**童心同行音樂會**

**心光機構項目主任 葉文琛先生**

由心光賽馬會音樂旅程舉辦的「童心同行音樂會」於5月26日在灣仔壽臣劇院順利完成。音樂會的表演者包括心光學校、心光恩望學校學生、畢業生、外讀生及樂器導師。在音樂會中，學生表演了豐富多元的節目，包括敲擊樂、聲樂、鋼琴、長笛和單簧管等。此外，還有由不同能力的同學組成的小組合奏和合唱，表演風格涵蓋流行和古典，每個同學都有機會各展所長，令人印象難忘。 表演者當中有部分是初學者，他們的技巧雖然生澀，但在舞台上展現出無比勇氣和熱誠，表現令人動容。音樂能促進視障學生成長，協助他們建立自信心、激發創造力，因此心光機構一直大力推動視障音樂發展。最後，再次衷心感謝各位支持及協助音樂會順利舉辦。

**Craving Paths with Kids Music Concert**

The ‘Craving Paths with Kids Music Concert’, organized by the Ebenezer Jockey Club Music Odyssey, was successfully held on 26 May, 2023, at the Shouson Theatre in Wanchai. The performers included students and alumni from the Ebenezer School and Ebenezer New Hope School, RSP students, as well as their instrumental teachers. The students performed a diverse range of pieces, including percussion, vocal, piano, flute, clarinet, and choir, with students of different abilities performing in the ensemble group. The concert also showcased a variety of music genres, from pop to classical. Surprisingly, some of the performers were just beginners, yet they showed remarkable courage and outstanding performance on stage. Music plays an irreplaceable role in the growth of visually impaired students, especially in building confidence and inspiring creativity. Ebenezer aims to promote the development of music for students with visual impairment. We sincerely thank all the performers, instructors, parents, and community friends who supported us in this concert. We hope that this concert not only showcased the musical talents of our students, but also inspired others to appreciate the beauty of music and the determination of students with visual impairment.

**Mr. Ip Man Sum, Project OfficerEbenezer Music Academy**

**成都考察之旅預訪**

**心光學校 黎衍善老師、李珈熙老師**

2023年6月4至7日，本校六位教師帶領六位學生大使前赴四川「成都市特殊教育學校」交流。此行除了讓我們體驗該校的校園生活外，也有幸與該校視障學生一起參與由四川博物院安排的「漢代畫像磚」體驗課。學生透過畫像磚上的圖案了解漢代社會的盛況與藝術的精華。除了靜態一面，兩校學生亦一起參與體育課，互相觀摩及交流跳繩心得。六位學生大使肩負重要使命，向該校師生介紹心光學校、表演朗誦，並將由心光同學設計的小飾物及特色織藝布袋送贈給成都市學生代表，彼此間建立了真摯的友誼。 除學術交流外，我們還參觀了不少成都市的文化古蹟及瑰寶，例如：金沙遺址博物館、大熊貓繁殖基地、杜甫草堂博物館、「鎮川之寶」— 都江堰等等，讓學生深度了解四川的文化特色。

**Pre-visit for Chengdu Study Tour**

From 4th to 7th June, 2023, six teachers and six student ambassadors from our school visited Chengdu, Sichuan Province, to exchange ideas with the Chengdu Special Education School. During the visit, we learned about the daily campus life of the students there and participated in an experiential class on ‘Han Dynasty Portrait Bricks’ led by a representative from the Sichuan Museum. The students also participated in a physical education class and shared their experiences on skipping rope. Our student ambassadors took on the responsibility of introducing Ebenezer to the local teachers and students. They also performed recitals and presented small ornaments and hand-woven bags designed by our students as gifts. This exchange built sincere friendships between the students from both schools. After the exchange activities, the group visited many cultural relics and tourist attractions in Chengdu, such as the Jinsha Site Museum, the Giant Panda Breeding Research Base, the Du Fu Thatched Cottage Museum, and the Dujiangyan Irrigation System. This gave the students a deeper understanding of the cultural characteristics of Chengdu, Sichuan. The trip was a great success in terms of cultural exchange and building friendships between the students of the two schools.

