

童行

Together



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與兒童並肩同行，如聖人聖基道幫助困苦中的兒童，走過人生的最低谷。

85周年童行專題

迎難而上的聖基道

童來慶賀85周年

父母童學

給在家中「困獸鬥」家長的
五個抗疫錦囊

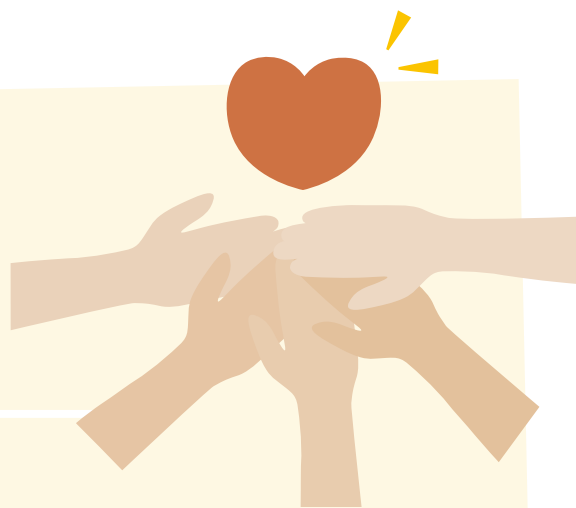
迎
難
而
上

1980's

2020's

1970's

1940's



迎難而上的聖基道

Overcome adversity through
love and compassion for 85 years



1976年的嬰兒部
Babies' Section in 1976

新型冠狀病毒肆虐，全球超過千萬人確診，數十萬人死亡。為阻截病毒傳播，國際航空交通幾近癱瘓，本地各行各業皆受影響，國際貨幣基金組織預測亞洲區經濟將現60年來首度零增長。回顧過去，聖基道兒童院自1935年成立數年後，即經歷三年零八個月的日佔時期。時至今日，85年來一直面對大大小小的挑戰。惟歷史讓我們知道，只要心存盼望，合力迎難而上，總會找到出路。

COVID-19 has spread around the planet, affecting nearly all businesses and all walks of life worldwide. In view of the global economic downturn, IMF expected zero growth in Asia this year, the worst growth performance in 60 years. This crisis is devastating, still there is a will, there is a way. With love and compassion, St. Christopher's Home (the Home) has overcome one difficulty after another throughout the past 85 years and is thriving on concerted efforts.

香港淪陷後，糧食嚴重欠缺，
我們不時每人每日僅食兩餐稀粥。

Food was so scarce during the Japanese invasion that
we were having only two meals of thin congee a day.

香港淪陷 日軍進佔聖基道

聖基道在大埔創院（下稱「大院」）之際，正值日本侵華，戰線更不斷南移。香港於1941年12月25日失守，當時大院亦被日軍進佔。1936年入職擔任家舍家長的譚瑪利姑娘，就與當時院內的兒童和職工親身經歷了這段艱苦歲月。

「日本仔來的那幾年更加辛苦！香港淪陷後，糧食嚴重欠缺，我們不時每人每日僅食兩餐稀粥。每日，天未光便帶領著兒童往田裡摘豆角、割菜，六時許便將這些自產的菜蔬挑出大埔墟賣，賣了錢，便換購眉豆、花生或番薯回院，補充糧食……有一次，十幾個日軍來佔住男童宿舍，男孩子迫得要搬入課室居住。那時我們多麼機警，風聞他們會來，便快快將田裡的芥蘭頭、椰菜割下並收藏起來，待他們來時，只剩下少量生長不好的菜可偷了！」1981年退休的譚姑娘在本院50周年特刊的訪問中憶述。

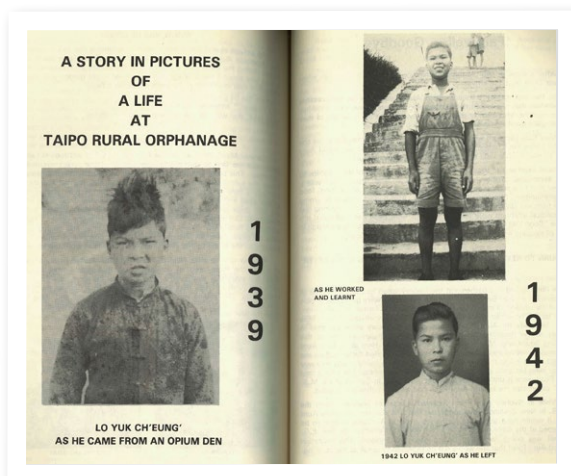


院方在日佔時期仍獲得熱心人士不斷支持
Hearty support during the Japanese occupation

Japanese occupation of the Home

In 1935, the Home was founded in the midst of Japanese aggression against China, and was inescapably occupied when Hong Kong surrendered in 1941. Working as a housemother in 1936, Mary Tam had undergone this hardship with the Home's children and staff.

