

## 新篇章 —— A New Chapter ——

封面故事  
Cover Story

## 成立奧柏學校 The Establishment of AP School



奧柏學校是一所專為自閉症兒童而設的學校。  
AP School is designated for children with ASD.



學校配備嶄新的設施，為學生提供全面及多元化的學習環境。  
Brand-new facilities and state-of-the-art equipment at AP School, to provide students comprehensive functionality for learning.

愛培自閉症基金 (APF) 自2007年起，便已開展了學校服務，照顧自閉症譜系障礙 (簡稱自閉症) 孩子的學習需要，以「應用行為分析」(英文簡稱ABA) 教學，協助他們有效地學習。為了讓更多自閉症孩子得到適切和優質的教育，我們決定擴展教育服務的規模，遂向教育局申請開辦一所專為自閉症學童而設、並以自負盈虧模式運作的註冊小學——奧柏學校。

Since 2007, Autism Partnership Foundation (APF) has carried out school services to meet the learning needs of children with Autism Spectrum Disorder (ASD), and to assist them in their studies by using Applied Behaviour Analysis (ABA) approach. In order to provide appropriate and high-quality education services, we have expanded our service scale and established AP School, a self-financed elementary school registered under the Education Bureau for children with ASD.

### 全方位的高度個人化課程 A highly inclusive and individualised curriculum

奧柏學校的陳恩梓校長分享學校的教學信念：「我們相信通過有效的教學方法，如我們採用的AP教學法，自閉症孩子也可以發揮他們最大的潛能。」

學校的課程以學生優先，專業的教學團隊會為每一位入讀的學生進行評估，針對個別能力而訂立個人化的學習方案。除了一般的學術科目以外，學校也會提供針對自閉症情況而設計的課程，例如行為及情緒管理、溝通技巧、社交技巧，以及日常生活所需的獨立自理能力等。陳校長指出：「學生能夠靈活地把所學的知識和技能應用到現實生活中至為重要。」患有自閉症的學生普遍難以將所學的知識融會貫通，例如金錢運用，他們無法應用到現實生活中。有見及此，奧柏學校的團隊在設計課程架構時加入了促進「泛化能力」的元素。舉例說，學生在數學堂掌握了金錢運用的概念後，

The Principal of AP school, Ms. Abbie Chan, shared the belief, "We believe that children with ASD can reach their fullest potential through effective teaching methods, like AP Method."

The curriculum of AP school is student-oriented. Our clinical team assesses every student admitted to the school and designs a personalised study plan in accordance with their abilities. Beside ordinary academic subjects, an autism-specific curriculum, such as behaviour & emotional regulation, communication skills, social skills, self-help skills etc., is also included in their learning objectives. "It is vital for students to apply knowledge and skills flexibly in their daily lives," said Abbie. However, most of the students with ASD encounter difficulties in generalising and



陳恩梓校長深信通過有效的教學方法，自閉症孩子是可以發揮所長的。

Ms. Abbie Chan, the Principal, believes that children with ASD can utilise their potential through effective teaching methods.



會先在課室的模擬環境中初步學習應用，然後再帶領他們到社區實踐。學校每月還會安排不同的社區活動，讓學生增廣見聞之餘，更有助他們學以致用。

奧柏學校設有中文及英文班，師生比例為大約 1:2。學校推行小班教學，每班人數大約八至十人。以此高師生比例來照顧學生的個別需要，老師可以因應學生的程度，靈活組合不同的學習小組人數，確保每一位學生都能夠得到適切的關顧和適時的支援。陳校長表示：「例如我們會安排理解及掌握數學邏輯能力較弱的同學在二人小組學習，或者安排將會銜接到主流學校的學生在大組別學習，協助他們適應主流學校的學習環境。教學團隊也會協助其他學生做好銜接到主流學校的準備。」陳校長補充，在大組別的學習環境比起小組學習有更多外界事物干擾，更講求專注力：「當然，每個學生的情況不同，除了上課時要保持專注、能夠管理自己的行為和情緒外，學生也要具備足夠的獨立、自理及解難能力，來應對課室的日常事務。在群體中生活，社交技巧也是十分重要。」因此，為自閉症學生訂立全方位和高度個人化的學習目標，能夠有效提升他們的學習能力、發掘自己的潛能，同時引導他們探索自己的興趣。

此外，陳校長寄語學生：「主動學習，靈活應用；善於溝通，享受社交；勇於嘗試，融入社區。我希望每一位學生，都能樂於主動學習，並把所學會的技巧靈活地運用到日常生活當中。期望他們能夠克服溝通上的困難，享受和別人建立社交關係，更寄望我的學生，能夠勇於嘗試新事物，突破限制，融入社區，活出獨立自主的豐盛人生。」



提供學術科目和針對自閉症情況而設計的課程。  
Provide academic studies and autism-specific curriculum.

applying techniques in real practice. In this regard, AP School focuses on the curriculum design for enhancing students' ability to generalisation. For instance, once students have learnt the concept of money in a Mathematics lesson, they will be guided to adopt it in a simulated environment set up in a classroom, and then to visit the community for real practice. We also arrange different community activities for students every month to broaden their horizons, and to facilitate them to generalise their skills.