**Ms. Lai Yin Sin and Ms. Lee Ka Hei KarenaTeachers, Ebenezer School**

**韓國馬拉松之旅心光學校 陳炳基老師** 今年5月19日至23日，本校五名教職員及五名學生到韓國參與馬拉松比賽。學生憑著堅毅的精神，不但完成比賽，更打破個人最佳時間，成績斐然。比賽後，我們亦與韓國的視障馬拉松團體進行交流，也體驗了韓國跆拳道訓練。通過是次的旅程，學生不僅能鍛鍊自己的體魄和意志力，而且能認識韓國的傳統文化和社會面貌，開拓視野，豐富學習經歷。

**Korea Marathon Tour**

Five teachers and five students participated in a marathon competition in South Korea from 19th to 23rd May, 2023. The students overcame difficulties, broke their personal records, and completed the race. Additionally, the students had the opportunity to participate in Taekwondo training and exchanged ideas with local visually impaired marathon groups. During this study tour, the students not only had the chance to experience traditional Korean culture and scenery but also strengthened their physical fitness and willpower through sports, thereby expanding their horizons. This not only contributed to students' learning experiences, but also helped them grow as individuals.**Mr. Chan Ping Kei, TeacherEbenezer School**

**2022-2023心光聯合畢業典禮**

**心光學校 黎衍善老師**

本年度心光聯合畢業禮於7月11日順利舉行。當日邀請了勞工及褔利局局長孫玉菡,JP擔任主禮嘉賓，為同學訓勉及授憑。孫局長在致辭時，讚揚心光在學術及藝術方面培育視障學生及青年人的貢獻，不斷提供機會讓他們展現才能，突破限制，成就夢想。 今年我們非常榮幸獲得恒隆地產捐助三千萬港元設立「恒隆視障人士獎學及發展金」，持續資助校内優秀學生及畢業生進修大專課程，增值自我，發展專長，並推動基督教事工，以自身的良好榜樣為社會帶來正面影響。恒隆地產有限公司首席財務總監趙家駒先生及其團隊親臨到賀十五位獲獎學生，勉勵他們活出亮麗人生。

**Ebenezer Joint School Graduation Ceremony 2022-2023**

The Ebenezer Joint School Graduation Ceremony was successfully held on 11 July, 2023. Mr. Chris Sun, JP, Secretary for Labour and Welfare, was one of the officiating guests who encouraged and presented certificates to the students. In his speech, Mr. Sun praised Ebenezer for its efforts in nurturing visually impaired students and young people in academics and arts. He also commended Ebenezer for providing opportunities for them to showcase their talents, overcome limitations, and achieve their dreams. This year, Ebenezer received a donation of HK $30 million from Hang Lung Properties to set up a scholarship named 'The Hang Lung Scholarship and Development Donation for the Visually Impaired'. The scholarship aims to support the holistic development of students and graduates, helping them pursue their tertiary studies and promote Christian Services. This will enable them to bring positive impacts to society. Mr. Kenneth Chiu, Chief Financial Officer of Hang Lung Properties, and his team congratulated the 15 awardees and encouraged them to live bright and fulfilling lives.

**Ms. Lai Yin Sin, TeacherEbenezer School**

**音樂科技網上講座（大師班）**

**心光機構 項目經理 麥家珮女士**

由心光賽馬會音樂旅程舉辦的導師培訓系列《視障人士學習音樂科技軟件》網上講座已於6月下旬舉行。是次講座有幸邀請美國柏克萊音樂學院大師 Chi Gook Kim 副教授分享他為該校建立輔助音樂技術實驗室的經過，以及講述他如何改進音樂軟件工具以助視障人士可以無障礙地使用。兩位心光校友—鄧麗銘小姐及吳小銘先生亦於講座中分享視障人士使用輔助音樂技術軟件以調校、轉變聲效的技巧，及講述他們對職業出路的展望。