In her memoir of the Home's Golden Jubilee (1985), Mary Tam said food was so scarce during the Japanese invasion that they were having only two meals of thin congee a day and vegetable from the garden. The Home's members, realizing the Japanese soldiers were going to take the boys' dormitory for barracks, wisely reaped and hid their produce to avoid being stolen!



兒童在本院照顧下，由蓬頭垢面變得端莊體面。
A well-groomed child under the Home's care

在困難逆境時所表現的勇氣，
實在是聖基道常有的特性。

Courage in adversity has indeed always been
a characteristic of St. Christopher's.

Hunger soothed by good hearts

According to Mary Tam's memoir, the Japanese army might realize that the Home was an orphanage so the children were relatively treated with kindness. Yet, one night, a soldier suddenly kicked the door that frightened them all. Unwillingly opening the door at the end, the children and staff were slapped on their faces as punishment.

As stated in the 1945 Annual Report, the food situation was very difficult and many people died from starvation. The Home's children tried to ease their pangs by eating leaves and unknown berries that caused them with severe pains. Every time when almost running out of hope, the Home however would receive charitable supplies like Japanese military yen, sacks of rice and cattles of wheat that supported all the members till liberation. In the following four months of peace, the Home's children and staff were much improved in health with the supply of money, food and medical attention from the British soldiers and hearty donors.



早年自給自足的生活
Self-supporting living in the earlier days

樹葉充飢 善長送糧解困

譚姑娘在文中表示，日軍可能知悉聖基道為一所孤兒院，故佔據院舍以來，沒有侵犯院內成員，算是「優待」。惟她指，某夜一名日軍突然來到宿舍拼命拍門，大家不知就裡都好不驚慌，不敢隨便開門，但明白官兵不會就此罷休，只好硬著頭皮應門，最後屋內每人都捱了一記耳光作懲戒。

日佔時期糧食嚴重缺乏，每日餓死街頭者多不勝數。據本院1945年年報所載，當時院內成員體重不斷下降，有兒童甚至以樹葉和不知名的果實等果腹，以致腹痛連連，叫人擔憂。尤幸在窮途末路下，總會有善長捐贈軍票、白米和麥片等糧食物資應急，又有慈善米商廉價售米，全院上下終平安捱到1945年香港重光。在往後四個月內，先後獲英軍和各界善心人士送來衣服、糧食、藥物和捐款等救濟，大家的體重終於慢慢回升，聖基道亦得以維持下去。



戰後海軍探訪本院兒童
Post-war visit from the marine corps



臨海的院舍幾次被颶風吹倒
The Home's facilities were blown down by typhoons
from time to time.

「荷貝」吹倒基石 促使兒童走入社區

除了戰亂，颱風乃大院歷年來的一大威脅。大埔舊址背山面海，容易受風災和山泥傾瀉所影響，簡陋的院舍就先後被「溫黛」、「露比」和「荷貝」等十級颶風吹倒，幸未有造成人命損傷。本院第二任主席白約翰會督亦對風雨中的聖基道最為印象難忘。

「我對聖基道兒童院的回憶，其中之一就是在1937年9月1日的一次颱風過後，我和另一位差會工作者首先駕車通過滿佈破碎物件的大埔公路前往聖基道。院中的兒童滿身濕透，但他們愉快地收拾那些從家舍被颶風吹掉的東西。在困難逆境時所表現的勇氣，實在是聖基道常有的特性。」白會督寫於本院40周年特刊的序言。

1979年的「荷貝」在香港造成12人死亡、260人受傷和800人無家可歸，也摧毀了院內基石小學的大部分課室。「上帝真係奇怪，派Hope（「荷貝」）颶風來打烊我間學校……院童因而獲安排到沙田的學校上學，打破了『塘水滾塘魚』的做法，即起身返學就去隔離，放學又去返同一個地方，像跟世界脫節一樣。」在1976年至1990年出任本院院長的賴錦璋說。隨著大埔的聖公會阮鄭夢芹小學在1984年開辦，本院兒童全體改到院外學校上課，逐步走入社區。

Typhoon “Hope” helped bring children to the community

Natural disaster was another threat to the Home. Previously located by the Tolo Harbour, the Home's buildings were damaged by huge typhoons like Wanda, Ruby and Hope, though no casualty was ever caused. The Home in typhoon also caught the eyes of the second Chairman Bishop Gilbert Baker as he wrote in the forward of the 40th anniversary souvenir book:

“One of my own first recollections of St. Christopher's was driving out from Hong Kong after the great typhoon of September 1, 1937. Another missionary and I were the first to get through to Tai Po on a road strewn with the wreckage of the storm. We found the St. Christopher's boys wet, but cheerful picking up the bits from cottages whose roofs had been blown off. Courage in adversity has indeed always been a characteristic of St. Christopher's.”