AP School caters both Cantonese and English-speaking students and runs in small classes with approximately eight to ten students in each class, with a high teacher-student ratio of 1:2. With such a ratio, study groups with different number of students can be formed flexibly according to their mastery of knowledge to provide proper and sufficient support. Abbie also shared some examples—students who do not have a good command of Mathematics will be assigned in pairs, while grouping students who are ready to study in mainstream schools in a larger class as conformation. The teaching team will also assist other students to further prepare for transferring to mainstream schools. Abbie added that studying in large groups requires extra concentration since there are more distractions compared with small groups, "Beside concentrating in class and regulating their behaviours and emotions, students should be independent, equip with self-help and problem-solving skills to handle school affairs. Living in peer groups, social skills play an important role as well." Therefore, setting all-rounded and highly individualised learning goals for students with ASD can effectively enhance their learning skills and explore their potential while leading them to seek their interests.

In addition, Abbie made expectant remarks to students, "May all of the students take the initiative to learn, the flexibility to apply, the skills to communicate, the courage to try, and the faith to integrate into the community. I sincerely hope that all students will learn proactively and apply the skills they learnt to daily practices. I expect them to overcome their communication difficulties, enjoy social relationship, willing to try new things courageously, break through limitations, integrate into society, live an independent and fruitful life."



學生在課餘活動和遊戲時，可寓學習於娛樂。  
Extra-curricular activities and game time enable students to learn through entertainment.





採用AP教學法，讓自閉症學童在自然的環境下更有效地學習。

APM allows students with ASD to learn effectively under a natural environment.



## 我們的教學法 —— AP教學法 Our Teaching Approach — AP Method

APF是由Ronald Leaf博士、John McEachin博士及Toby Mountjoy先生創辦。兩位博士自1970年專注研究自閉症，進行了「UCLA的自閉症幼童計劃」，並於1994年在美國成立了Autism Partnership (AP)，是全球其中一間率先以ABA為自閉症兒童提供治療的機構。憑藉多年的臨床經驗，AP研發了獨特治療自閉症的方法——AP教學法 (Autism Partnership Method / APM)。這是一種全方位及高度個人化的教學方法，有系統但具靈活性，注重即時分析及臨床判斷，為患有自閉症的兒童提供友好、全方位及高度個人化的密集式干預訓練。奧柏學校同樣採用AP教學法，務求讓自閉症兒童在自然的環境下有效地學習。

APF was founded by Dr. Ronald Leaf, Dr. John McEachin and Mr. Toby Mountjoy. Since 1970, Dr. Leaf and Dr. McEachin have started their research on ASD, and conducted the "UCLA Young Autism Project". In 1994, they established Autism Partnership (AP) in the United States, which is one of the pioneering organisations that provide ABA treatment for children with ASD. Based on years of clinical experience, AP has developed a unique treatment method—Autism Partnership Method (APM). It is a holistic and highly personalised teaching approach for children with ASD, systematic yet flexible, with a focus on "in-the-moment analysis" and "clinical judgement". It provides a child-friendly, inclusive, and highly individualised teaching model of intensive intervention for children with ASD. AP school also adopts APM to help students learn effectively and naturally.



1：2的高師生比例能夠照顧學生的個別需要。

The high teacher-student ratio of 1:2 can cater the needs of each student.

## 主席的話

## Chairperson's Note

我是自豪地撰寫這篇文章……

自2007年，APF在不同的地區以多元化的形式提供教育服務。在今年的夏季，我們在九龍灣成立了奧柏學校，讓患有自閉症的孩子於這所全新的小學就讀。這定必是機構一個重要里程碑，同時顯示出我們致力服務自閉症孩子的決心。我相信奧柏學校的學生會感受到歡愉而難忘的時光。

成立奧柏學校的過程並非順遂——疫情為我們帶來無法掌控的狀況，我們同時要與時間競賽。全賴各方支援，讓奧柏學校能夠如奇蹟般在八個月內創立並展開服務。在此，我衷心感謝合作夥伴的支持和貢獻，讓此計劃得以按時完成，而我們的管理層、學校行政人員、治療師團隊及所有參與其中同事的努力也功不可沒。這數月來的合作鞏固了我們的團隊精神，確實是無價且珍貴的。請讓我們保持這份精神，繼續努力！

I am proud when I am writing this piece of sharing...