**Train-the-Trainers Programme: Assistive Music Technology**

In late June, Ebenezer Music Academy hosted an online talk as part of the Train-the-Trainers Programme of Ebenezer Jockey Club Music Odyssey. The talk featured Master Chi Gook Kim, Associate Professor from Berklee College of Music, along with Ebenezer school alumni Ms. Eli Tang and Mr. Samuel Ng. The alumni shared their experiences of using accessibility software tools to explore music from different perspectives. Master Kim also discussed his efforts in improving the accessibility of music software tools through the development of the Berklee Assistive Music Technology Lab. The talk also covered the alumni's exploration of supporting students with low vision in using assistive music technology software, along with the career prospects for visually impaired musicians in the music software application industry.

**Ms Phyllis Mak, Project ManagerEbenezer Music Academy**

**心光機構126週年聚餐**

**心光學校 陳炳基老師、李珈熙老師**

因疫情而闊別四年的心光機構週年聚餐，終於在今年3月24日（星期五）重新舉行。今年的晚宴比以往更精彩，除了邀請各部門同工出席外，還邀請了長期服務心光機構的義工、家教聯及校友會委員一同享用晚宴，以答謝他們一直以來對心光機構的愛護。適逢心光機構成立126週年，郁院長藉此機會感謝心光同事的努力及義工們的付出，院長亦聯同舊生楊恩華及心光學校小四學生邵知言，表演二胡及打鼓合奏，以音樂激勵大家勇敢跨過困難。 副主席致歡迎詞後，還有教職員們豐富多彩的歌曲合奏及舞蹈表演，大家都熱烈拍掌支持。最後的抽獎環節則成功掀起全晚的高潮，讓大家在歡笑聲中度過一個難忘的晚上。

**The Ebenezer 126th Anniversary Annual Dinner**

The Ebenezer held its annual dinner on 24 March 2023, after a four-year hiatus due to the pandemic. The event was more exciting than previous years, with colleagues from various departments, long-serving volunteers, members of the Parent-Staff Association, and the Alumni Association in attendance. The dinner was a way to thank everyone for their unwavering support for Ebenezer and to celebrate its 126th anniversary. Deputy Chairman Mr. Michael Scales and CEO Dr. Alice Yuk expressed gratitude to colleagues for their hard work and to volunteers for their dedication. Together with alumnus Mr. Yang Enhua and P.4 student Shao Zhiyan Henry, Dr. Yuk performed a trio with erhus and drums. The performance encouraged everyone to overcome any difficulties they may encounter courageously. The event also featured song ensembles, dance performances, and a lucky draw that brought the entire evening to a climax. The annual dinner strengthened the cohesion among the staff and injected new energy and vitality into the Agency’s development. Overall, the event was a success and left a lasting impression on everyone who attended.

**Mr. Chan Ping Kei and Ms. Lee Ka Hei KarenaTeachers, Ebenezer School**

**「親切」共融之旅**

**心光學校 戴卓盈老師**

心光學校聯同聖伯多祿中學參與「親切」青少年共融大使訓練計劃，該計劃於下學期安排了「非洲鼓班」讓參加者通過學習非洲鼓明白團體合作的樂趣和重要，並在「親切共融之旅2023」的社區活動上表演；共融大使亦負責在攤位遊戲中向市民推廣共融訊息。「親切」流動車於5月來到本校，藉此提升同學對共融議題的關注，建立共融校園文化。

**‘TREATS Inclusive Journey 2023’ Community Event**

Under the ‘TREATS’ Youth Development and Training Project on Social Inclusion with St. Peter's Secondary School, students participated in African drum classes in term two of this school year. Participants experienced the fun and learned about the importance of teamwork. They even performed at the ‘TREATS Inclusive Journey 2023’ Community Event. Through booth games, inclusion ambassadors promoted messages of inclusion to the public. The ‘TREATS’ mobile van also visited our school in May, providing students with activities and experiences to raise awareness of inclusion issues and build a culture of inclusion on campus.