In 1979, not only did Typhoon “Hope” cause 12 deaths, 260 people injured and 800 homeless individuals, it also blew off Kei Shek Primary School. The then Superintendent Mr. Michael Lai said the Home's children were arranged to go to school in Shatin due to the damage, so somehow it was Typhoon “Hope” that helped put an end to their isolation. As S.K.H. Yuen Chen Maun Chen Primary School was founded in 1984, all children of the Home changed to go to school in the community.



基石小學
Kei Shek Primary School

財困幾乎無錢出糧

賴錦璋指70、80年代的聖基道依然生活艱苦，政府是按季度發放酌情補助金，而非按月，且每季金額未必一致，難以作準確的財政預算，在他任內就曾經幾乎無錢出糧！「我試過三幾個月仲差少少錢，惟有跟銀行經理傾，可否通融下用overdraft（透支）……他說：『如果一個禮拜內還款，就無問題，超過一個禮拜就要計利息。』就咁捱過三個月。」

大院位處郊外又近海，夏天怕打風，冬天也不好受。「有一年在辦公室坐坐下突然覺得好凍，望望溫度計，只得五度，心想：『小朋友咪仲大件事！』走去宿舍，果然見到個個『縮縮下』。上帝真係work in a mysterious way，那一個星期我就收到大埔理民府（大埔民政事務處的前身）電話，對方以英文說：『你的孩子一定很冷，我要來看看他們。』最後，他自掏腰包，每個細路送一部暖爐。」

齊心抗疫

時至今日，儘管疫症當道，早前更出現全球性的防疫用品搶購潮，本院仍獲得各界善心人士慷慨送來口罩、洗手液和搓手液等物資，令我們不至缺乏！

前線同工亦緊守崗位，專注照顧停課中的兒童，並趁機教授家舍兒童製作布口罩、小食和參與其他益智活動（詳見第10頁的《兒童之家的停課生活》），善用突如其來的「悠長假期」，齊心抗疫，再次展現聖基道在逆境中的堅毅和良善。

聖基道多年來遇過不少困難，但靠賴掌管萬物的上主的看顧，都能跨過難關。社會大眾對兒童的關心及持久的抗逆力，也是推動聖基道85年來一直堅守使命的泉源。無論是戰亂、天災、財困，還是當下的疫情，只要裡外同心合力，目標一致，在愛與關懷下，總能走出困局，迎向明天。

Almost penniless to pay salaries

Michael recalled that the Home was still in hardship during 1970s and 1980s because the discretionary grant from the Government was not a stable source of income that made budgeting difficult. Foreseeing not enough money, Michael once considered paying the staff in overdraft, yet the bank manager agreed to waive the incurred interest if the loan could be settled in one week. This helped the Home overcome financial difficulties for three months.

Besides typhoon in summer, the coldness struck the Home in winter. Working in the office one day, Michael suddenly felt a chill to the bone, and found that all children were shivering at cottages as it was only 5°C! "God really works in a mysterious way for I got the call from Taipo District Officer in the following week, and he said, 'Michael, your children must be very cold. I must come down to look at the children.' At the end, he bought a heater to each child out of his wallet." Michael said.

Together, we fight the virus

In face of COVID-19, plenty of preventive supplies like face masks and hand sanitizers were received from various donors despite a global shortage. Guarding their post in adversity, the Home's frontline workers also work hard to cater for children's needs during class suspension, helping them make the best use of such "long vacation" (see "SGHs' Living during Class Suspension" on page 10).