Starting from 2007, APF has been providing educational services by diversified approaches at different locations. The establishment of AP School in Kowloon Bay in summer 2022 is definitely a significant milestone to our Organisation, it also marks our further commitment in serving children with ASD at their time studying in this brand-new primary school. I believe students of AP School would have lots of happy and memorable moments there.

"Setting up of AP School" is not a smooth project – uncertainties brought by waves of COVID-19 are definitely out of our control while limited timeframe is another big challenge. This amazing output can be successfully created in eight months is a miracle brought by all devoted parties. I must thank you for the support from partners who have made valuable contributions to our new school, we cannot make this project done on time without their efforts. My sincere Thank You also goes to our management & marketing staff, school administration & clinical teams and all other supporting colleagues. I can see a strong team spirit in previous months which are also priceless – let's keep it on!



**Toby Mountjoy**

創辦人兼主席  
Founder and Chairperson



## 香港樂高®探索中心體驗日 An Experience Day at LEGOLAND® Discovery Centre Hong Kong



玩樂時間對小朋友極其重要，於5月疫情稍微緩和時，我們幸獲Merlin's Magic Wand的贊助，小朋友和家長獲邀到訪香港樂高®探索中心，把握機會玩樂。當天是「星際大戰日」，現場有多位星球大戰人物與小朋友打招呼，他們也爭相合照留念。遊樂場內的設施及主題展區十分多元化，既有「樂高城市歷奇」讓小朋友跑跑跳跳、互相追逐，也有用積木創作出來的主題展區，讓小朋友將天馬行空的意念演繹出來。難怪到了閉館時間，大家都不願離開。

Playing is important to children. When the pandemic was eased in May, Merlin's Magic Wand sponsored our children and parents to visit the LEGOLAND® Discovery Centre Hong Kong and seize the opportunity to have fun. On that day, it was "Star Wars Day", there were a number of Star Wars characters showing up and attracting children to take photos together. The facilities and themed play areas provided both physical and sedentary activities. "The City Soft Play" allowed children to run, jump and chase each other. There were also themed areas for children to build blocks. Dreamers became makers! No wonder they wanted to play more when they were about to leave.



小朋友在家長的引導下，運用色彩繽紛和各種形狀的積木拼砌出滿意的作品。

Under the guidance of parent, a child used colourful building blocks of various shapes to create amazing work.

## 海洋公園遊樂日 Ocean Park Fun Day

APF參加了「海洋公園低收入家庭、殘疾人士及長者遊樂日」，獲得海洋公園的免費門票，讓受惠家庭一同於6月11日到海洋公園遊玩一天。雖然天氣不如預期，但也無礙小朋友和家長玩樂的心情，大家一早便準備就緒，可見他們多期待這次旅程。幸好後來天氣穩定，大人和小朋友都盡興而歸。

APF joined "Ocean Park Fun Day for Low-income Families, Disabled Persons and Senior Citizens" which offered free tickets for our beneficiaries to visit the Ocean Park on 11<sup>th</sup> June. Although the weather was not as good as expected, it did not affect children and parents from having fun. Everyone was well prepared early in the morning and looked forward to the journey. Fortunately, the weather was then stable, and they all had a great day!



特別鳴謝Merlin's Magic Wand贊助了香港樂高®探索中心體驗日之參觀活動；海洋公園贈送免費入場門票；太古集團慈善信託基金贊助了4至5月的家長訓練和問答環節等服務；以及香港賽馬會慈善信託基金贊助製作訓練影片及其他相關服務。



## 家長訓練 Parents Training

APF明白家長在疫情下照顧患有自閉症的孩子並不容易，於是在4至5月開展了「Healthy Learning at Home」計劃，當中包括個人和小組的家長訓練，以及網上問答環節，協助家長應對各種挑戰。個人訓練著重了解孩子的學習困難及需要，然後治療師會設計合適的目標，並提升家長相關的知識及技巧，協助家長在家改善孩子的狀況。透過定時與治療師會面和指導，不少家長都掌握了有效的訓練方法，並喜見孩子進步。

另外，治療師於小組訓練時教授家長ABA的知識，而且鼓勵他們分享疫情下照顧子女的困難，好讓他們能夠建立起互相支援網絡。計劃得到不少家長的正面回饋，APF未來會繼續透過各種支援服務，幫助孩子及家長一同進步成長。

APF understands that parents taking care of children with ASD in the pandemic is not easy. In consideration of this, APF launched the "Healthy Learning at Home" programme from April to May. It included individual and group training for parents, and online problem-solving sessions to support parents facing different challenges. The individual training focused on understanding child's individual learning difficulties and needs, and setting appropriate goals. Our therapists also helped equip parents with knowledge and skills to improve their children's conditions at home. Through regular meetings and under the guidance of therapists, parents have learnt some effective training methods and were happy to see improvement in their children.