**Ms.Tai Cheuk Ying, TeacherEbenezer School**

**從遊戲中認識自己**

**「有作為」計劃 陳嘉綠姑娘**

「有作為」計劃於今年3至5月再次舉辦視障青年師友計劃，活動旨在透過各種體驗及導師一對一的指導，增加視障畢業生的自我理解及在職前的準備；主題包括社交、自理、性格探索及職場理解等。 以性格探索主題為例，我們參考坊間遊戲節目，再根據視障人士的需要，設計出雖簡單但刺激的競爭遊戲。我們以心光學校操場的草地為基地，參加組別需要各出奇謀，在大顏色紙上有策略地貼上代表不同分數的物品，然後再使出渾身解數撕下對方身上的物品以獲勝。 在遊戲過程中，參加者能透過互相討論及合作，展現出各人不同的性格特質，而活動後的回顧及反思，則可以讓參加者連繫到日常生活的經歷，以進一步認識自我。

**Knowing Yourself through Games**

The Project WORKS held its second mentorship programme from March to May 2023. The programme was designed to help visually impaired graduates increase their self-understanding and job readiness through various experiences and one-on-one mentorship. The areas covered during the programme included social skills, self-care, personality exploration, and employment understanding. Inspired by the YouTube channel 'Trial and Error' and their video series, a game was created to promote self-understanding and exploration. The game was held on the grassy field of the school playground, where each group was given a big colored paper and various paper items with different scores. The group members strategically stuck the paper items on the big paper and then tried their best to tear down the other group's paper items during the battle time. The group with the highest scores was declared the winner. In the process of the game, participants were able to showcase their different personality traits through mutual discussion and cooperation. After the activity, the review and reflection allowed participants to connect the game to their daily life experiences, further enhancing their self-understanding.

**Ms. Chan Ka Luk, Project OfficerProject WORKS**

**數Fun Day**

**心光學校 黎健賢老師**

數學科於3月24日舉辦數Fun Day 活動，目的是提高學生學習數理的興趣，同時也讓學生施展平日課堂所學的運算技巧。此次活動得到「香港大學專業進修學院保良局何鴻燊社區書院」的支持與協助，該校學生為心光學生設計及組織多個大型數學攤位遊戲，讓本校學生獲得更豐富的學習體驗和互動機會。在是次活動中，學生表現積極，能夠從遊戲中提升數學水平和解難能力。

**Mathematics Fun Day**

This year, the school mathematics panel organized a ‘Math Fun Day’ event on 24 March. The purpose of the event was to increase student’s interest in learning and to provide them with an opportunity to demonstrate what they have learned in class. The event was supported by "HKU SPACE Po Leung Kuk Stanley Ho Community College," whose students organized many maths booth games for our school's students, providing them with a more enriching learning experience and interactive opportunities. Students exhibited a positive attitude during the event and were able to learn from the games, improving their maths abilities and problem-solving skills.

**Mr. Lai Kin Yin, TeacherEbenezer School**

**宿舍運作、發展與特色**

**心光恩望學校 鍾慧妍姑娘**

心光恩望學校為視障及多重殘障的學生提供住宿服務，並提供個人化的照顧，安排多樣化的活動，關注學生身心社靈需要。在個別訓練方面，我們著重學生的自理、家居技能、社交及情緒管理訓練；同時與護理部、物理治療、職業治療及言語治療部協作，加強學生在宿舍時段的復康訓練。此外，我們亦重視學生的休閒生活，除引入新興運動外，亦在音樂和視藝方面作多方面嘗試，希望藉此建立學生的自信，讓他們發揮所長。 為了有效處理學生的不同需求，宿舍職員互相協調和支持，持續參與培訓，建立默契。我們訂立共同目標，並進行系統化的管理，設立指標和準則；並使用數碼科技及智能工具，協助改善宿舍運作和管理。在人手不足的情況下，我們與科研公司合作，使用搜集數據的方式，來處理看顧學生時易發生的危機（如離床警報系統）；並且教導學生如何使用智能科技與家人或職員溝通，從而讓他們學習與人溝通、自我娛樂，並更好地掌握求生技能。 隨著學生個別照顧的需求提高，社會對於我們宿舍運作的要求也越來越高。而我們的目標始終不變，就是讓學生在愉快和充滿陽光的環境中成長，提高學生的身心健康，協助他們建立友誼，提高自信心、自尊心和自理能力。相信只要我們一直朝著這個目標前進，學生的宿舍生活定能更多姿多采。