In gratitude for God's blessings, the Home has cleared countless hurdles over the years, may it be war, natural disaster, financial problem and the current pandemic. In the past 85 years, it is the love and compassion of people from all walks of life that support the Home to serve and fulfil its mission even in adversity, and prove that the sun will shine again after the worst storm. 華

童來慶賀85周年 Celebrating the 85th Anniversary

聖基道85周年慶祝活動一覽

1月

1月開始，於《經濟日報》網上平台TOPick及聖公會周報《教聲》，每月一期刊登本院專業同工的文章，向家長讀者講解管教技巧。

6月

舉行「傳愛·傳希望」短片製作比賽，鼓勵同工及服務使用者發揮創意，拍片參賽。

9月

官方網頁以全新形象面世，並有響應式設計，方便以手機及平板電腦瀏覽。

11月

11月1日於牛頭角上邨天幕廣場舉行「傳愛·傳希望」聖基道85周年嘉年華，屆時將有表演、攤位遊戲和服務巡禮等慶祝活動。

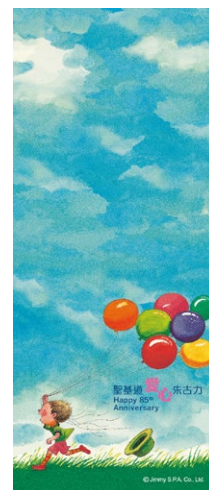
12月

推出全新服務短片，透過不同受助個案，講解本院多元化的兒童服務。

12月1日至13日香港郵政於所有本地郵件上印上「聖基道85周年」字樣，以作推廣。

舉行「聖基道愛心朱古力義賣」，將以著名插畫家幾米的畫作印製禮盒和毛巾。

12月20日全院聖誕聚餐假九龍東皇冠假日酒店舉行，邀請嘉賓及支持者與聖基道全人同賀院慶！





臨床心理學家 陸詠詩博士
Dr. Kimmy Luk, Clinical Psychologist

翻譯 鄧詠欣
Emmy Tang, Translator

給在家中「困獸鬥」 家長的五個抗疫錦囊

ABCDE - Five strategies to combat with parenting stress during the COVID-19

「日日留喺屋企，又要home office，又要編排孩子日程，又要撲防疫物資，日日同佢哋困獸鬥，我快崩潰了！」

「除口罩！洗手！換衫沖涼！消毒電話！孩子的衛生習慣好差，叫極唔改，激死人啦！」

這是你作為家長的心聲嗎？隨著疫情持續，常規生活被打岔，一家人由每日分頭上班上學，變成在家工作及以視像模式學習。要適應當中的轉變，難免會帶來壓力。與孩子全天候相處，換來的不一定是親密的親子時間，而是自責、煩躁及沮喪等情緒。家長既要籌措緊張的防疫物資，又要指導功課，壓力可真不少。

疫情變化很容易會觸發我們不安焦慮的情緒，有時強烈的情緒會牽引出負面的想法，令身體也可能感到不舒服。家長不妨參考以下ABCDE五個錦囊，在抗疫或面對壓力的同時，更要好好照顧自己。

錦囊A：覺察情緒想法

抗疫時期，人心難安。即使是成年人，家長亦會有擔憂、害怕、內疚及憤怒的時候。我們可適當地限制收看疫情消息的時間，多覺察自己的情緒起伏及身體壓力症狀，留意自身過去的經歷如何影響著對疫情的想法、感受及反應。當意識到壓力表徵時，可先停下來小休，如飲杯水、到戶外散步或做深呼吸等鬆弛練習，平靜身心。

“Staying at home all the time with work, kids and chores is making me nuts!”

“Mask off, wash hands, get changed and sanitize phone. There’re so much to do to stay safe but my kids can hardly follow suit. It really pisses me off!”

Are these your feelings as parents during the pandemic? The COVID-19 outbreak has disrupted our daily routines in one way or another. Most families have to adapt to the challenges of working from home and home schooling. Parents have more time to spend with the children yet ironically the drastic changes in daily routine and additional parenting time may contribute to more parent-child conflicts, stress and guilt.

The unprecedented pandemic can easily trigger stress, anxiety and emergence of physical symptoms. Parents can take reference to the following five strategies to alleviate parenting stress:

Awareness

Over-consumption of pandemic news can make parents become more stressed out, worried and angry. We should consider limiting our time spent on consuming the news. It is recommended that we become more aware of our own emotions and bodily reactions in response to the stress. When we feel that we are stressed, take a break to drink a glass of water, have a short walk outdoors or practice deep breathing for relaxation.

