



**Watchdog**  
監護者  
Early Education Centre  
早期教育中心

Summer 2014

# Watchdog

監護者

Message from the Executive Director ◆ 總監隨筆

Operation Santa Claus (OSC) supports a variety of charitable projects that make positive changes to the lives of disadvantaged people in Hong Kong and mainland China. Watchdog is grateful to OSC for selecting us as one of its beneficiaries in 2014. The funding we received was generously donated by Credit Suisse and used in renovating our Occupational Therapy (OT) room at the Hong Kong Centre as well as replacing the playground mat in the Centre's outdoor playground. The renovation work on the mat was finished in April and the area is now looking so bright and colourful that every child, including those from Camel and City Kids who borrow our playground, loves it!



The present OT room at our Hong Kong Centre has not been renovated for nine years and many therapeutic facilities and tools inside have been badly damaged because of frequent use. With the funding, we can redesign the existing therapeutic space to provide more up-to-date equipment and structures including electronic light and sound elements, a rock-climbing panel, a wooden ladder and hanging net to meet the diverse developmental needs of our children.

Our thanks to OSC and the generosity of Credit Suisse which enabled us to undertake these much needed improvements. With the generous donation we are able to provide a more enjoyable and effective learning environment for our children.

「愛心聖誕大行動」(OSC) 一直以來熱心公益，支持不同類型的慈善計劃，為本地及內地有需要人士的生活帶來改善。「監護者」感激「OSC」選擇我們成為去年的受惠機構，而透過瑞信慷慨給予我們捐款裝修香港中心的職業治療房間，以及更換戶外遊樂場的地下軟墊。戶外遊樂場的地下軟墊工程已經在四月下旬完成。戶外遊樂場重新鋪上了色彩繽紛奪目的地下軟墊，讓中心的兒童，及借用我們這戶外遊樂場的猶太學校及CityKids的學生也能受惠，大家也十分喜愛它呢。

現時的職業治療房間九年來也未曾進行過翻新，而因為使用頻密的關係，房間內不少的治療設施及用具大部份已破爛。現在我們可以重新設計可用的治療空間，增加更多推陳出新的工具及裝置，如電子燈、音效配件、攀石板、木梯、掛網等等，以配合不同兒童的發展需要。

再次感謝「OSC」的協調及瑞信的慷慨捐款，讓我們的裝修工程得以順利地進行。藉著他們的愛心捐款，我們得以為兒童營造更愉快及有效學習的空間。

Stella Wong 汪慧梅



## End of Term Graduation Party 結業禮



The annual End of Term Graduation Party took place at the Island School hall on July 12. Around 350 people attended the event. We had 62 graduates this year with 40 of them from the Hong Kong Centre and 22 of them from the Jordan Centre. The variety of fun activities and game stalls resulted in such an enjoyable day. Activities during the day included face painting, obstacle games, children's performances, a magic show and interactive group games. Thank you to Calvin Klein for sponsorship of the whole event and its many volunteers who assisted with the party.

我們於7月14日港島中學禮堂舉行了一年一度的結業禮，約350人出席。今年畢業生共有62位（香港中心40位，佐敦中心22位）。當日活動精彩豐富，包括面部彩繪、競技遊戲、兒童才藝表演、魔術表演、集體互動遊戲等，遊戲攤位各適其式，令大人及小朋友開心玩樂了大半天。我們衷心感謝Calvin Klein慷慨贊助活動並派出義工協助進行活動。



## Children's Yoga Class 兒童瑜珈班

A big thanks to our ex-parent, Grace Bolger, for offering her professional knowledge to facilitate our children's development in the children's yoga classes.

感謝我們的舊家長Grace用她的專長教授兒童瑜珈班，幫助中心兒童的發展。



## Pizza Jam 薄餅製作樂



We are grateful to Eastspring Investments for sponsoring our children to have a Pizza Jam with their volunteers on 4th April. Spreading the tomato sauce and putting our favourite toppings onto the dough was so much fun for everyone.