**Boarding Operations, Development, and Characteristics**

We offer accommodation and personalized care for students with visual and multiple disabilities, catering to their physical, mental, and spiritual needs while organizing various activities. We focus on individual training, teaching students' self-care, household skills, and social and emotional management. We work with nursing, physical, occupational, and speech therapy departments to create comprehensive rehabilitation plans. Alongside personal training, we also place value on leisure activities, introducing new sports as well as exploring music and art in order to build confidence and showcase student strengths. To effectively address the diverse needs of our boarders, our boarding staff coordinate and support each other through continuous training, building rapport, and establishing shared goals. We use digital technology and intelligent tools to improve boarding operations and management, setting indicators and criteria and implementing systematic management. In understaffed situations, we use data collection to enhance crisis management by supervising students with bed alarm systems and teaching them how to use innovative technology to communicate with family members and staff, improving their communication skills, self-entertainment, and survival skills. As society’s expectations for boarding operations increase with the individual care needs of boarders, our goal remains the same: to help students grow up in a happy and sunny environment, establish friendships, improve self-confidence, self-esteem and self-care ability, as well as improve their physical and mental health. Pursuing this goal ensures that boarding life can be colourful and diverse.

**Ms. Chung Wai Yin, Christine, WardenEbenezer New Hope School**

**迎接挑戰視障幼兒教育支援服務 岑采璇姑娘**

 大家好！我是岑采璇姑娘，很高興於本年度加入心光大家庭。我一直期待能夠在心光工作，現在終於成為心光賽馬會視障幼兒支援服務中心（EIP）的一份子，我感到既感恩又期待。新工作充滿挑戰性，我會竭盡所能去學習更多與視障教育相關的知識。除此以外，我也會耐心了解每位幼兒及其家長的需要，為幼兒提供適切的訓練；如聖經所言，「凡你們所做的都要憑愛心而做。」

（哥林多前書16:14）

**Up for the Challenge**

Hello everyone! I am the new SCCW, Cheryl Shum. I am glad to join Ebenezer’s family this year. Looking forward to working at Ebenezer, I am excited to be part of the EIP team. The new job is challenging, but I will do my best to work with visually impaired children and provide appropriate training for them. I shall be patient in understanding the needs of each child and their parents. ‘Let all your things be done with charity.’ (1 Corinthians 16:14)

**Ms. Shum Tsoi Shuen, Special Child Care Worker IIEarly Intervention Programme for Visually Impaired Children**

**連結社區**

**福音事工部 助理項目經理 何思曉 姑娘**

本部門除福音工作外，同樣著重加強校友與社區的連結和生活體驗。今年，我們舉辦了多項參觀活動，包括故宮博物館、戲曲中心、M+及大館等；並輔以口述影像導賞和觸感教學圖，以提升校友們對不同藝術的興趣。此外，我們亦舉辦了烘焙班和觸感扭計骰學習班，於活動中加入福音元素，加深校友對信仰的體會。在此，感謝義工的協助和社會各界人士的支持，使各項活動得以順利舉行；校友們都樂在其中！

**Connecting with the Community**

In addition to our evangelistic work, our department also places great emphasis on strengthening the connections between our alumni and the community, and on providing opportunities for them to gain new life experiences. This year, we organised several visits to places such as the Palace Museum, Xiqu Center, M+, and Tai Kwun. Each visit included audio description guides and tactile teaching maps to enhance the experience for our alumni. We also held baking and tactile Rubik’s cube classes to explore their interests and needs, while incorporating gospel elements to deepen their understanding of faith in a relaxed atmosphere. We are grateful for the assistance of our volunteers and the support of the community, which helped make these events a success. Our colleagues worked hard to organise these activities, tailored to the interests and needs of our alumni; and we are delighted to see that they enjoyed themselves!