錦囊B：保持希望感

全球疫情嚴峻，難免會令人感到擔憂，但這亦有助提醒大家提高警覺，好好保護自己，珍惜所有。然而，若目光只聚焦在不由自己操控的疫情上，或會令人忽略生活中的美善，例如緊守崗位的醫護人員、與陌生人分享口罩的善舉。對疫情保持希望感，不是否定危機，而是在危機當前，我們仍選擇以愛、無私、勇氣及良善的心去面對，不高估威脅。在諒解本身的限制之餘，還要欣賞為保護自己和家人的付出，繼而主動幫助身邊有需要的人。與其擔憂編排孩子日程，家長不妨轉念一想，這段不用上學的日子，不正是大家難得放空，培養新技能的大好機會嗎？

錦囊C：與別人連繫

為減低病毒傳播，我們都盡量留在家中，與親友保持社交距離，但形式又怎能阻隔我們關心別人的心意？我們可多以電話和視像通訊等模式互相問候，家長亦不妨和孩子主動分享內心感受，例如：「爸媽和你一樣都有點擔心，亦很想念在老人院的婆婆，不如我們……」在危難中，與孩子建立共同的情緒經歷，反有助拉近親子關係。

錦囊D：發展興趣及維持作息

維持生活規律有助我們增加安穩的感覺。疫境當前，不妨為自己訂立一些小目標，如學外語、看書、上網絡課程等，或重拾以往喜歡但未有時間做的事情，如聽音樂、吃一頓豐富的晚餐、沐浴、和孩子玩遊戲等，轉化心中鬱悶的情緒。並嘗試以幽默感面對疫境，例如有意大利人響應走出露台大合唱，德國有糕餅師創作廁紙蛋糕大賣。善用創意，為抗疫生活增添趣味。

錦囊E：建立運動及靜觀習慣

適當的運動和靜觀練習有助鬆弛身心。家長不妨按個人身體情況，在家多做如拉筋、打坐、靜觀等鬆弛練習，甚至和孩子一齊做運動，讓身心在忙著工作和照顧孩子外，也有放鬆的空間。

Be hopeful

Feeling anxious during the pandemic is normal as it reminds us to take necessary precautions to protect ourselves. However, it is easy to focus on the negatives and overlook the positives in the COVID-19 outbreak. Being hopeful does not imply underestimation or denial of risks but the courage to face it with love, selflessness, and kindness. Be appreciative of what we have done to protect ourselves and family, and help those people in need around us.

Connectedness

Despite social distancing, staying socially connected with our family and friends by means of phone and video calls is important for our mental well-being. Parents can also share feelings with their children to develop bonding and shared emotional experience during times of crisis.

Develop hobbies and routine

Maintaining a regular routine can strengthen our sense of stability and control. We can set up some short-term goals for ourselves at home, such as learning a new language, reading books, taking online learning courses, enjoying music, preparing a great dinner, taking a hot shower and spending play time with children.

Exercise and mindfulness

Physical exercises and mindfulness practice can reduce stress. At home, parents can practice some stretching exercises, as well as meditation and mindfulness activities. Parents can also do physical exercises with their children at home.

「生活不是等待暴風雨過去，而是要學會在雨中起舞。」相信在共同努力下，疫情總有減退的一天。只要我們懷著信心盼望，暴風雨後定會遇見彩虹！

“Life isn’t about waiting for the storm to pass. It’s about learning how to dance in the rain.” As long as we are united and have faith, we shall overcome the pandemic like the rainbow after every storm. 華



兒童之家的停課生活

SGHs' Living during Class Suspension

抗疫期間，全港學校停課，學童長期留在家中難免悶得發慌。本院兒童之家的孩子也有同感，便跟家舍同工學做布口罩，實用又能善用餘暇。後來同工眼見復課遙遙無期，便按月編定每日的主題活動，讓兒童自由報名參加，度過了多姿多彩的「悠長假期」。在家舍所玩、所學和所經歷的，一樣精彩！

The COVID-19 outbreak had disturbed most of our daily routines worldwide, and children could not help feeling stuck at home in face of the class suspension. To help them make the best out of this unexpected long vacation, workers of Small Group Homes (SGHs) designed fun-filled daily activities for children to participate during the pandemic.



創作復活蛋
Making Easter eggs



故事時間
Story-telling time

作息有序 活動天天不同

在兒童之家，平日上午都是兒童的學習時間，各自按就讀學校的日程接受視像教學、做功課和溫習。午飯過後，便輪到天天不同的主題活動，例如星期一電影欣賞、星期二主日學及桌上遊戲、星期三手作仔、星期四運動時間、星期五小廚師時間、星期六實用品製作等。

Develop routine with different daily activities

In SGHs, learning activities, such as e-Class, homework and self-study, were scheduled in the morning. Children could join themed activities after lunch, such as movie viewing on Mondays, Sunday school and board game on Tuesdays, arts and crafts on Wednesdays, exercise on Thursdays, cookery on Fridays and DIY time on Saturdays.