感謝Eastspring Investments贊助中心兒童與他們的義工於4月4日一同製作薄餅，各人在麵團上塗蕃茄醬，將喜愛的配料加上，大家都十分樂在其中哩！





## Summer Programme 暑期活動



DIY musical instrument  
自製樂器



Cooking class  
烹飪班



Outdoor group play  
戶外集體遊戲



Soccer fun  
足球樂



Mini Artist  
小小藝術家

### Sharing Corner ◆ 點滴分享

When our son was a baby, he was so difficult to take care. He always cried, was hard to feed and did not give much eye contact. He was assessed when he was 1.5 months old as speech delayed, global delayed, and with suspected Autistic Spectrum Disorder (ASD). The news to us was shocking and everything was so uncertain. What will our son turn out to be? Will he get worse? Will he improve? Will he ever become normal like others kids? All questions marks within our heads!

He joined Watchdog (Jordan Centre) at the age of 2 and was discharged from Watchdog (Hong Kong Centre) when he received a placement at ESF at the age of 5. With the support of Watchdog's specialists, teachers and staff our son improved greatly. He is now more attentive. He has no problems joining in to play with other kids. He is a happy boy. He is like a normal kid. You wouldn't notice he had many problems before if you didn't know his past. After being admitted to Primary 1, he still needs to work on his attention, fine motor and speech skills. His current social skills are good enough for him to handle Primary 1. Just like other kids, we will watch him closely and teach him how to handle different situations.

Not only has our son improved greatly, but at the same time, as parents, we learnt many things and received much support from Watchdog. For example, support on parent education; how to deal with our son, information on school systems in Hong Kong, our own mental wellness and much more. Without Watchdog's support, our paths wouldn't have been so smooth.

To parents who are walking on the same path, don't lose faith in yourself and your child. If you have problems, seek someone you can talk to and time will pass by much quicker and easier. Hang in there! You will soon see the sunlight!

我的兒子自小已很難照料，還在襁褓時經常哭鬧，不肯進食，肌張力低，他也甚少眼望著人。當他十五個月大，醫生診斷他有言語及發展遲緩，也有自閉症傾向。當時我們很震驚，因為有很多不肯定的事情：我的兒子將來會怎樣？他的情況會否好轉，還是會轉壞？他會變得像其他小孩子般正常嗎？我們滿腦子都是一連串的疑問。他兩歲時入讀「監護者」佐敦中心，之後轉到香港中心，在五歲時畢業，因為可以升讀英基小學。

多得「監護者」的治療師、老師及職員同事，我的兒子有很大的進步，專注力改善了很多，與其他小孩子玩耍也不成問題了，像一般小孩子那樣開朗活潑。你不認識他的過去，大概也不會知道他從前有那麼多的問題。升上小學後，他的專注力、小肌肉及言語發展雖然仍需要加以改善，但他的社交技巧足以讓他應付到小一的生活，我們亦會加倍留意及教導他怎樣處理不同的情境。我的兒子大有進步之餘，就連作為家長的我也獲益良多，從「監護者」得到很多的家長支援，例如怎樣教導我的兒子、了解香港學校制度及家長情緒健康等，令我們一家人的生活輕省不少。

若然你與我們一樣，也是同行在這路上，請不要對自己灰心，也不要對孩子失望。若遇到有任何問題，找一個可信任的人傾訴，時間便會輕鬆快快走過。各位家長，請堅持下去，很快便會見到曙光的！

Andrew's parent 父母



## Odd Socks Day 不同襪子日

Heartfelt gratitude to Grace Bolger, parents and staff at the Discovery Mind International Play Centre and Kindergarten (DMPCK) who put in tremendous effort to raise funds in support of our mission and programmes on the World Down Syndrome Day, also known as the Odd Socks Day. This is truly a special and heart warming gift especially on such a meaningful day.

衷心感謝Grace Bolger及一眾DMPCK的家長及員工，他們花了很多心機及努力，在國際唐氏綜合症日（又名「不同襪子日」）為「監護者」籌募服務及課程經費。在這特別的一日，這真是一份別具意義的窩心的禮物。

## HKCC Sevens Dinner 七人欖球賽晚宴

Sincere thanks to the Hong Kong Cricket Club's Rugby Section, who on 27th March, 2014, convened at the Aberdeen Marina Club for the Hong Kong Sevens Dinner. Through the auction of many special rugby memorabilia we received funding for our mission and programmes.