**Miss Ho Sze Hiu, Assistant Project ManagerChristian Ministry**

**參觀愛國教育支援中心心光學校 廖啟軒老師**

本年度的人文學科全方位日已於5月19日進行，學校安排了中學生參觀愛國教育支援中心。於中心內，同學們參觀了中國歷史探索室及國情教育展覽室。在中國歷史探索室，學生從影片中學習國家的歷史知識，並由愛國教育支援中心的職員進行講解。而在國情教育展覽室，職員主力講解中國重返聯合國的成就及中國在國際間的地位，讓學生更了解中國的發展。學生在活動中表現投入、積極，能認真學習相關的知識。

**Visit to the Patriotic Education Centre**

Our secondary students visited the Patriotic Education Centre on 19 May for this year's Humanities Day. They explored the Chinese History Exploration Room and the Patriotism and National Education Exhibition Room, where they learned about China's history, achievements in returning to the United Nations, and status in the international community. The activities helped the students gain a deeper understanding of China's development and were well-received.

**Vincent Liu, TeacherEbenezer School**

第74屆香港學校朗誦節學生成績

Students’ Result of the 74th Hong Kong Schools Speech Festival

|  |  |  |
| --- | --- | --- |
| 學生姓名Student’s Name | 參賽項目Entries | 獎項Awards |
| S.1 李沛凝  Cassie Li | 英語女子詩詞獨誦Solo Verse Speaking (English) | 季軍2nd runner-up |
| S.1 李泳燁Wilson Li | 普通話男子詩詞獨誦Solo Verse Speaking (Putonghua) |

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| 學生姓名 | 獎項 |
| P.2 甘興堯 、P.2 陸美英、P.2 許安琪、P.3 林子歡 、P.3 吳昊章、P.4 陳靖、P.5 陳佳壕 、P.6 周卓賢、S.1 陳穎思、S.2 梁健聰、S.2 楊文樂、S.3 陳浤益、S.4 施巴信P.2 Issac Kam, P.2 Kalia Luk, P.2 Arshad Arooj, P.3 Leon Lam, P.3 Matt Wu, P.4 Charlin Chan, P.5 Sunny Chen, P.6 Edric Chow, S.1 Vanessa Chan, S.2 Jaden Leung, S.2 Minnie Yang, S.3 Eki Chan, S.4 Magno Sebastian II Ucol | 優良獎狀Certificate of Merit |
| P.3 陳恩佑、P.3 陳柏宇、P.3 尤允康、P.4 謝卓純 、P.5 王心怡 、S.1 鄭婉婷 、S.2 許翠華、S.4 區墁芷 P.3 Gabriel Chan, P.3 Aiden Chen, P.3 Shanice Yau, P.4 Annabelle Tse, P.5 Ala Wang, S.1 Rainbow Cheng, S.2 Lily Xu, S.4 Emily Ou | 良好獎狀Certificate of Proficiency |

**「米羅的詩想日常」作品展心光學校 林思玲老師**

小三至小六級下學期視藝課以《我是小米羅》為主題，讓學生認識20世紀其中一位最享負盛名的西班牙藝術家—胡安．米羅的生平及他的創作風格。適逢胡安．米羅其中九十多件作品於香港藝術館展出，本校有幸獲Beyond Vision安排，於5月8日到香港藝術館參觀胡安．米羅作品展。學生一邊聆聽導賞員講解作品，一邊觸摸觸感圖，深入認識米羅的作品及其創作背景。參觀完畢，學生們利用不同的物料進行藝術創作活動，獲益良多。

**The Exhibition of Joan Miró — The Poetry of Everyday Life**

The Visual Arts lessons in the second term of P.3 to P.6 were themed with 'I Am Joan Miró', which aimed to introduce students to the life and artistic style of one of the most famous Spanish artists in the 20th century - Joan Miró. As luck would have it, over 90 of Miró's works were exhibited at the Hong Kong Museum of Art during that time, and our school was fortunate enough to arrange a visit on 8 May with the help of Beyond Vision. While listening to the guide's explanation of the artworks and touching the tactile diagrams, students gained a deeper understanding of Miró's works and his creative background. After the visit, students used different materials to engage in artistic creation activities, and everyone felt that they benefited greatly from the experience.