砌砌圖
Jigsaw puzzle



競技日之平板支撐比賽
Game day's plank challenge

家舍孩子年齡介乎4至18歲，故活動需因應其年紀和興趣設計，分組進行。例如小學組聽故事和砌砌圖時，中學組就去學換光管和組裝電腦等生活技能，滿足他們日後離院獨立生活的需要。兒童還要預早報名，才會獲准參與，教他們珍惜每個活動的機會。

寓學於樂 體驗不一樣的學習經歷

3月時，同工在入夏前教兒童製作蚊怕水，又在家舍舉行了競技賽，一起做平板支撐比試耐力、拋圈圈較量眼界等；4月就做應節的復活蛋，還可以親手製作燒賣和班戟等平日喜愛的小吃。五位小學生更合力砌好至少兩幅1,000塊的砌圖，好玩又有成功感！

兒童之家社工葉浩貞表示，孩子平日的學習生活忙碌，放學回家舍已近黃昏，大家輪流沖涼洗頭、吃晚飯、看電視、做功課和溫習，很快便要上床睡覺，難有空間安排這類主題式活動。難得兒童都很受落，同工亦能寓教於樂，停課反讓家舍兒童體驗到不一樣的學習經歷。

Activities were organized in groups depending on children's age and interest. For example, when the juniors enjoyed storytelling and solving jigsaw puzzle, the seniors could learn practical skills like changing fluorescent tube and setting up computer for the sake of independent living in future. Monthly sign-up for interested activities was required so the children could learn to make their own choice and treasure each opportunity.

Fun learning to enrich SGHs' living

This March, SGHs' children were taught to make insect repellent spray, and competed for their physical strength through various tasks on a game day. Easter eggs and snacks like Siu Mai and pancake were made for festive celebration and tasting respectively in April. With a great sense of success, five juniors joined hands to have solved at least two 1,000-piece puzzles!

The Home's SGH social worker, Sherry Ip said the children were too busy with their usual routines to take part in such activities before the outbreak, and was glad that both children and workers found it enjoyable and rewarding. Not only was the SGHs' living enriched during class suspension, the children also experienced a different way of learning. 童



做班戟
Making pancake



學用衣車
Using sewing machine



認識電腦裝嵌
Learning computer set-up

助養計劃展開年度推廣

Kick-start of Sponsorship Scheme's Promotion

感謝CVISION的媒體贊助，「樂樂」「遙遙」助養計劃今年的宣傳短片已於銅鑼灣崇光百貨的數碼媒體平台不定期播放。屏幕面積足有五個網球場大，非常矚目。

此外，家舍兒童利用停課的餘暇，人手縫製了50個布口罩送予新助養人，協助推廣助養計劃，並在推出三日內即告滿額，反應非常熱烈！兒童還親手寫上感謝卡，連同布口罩已於4月全數寄出。

In gratitude for CVISION's media sponsorship, latest promo of "Lok-lok" & "Yiu-yiu" Sponsorship Scheme is aired through the colossal digital media platform situated at SOGO Causeway Bay. SGH's children also handmade 50 cloth masks for new sponsors as promotion and all quotas were taken up in three days! Thank-you cards written by children were sent out with all the cloth masks to supporters in April. 華



銅鑼灣崇光百貨的數碼媒體平台
The colossal digital media platform at SOGO Causeway Bay



兒童手製布口罩很受新助養人歡迎
Children handmade cloth masks
were well received by new sponsors

健苗軒全新家長諮詢服務

Kidsmind's New Parenting Service



家居教材套
Teaching kits



玩法:家長在衣夾及卡紙填上不同顏色

趣味練習
Fun training

為協助親子停課不停學的需要，健苗軒除在Facebook提供多個在家訓練的趣味練習，以及發售家居教材套外，還新設電話和視像家長諮詢服務，讓他們安在家中也可以得到適切的專業支援及建議，在疫境中有效管教子女。

Besides sharing fun games on Facebook and selling teaching kits, Kidsmind provided new consultation service through telephone or video conference for parents to cater to their parenting needs during class suspension. 童

全新官方網頁 Brand New Website

全新的官方網頁設計概念來自本院照顧兒童的使命：「效法基督愛人的精神，以兒童及青少年為本，幫助他們在關愛的環境下成長，發展潛能，並且活出豐盛人生。」大家無論使用任何電子裝置，亦能輕鬆瀏覽本院資訊，以及捐助支持。

The official website will soon be revamped. The design concept comes from the mission of the Home: "Following the love of Christ, to create and sustain a caring environment for children and youth to grow, to develop potentials and to live a life of fullness". The public can navigate our website easily with any electronic device and make donation anytime, anywhere. 華