再次衷心感謝香港木球會（欖球部）於2014年3月27日假座深灣遊艇會舉行香港七人欖球賽晚宴，透過拍賣許多珍貴的收藏為「監護者」籌募經費。

## Watchdog Charity Luncheon 監護者慈善午餐會



The Watchdog Charity Luncheon was held successfully on 8th April 2014 at the Aberdeen Marina Club. The ballroom was filled with over 360 guests all of whom enjoyed a relaxing and memorable afternoon with a fashion show, parent sharing and children dancing. Thank you to everyone who came to support Watchdog! The event would not have been successful without the countless effort from our many devoted volunteers. Our grateful thanks to them!

「監護者」慈善午餐會已於2014年4月8日深灣遊艇會圓滿地舉行，超過360名賓客在慈善時裝表演、家長分享、兒童跳舞的節目下，共度了一個輕鬆難忘的下午。我們感謝各界的蒞臨及支持。若不是義工付出了無數心機策劃，活動不能如此成功。謝謝你們！



## Charity Yoga 慈善瑜珈

Great thanks to Flex Studio and Pure Yoga Studio in organizing Charity Yoga classes in February and March respectively to help raise funds for Watchdog. Double benefits for the participants in fundraising for a good cause while doing exercises and keeping fit!

感謝Flex Studio 及 Pure Yoga Studio分別於二月及三月幫助「監護者」籌款。參加者在做運動之餘亦行了善舉，相得益彰呢！



## Summer Music Fun 夏日樂韻

Thank you to Goldman Sachs and Credit Suisse for their sponsorship towards our Music Fun summer classes on 17th and 30th July respectively. Our children enjoyed a wonderful, musical session with their volunteers under the summer sun.

感謝高盛及瑞信分別贊助中心於7月17日及30日舉辦暑期音樂班，並且派出義工與我們的兒童一同以音樂歡度炎炎夏日。

We wish to seek your support for sponsorship of any charity sale items. For enquiry, please email to:

我們呼籲各界捐贈義賣物品。如有查詢，請電郵至 [tracy@watchdog.org.hk](mailto:tracy@watchdog.org.hk)



## Marathon des Sables Run 撒哈拉沙漠馬拉松

Loads of running along Repulse Bay Beach, soaking feet in tea for half an hour each night, scouring fitness shops and websites for “anti-diet” foods, reading a 400-page runner’s bible called “Fixing Your Feet” ..... just some of the things that Ron Sergeant, a professional specialist at Barclays, underwent in recent months when he decided to commit to the toughest footrace on earth; the 29th Marathon des Sables (MdS), for a promise among friends and also for a charitable cause - to run for Watchdog.

Ron’s 250km relentless run across the Sahara desert under 50 degrees Celsius temperature and difficult conditions and terrain in an incredible week was simply amazing. He began the race on 6th April in the Moroccan Sahara with his friends Ben and Charlie.

Ron’s short daily diary entries of his trials and tribulations in the grueling week included the following: “Broken. Exhausted. The day started badly with stomach pains that were with me the whole day.....While ascending a dune, one of my gaiters sliced all the way open on a rock. Without them sand gets in your shoes and your feet get destroyed..... I remembered what you said, “think only positive thoughts”. ..... I’m scared to remove my socks for what I might see...I could feel the layers of my skin separating.... Over 100 competitors have retired from the race so far, more than usual, due to the heat and the difficulty of this year’s first stages.....Thank you for all the emails and messages of support, they are INVALUABLE in getting me through..... Today saw new highs - 50 degree temperatures - and new lows - scaling rocky dunes on my hands and knees..... and Sean I’ll let you know if scorpions really do glow in the dark.”

Ron successfully completed this 7-day self-sustained race. He has now become one of our Watchdog faithful friends as we continue along the road of our mission and programmes for children with special needs. Thank you Ron! Your determination and efforts has provided inspiration and encouragement to us all. You have successfully made a difference to all of our parents and children in need.