**Ms. Lam Sze Ling, TeacherEbenezer School**

**水運會**

**心光學校 陳炳基老師**

6月9日為我校疫情後首個「水運會」，師生們都非常期待。水運會當天天公造美，大雨過後天氣放晴，讓老師及同學們可以盡情享受比賽。水運會比賽項目非常豐富，同學們都盡力發揮出游泳課的訓練成果，並展示出體育精神。同學之間既互相競爭，以獲得獎牌；亦不忘互相鼓勵，氣氛既熱烈又融洽。

**Swimming Gala**

On 9 June, our school held its first swimming gala after the epidemic, which was highly anticipated by teachers and students. The weather was beautiful that day, with clear skies after heavy rains, allowing teachers and students to fully enjoy the competition. The swimming gala had a wide variety of events, and students tried their best to showcase the training results from their swimming classes and demonstrate their sportsmanship. While competing with each other to win medals, students also encouraged each other, creating a lively and harmonious atmosphere.

**Mr. Chan Ping KeiPhysical Education Panel ChairpersonEbenezer School**

**保齡球初體驗**

**心光學校 許永強老師**

心光同學有幸參與百俊獅子會及香港傷殘人士體育協會舉辦的保齡球體驗活動，讓視障學童也能享受保齡球的樂趣。香港代表隊成員曾德軒先生於5月5日到校，為學生介紹保齡球運動的基本規則及分享他的運動員生涯。前世界保齡球運動冠軍胡兆康先生則於5月14日與曾德軒先生一同在南華會指導學生進行保齡球體驗。此次保齡球體驗活動非常成功，同學十分踴躍參與。

**First Experience of Bowling**

Ebenezer School collaborated with The Centurion Lions Club, Hong Kong and Hong Kong Sports Association for the Physically Disabled to organize two consecutive bowling experience events for visually impaired students, so that they can enjoy the fun of this sport. On 5 May, Mr. Eric Tseng Tak Hin, a member of the Hong Kong bowling team, was invited to Ebenezer School to introduce the basic rules of bowling and share his athletic career with our students. On 14 May, Mr. Wu Siu Hong, a former world bowling champion, together with Mr. Tsang Tak Hin, were invited to the South China Athletic Association Bowling Centre to guide students in bowling activities. The bowling experience event was very successful, giving visually impaired students the opportunity to experience bowling and build their confidence, encouraging them to participate in more sports activities.

**Mr. Hui Wing Keung, TeacherEbenezer School**

**跆拳道訓練班**

**心光學校 蔡梓培老師**

八位學生參與為期8節的跆拳道訓練班。在訓練班中，教練們指導學生學習基本的跆拳道禮儀、動作和技巧，如踢、打、格擋等等，以提高他們的自我防衛能力。通過8節之訓練，學生不僅強化了肌肉和提升肢體協調性，還提高了自信心、耐力和反應。此外，部分學生更於本年度畢業禮上演出，與嘉賓和全校師生分享學習成果。

**Taekwondo Training Course**

Eight students participated in an 8-session Taekwondo training course. During the training course, the coaches instructed the students on basic Taekwondo etiquette, movements, and techniques such as kicks, strikes, and blocks, while helping them improve their self-confidence and self-defence skills. The students not only have strengthened their physical fitness and coordination but also improved their confidence, endurance, and reaction speed. In addition, some students performed at this year's graduation ceremony to share their learning achievements with guests, teachers and schoolmates.

**Mr. Choi Tsz Pui, TeacherEbenezer School**