設計煥然一新
Attractive website design

同心牽獲贈防疫包 Care Kits to Heart Link

本院轄下單位同心牽一直為沙田區的低收入家庭兒童及家庭服務，在疫境中收到中銀香港透過公益金送來的300個防疫包，包括口罩、搓手液和維他命等物資，轉贈中心會員，同心抗疫。

Dedicated to serving children from low-income families in Shatin, Heart Link distributed 300 Care Kits donated by Bank of China (Hong Kong) through the Community Chest to members during the pandemic, to fight the virus together. 鐘

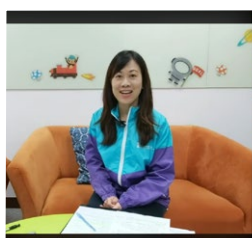


齊心抗疫！
Together, we fight the virus!



感謝捐助！
Thank you for the donation!

網上分享抗疫錦囊 Online Health Advice Sharing



聖基道首度舉行Facebook直播
The Home's debut live online sharing



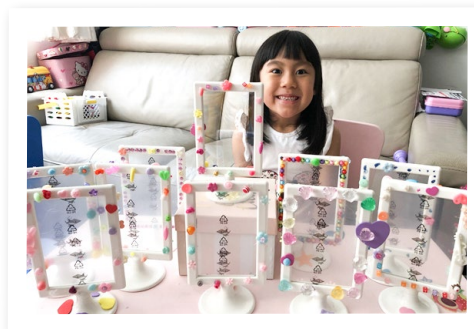
疫情為家長添上不少壓力
Parents in high pressure during the pandemic

為緩解家長在疫情中的壓力，本院臨床心理學家陸詠詩博士於4月17日在Facebook專頁首度舉行直播，分析父母在抗疫停課期間的擔憂，予以心靈支援。她更即席回應網民詢問，吸引逾2,000次瀏覽。

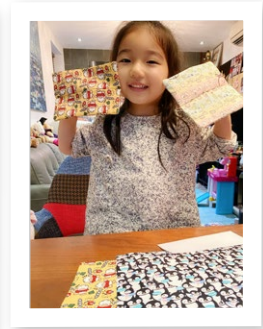
To release parents' pressure during the pandemic, the Home's Clinical Psychologist, Dr. Kimmy Luk hosted a live chat through Facebook on April 17. This debut online sharing was well received with over 2,000 views. 華

在家做義工 參加「傑出愛心行動選舉」 Volunteering at Home to Join the Outstanding "Love in Action" Election

「愛心小天使計劃」早前舉辦「傑出愛心行動選舉」，鼓勵小天使家庭發揮創意，組織籌款活動，無論任何時間和地點都可以行善助人！小天使家庭透過拍片、相片和文字提交參賽作品，當中包括製作貼紙、酒精搓手液和相架等。最後共有六組家庭獲獎，擔任評判之一的愛心大使鍾嘉欣也大讚小朋友很有創意，呼籲大家繼續「做義工行善事」！



小天使家長表示這活動很有意義
Love Junior parent found this activity
very meaningful



得獎者之一
Congratulations!

Love Junior Campaign organized the Outstanding "Love in Action" Election, encouraging Love Junior families to develop their own fundraising activities for other children in need. Participants created handmade sticker, hand sanitizer and photo frame, etc. to join this event. Six families won the election and the children's creativity impressed the Home's Love Ambassador Linda Chung, one of the judges, very much. 🍎

幼兒園與時並進 抗疫期間YouTube教學 Nursery's YouTube Teaching



廚師雲姐登場
Cookery class by Auntie Wan



大功告成
Delicious pumpkin cake

所謂停課不停學，聖基道幼兒園（葵涌）在停課期間，為各個年級的同学攝製YouTube短片，透過影像講解數學、科學、運動、顏色變化及新聞時事，讓兒童安在家中繼續學習。就連學校廚師雲姐也粉墨登場，在鏡頭前教授製作抗疫小食南瓜餅，鼓勵親子下廚。

During class suspension, St. Christopher's Nursery (Kwai Chung) produced YouTube videos to teach mathematics, science, physical exercise, color and current affairs for ease of pupils' e-learning in different grades. The chef, Auntie Wan also taught making pumpkin cake online to encourage parent-child cooking at home. 🍎