巴克萊銀行的Ron Sergeant今年參加了第29屆的Marathon des Sables (MdS)「撒哈拉沙漠馬拉松」，為著是履行與友人的一個承諾，也為到「監護者」籌款。Ron參加了這個被喻為世界上最艱苦的賽跑，幾個月以

來他在淺水灣沙灘上辛勤地練跑，雙腳每晚浸著草藥茶；他更尋遍大大小小的健身店及網站有關“anti-diet”的食品、閱讀四百頁的跑步聖書“Fixing Your Feet”……他就是這樣備戰著。

Ron一共跑了250公里、跨越了高達攝氏五十度高溫的撒哈拉沙漠，在嚴峻艱苦的地勢及環境下渡過了整整一個星期，真的殊不簡單。他在四月六日的摩納哥沙漠出發，同行參賽的還有他的兩位朋友—Ben 及Charlie。他每天會寫簡短的日誌，記錄自己怎樣度過挑戰極限的一週，字裡行間滿載著他艱辛的賽跑足跡：「受傷了……累壞了」、「今天不是好日子，被胃痛折騰了一整天」、「當我從沙堆滑下時，長皮靴不小心被石頭割破了；沒有了它的保護，我的跑鞋入滿了沙粒，亦弄傷了雙腳」、「我記得你曾說：『只想正面的事情』」、「我害怕除下襪子後所看見的」、「我覺得皮膚逐層逐片地脫落著」、「因為炎熱的天氣及艱苦的旅程，今年賽事的首階段到現時為止已有超過一百名參賽者退出了比賽」、「我感謝你們的電郵及鼓勵問候，它們是我的寶貝，陪伴我捱過每一刻」、「氣溫再創了新高一攝氏五十度—亦經歷過最低點，令我有如岩石般的手及膝蓋皮膚逐片地剝落」、「Sean，我回來後會告訴你蠍子會否在夜裡發光」。

Ron 圓滿地完成了七日六夜自給自足的賽跑，「監護者」亦因此在特殊教育的路上結識了多一位忠誠的朋友。感謝Ron! 你的堅毅及努力，啟發及激勵了我們眾人，幫助了我們的家長及有特殊教育需要的兒童。







Helping children with special needs to fulfill their potential at the earliest possible age  
 盡早幫助有特殊需要兒童充分發揮潛能

Agency Member of 「監護者」為以下機構會員

WiseGIVING  
 Charity listed on  
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The Hong Kong Council of Social Service  
 香港社會服務聯會



## Watchdog Early Education Centre 監護者早期教育中心

G/F, 12 Borrett Road, Central, HK.  
 香港中環波老道12號地下



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Receipt address 捐款收據地址： \_\_\_\_\_

Mobile No. 手提電話： \_\_\_\_\_ Email 電郵： \_\_\_\_\_

### Donation Details 捐款資料

I / We would like to make 本人 / 我們願意捐款予「監護者」：

- ☐ a One off Gift 一次過捐款 ☐ a Monthly Gift 每月定額捐款  
 (monthly donations are preferably made by credit card and will be valid until further notice from donor)  
 建議使用信用卡作每月定額捐款，而該捐款指示將會一直延續至捐款人另行通知為止

HK 港幣 ☐ \$3,000 ☐ \$2,000 ☐ \$1,000 ☐ \$500 ☐ Others 其他金額： \_\_\_\_\_

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 (please make cheque payable to 抬頭請寫 "Watchdog Limited")

- ☐ Direct Bank Transfer 直接存款於銀行戶口 (please direct deposit to HSBC A/C No. 請直接存入匯豐銀行戶口002-9-287398)

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- ☐ Online Donation 網上捐款 (Please visit website 請瀏覽網站 www.watchdog.org.hk)

- ☐ Cash donation via 7-ELEVEN 透過 7-ELEVEN 現金捐款

Please show the barcode on the right and make your cash donation to Watchdog at any 7-ELEVEN in Hong Kong.  
 Maximum donation amount for each transaction is \$5,000.  
 請用右面的條碼在全港7-ELEVEN向「監護者」捐款。每次現金捐款額上限為\$5,000。



### Acknowledgement Details 鳴謝詳情

- ☐ Please use the following name(s) in all acknowledgements 本人/本公司希望以下列名稱刊登於所有鳴謝刊物內：

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Please forward this donation form together with crossed cheque / bank's pay-in to:

Watchdog Early Education Centre, G/F, 12 Borrett Road, Central, Hong Kong. Enquiry: 2521 7364 Email: info@watchdog.org.hk

請把此捐款回條連同劃線支票或銀行存款單交往：中環波老道12號地下監護者早期教育中心。查詢：2521 7364 電郵：info@watchdog.org.hk

Donation Form 捐款回條

Thank you for your generous support to Watchdog!  
 感謝您慷慨支持「監護者」！