融洽
Eli gets along well with her schoolmates



麗銘自小口才了得。(攝於小六時)
Eli has always been good with words (Photo taken when she was in P.6)

Tang Lai Ming, Eli, Alumna
Ebenezer School



心光盲人院暨學校

Ebenezer School and Home for the Visually Impaired

香港薄扶林道131號 131 Pokfulam Road, Hong Kong
電話: 3159 5400 傳真: 2817 4355 網址: www.ebenezer.org.hk

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名人相集 VIP PHOTO GALLERY

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Ms Chan
Ms Boyle Chiu
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愛心奉獻@福音事工 Donation Appeal by Christian Ministry

在1897年，德國喜道培會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。而傳播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月撤離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)



總編輯: 黃君保副院長 編輯小組: 方天大、陳淑雯、黃麗盈、劉曉娜、李玉君、莊欣

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網址: www.ebenezer.org.hk