每月 **80** 元

傳愛 傳希望

請即參與「樂樂」「遙遙」助養計劃

我曾入住聖基道四年，全因為愛，幫助我跨越困境，開展精彩人生。請即參與助養計劃，幫助兒童活出豐盛人生。

聖基道舊生
陳柏宇

善款主要幫助本地孤兒、來自破碎家庭及低收入家庭兒童，為他們提供住宿照顧、課餘託管、物資支援、功課輔導、情緒輔導和發展潛能的機會，以及資助本院非政府資助服務。

參加表格

助養熱線 3756 4488/2520 1056 www.skhsch.org.hk



☐ 我樂意參加「樂樂」「遙遙」助養計劃

(以助養全院所有兒童模式進行，助養費每月最少 80 元，最少助養一年，助養人將獲贈「樂樂」「遙遙」紀念品一份，並有機會親自關懷本院兒童。)

按月捐款：☐ \$300 ☐ \$200 ☐ \$100 ☐ 其他 \$_____

(只限以信用卡或自動轉帳捐款)

按年捐款：☐ \$3,600 ☐ \$2,400 ☐ \$1,200 ☐ 其他 \$_____

「樂樂」「遙遙」紀念品：☐ 請寄給我 ☐ 不需要

☐ 我樂意一次過捐款予「樂樂」「遙遙」助養計劃基金

☐ \$10,000 ☐ \$5,000 ☐ \$3,000 ☐ 其他 \$_____

捐款人資料

姓名(中文)：_____ 先生/女士 (英文)：Mr./Ms. _____

地址：(請盡量以英文填寫) _____

手提電話*：_____ 其他聯絡電話：_____

電郵：_____

*本院將於 10 個工作天內透過電話短訊確認收妥此表格。

您的個人資料絕對保密，只用作邀請參與助養人活動、通訊、籌募、義工招募及收集意見之用途。請以“✓”號表示：本人 ☐ 同意 / ☐ 不同意聖公會聖基道兒童院向本人提供上述資料。(如 閣下未有表明是否同意，本院將假定 閣下接受本院向 閣下發出上述資訊，直至另行通知。) 若有任何疑問，請致電 3756 4488 與本院職員聯絡。

請選擇捐款方法：

☐ 信用卡 (表格可直接傳真至：2520 1725)

☐ Visa ☐ Mastercard

持卡人姓名：_____

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(若使用信用卡每月定額捐款，本院將按月從以上戶口收取捐款，直至捐助者另行通知。)

☐ 每月自動轉帳 (可減低本院行政開支)

☐ 請郵寄自動轉帳授權書給我 ☐ 我自行於 www.skhsch.org.hk 下載自動轉帳授權書

☐ 網上捐款 (請登入 www.skhsch.org.hk)



☐ 劃線支票 抬頭請寫「聖公會聖基道兒童院有限公司」

☐ 直接存款 請存入滙豐銀行戶口 037-002821-001，並請交回銀行入數紙正本及於背頁寫上姓名、聯絡電話及地址。

注意事項：

- 請在適當空格內。
- 請填妥表格寄回香港北角百福道 21 號香港青年協會大廈 15 樓聖公會聖基道兒童院收或傳真至 2520 1725。
- 若使用自動轉帳或信用卡每月定額捐款，本院將於每月 28 日從戶口收取捐款，直至捐助者另行通知。收據將於每年 5 月初寄出，以便處理稅務事宜。
- 凡捐款 100 元以上，憑收據可申請扣減稅款。

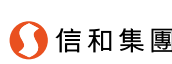
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N-LY-08/20

全力支持：



支持機構：



媒體伙伴：



優惠級

總辦事處Office：

香港北角百福道21號香港青年協會大廈15樓
15/F., The Hong Kong Federation of Youth Groups Building,
21 Pak Fuk Road, North Point, Hong Kong.

電話 Tel: (852) 2520 1056

傳真 Fax: (852) 2520 1725

電郵 E-mail: admin@skhsch.org.hk

網址 Website: www.skhsch.org.hk

如重複收到本期通訊，請通知本院，並請把此份轉送親友，謝謝。

Please inform the Home if you receive duplicate copy and give the copy to your friends and relatives.

童行

Together



香港公益金會員機構
A MEMBER AGENCY OF
THE COMMUNITY CHEST



童言童語 Kid's Talk

不少助養人應邀來信分享其「施比受更為有福」的體驗，本院亦已將來函轉送予兒童之家的小朋友留念。其中一位助養人以自己昔日在兒童院成長的經歷作分享，鼓勵本院兒童努力向上，長大後再去幫助其他有需要的人。●童



親愛的聖基道小朋友：

我也曾是兒童院的小朋友，幸運地遇上無私奉獻的夫婦給了一個幸福的家庭和無限的愛予我。今天我擁有幸福，將來你們也會幸福的，因為這世界是充滿愛的。今天你們要努力讀書，將來有能力就可以將愛給予更多有需要的人。

Samantha