Besides, our therapist introduced ABA knowledge in the group training, and also encouraged parents to share their difficulties during the pandemic, so as to facilitate the parents to establish a mutual-support network among themselves. The programme received positive feedback. We are going to continue supporting children and parents through different programmes.



家長輪流分享於日常生活中實踐訓練技巧的情況，如何幫助孩子進步。

Parents took turns to share how they applied the skills they learnt in daily lives and made progress for their children.

## 訓練影片 Training Videos

APF致力以不同的形式協助家長掌握有效改善行為的方法，我們於6至7月獲香港賽馬會慈善信託基金之「賽馬會新冠肺炎緊急援助基金第二輪」的贊助，特別製作了八條訓練影片，由治療師親自示範如何增強孩子的各種能力及改善他們的行為問題。

影片主題包括：改善飲食習慣、自發性溝通、語言能力、學會上廁所、執行指令、改善對事物的接受能力及獨立完成功課。完整版的影片已上載至APF的YouTube頻道，歡迎各位重溫，了解更多。

APF strives to use different means to assist parents to learn effective training methods. Thanks to The Hong Kong Jockey Club Charities Trust for offering the "COVID-19 Emergency Fund Phase II", we were able to produce eight training videos in June and July. Our dedicated therapists demonstrated how to enhance children's different abilities and improve their behaviours.

Topics included: eating habits, spontaneous communication, language, toilet training, following instructions, tolerance and doing homework. Full versions have been uploaded to APF's YouTube channel.



我們相信家長在觀看影片後，能夠掌握有效的訓練方法，讓孩子在疫情下都能持續進步。

We believe that parents can learn effective training methods after watching the videos, so that children can continue to improve during the pandemic.



## 征服獅子山之旅 The Conquest of the Lion Rock

在6月，我們為Aspirers安排了另一次遠足活動，讓他們多接觸外界，感受大自然的奇妙力量。這次一行20多人登上獅子山，由治療師伴隨Aspirers完成一段又一段的梯級。縱然當天天氣酷熱，仍無阻大家登山的決心。在互相鼓勵和打氣之下，一起克服了崎嶇不平的山路，大家的情緒十分高漲呢！這次成功挑戰獅子山，賦予了Aspirers強大的力量，並一起創造了美好的共聚回憶。

We once again arranged an outdoor excursion for the Aspirers in June, allowing them to get familiar with the outside world and feel the amazing power of nature. A group of more than 20 climbed up the Lion Rock. Under the accompany of therapists, our Aspirers finished the stairs one after another with their utmost best. The weather was scorching hot that day, but it did not affect their determination to overcome the rugged mountain road hand in hand. The successful challenge of the Lion Rock fuelled all Aspirers with strengths, and they also created beautiful memories together!



Aspirers成功登上獅子山，一起欣賞居高臨下的美景。

Aspirers successfully climbed the Lion Rock and enjoyed the delightful scenery together.

## 鳴謝

## Acknowledgments

Ms. Ang, Pei Shih Carol  
Ms. Cheung, Hoi Ping  
Mr. Cheung, Kwok Yuen  
Ms. Chick, On Yee  
Chow, Hiu Ching  
Mrs. Fan, Wing Sze  
Ms. Huang, Juan Juan  
Ms. Hung, Chui Yee Rita  
Miss Hung, Suk Man  
Mrs. Jayanna, Pushpa  
Ms. Kim, Yeoh Eng

Ms. Law, Tinny  
Mr. Leung, Pui Chiu  
Ms. Li, Xue Ying  
Mr. Min, Ji Hong  
Ms. Ng, King Lam Jenny  
Ms. Ng, Wai Ling  
Mr. Shito, Katsuo  
Ms. Siu, Pui Shan Shirley  
Mr. Tang, Fai Cheong  
Mr. Tracy, Alec Peter  
Ms. Tsai, Meng Ting

Ms. Tsui, Linda  
Wang, Xi Yue  
Mr. Wat, Danny Hiu Yan  
Ms. Wong, Tsz Ying Cecilia  
Ms. Yeung, Wing Iris  
Mr. Yim, Kai Yan  
Mr. Yiu, Po Sang  
Mr. Zhang, Haozen John  
千峰先生

AlanMokPhoto  
Autism Partnership Limited  
Keung To and Keung Show Hong Kong Fan Club Limited  
Merlin's Magic Wand  
Ocean Park Hong Kong  
Progressive Education Foundation Limited  
The Hong Kong Golf Club Charitable Foundation Limited  
The Hong Kong Jockey Club Charities Trust

The PCD Charitable Trust  
The Swire Group Charitable Trust  
Twopresents  
Wellington Management  
Wellington Management Foundation

**APF 愛培自閉症基金**  
Autism Partnership Foundation

### 愛培自閉症基金 Autism Partnership Foundation

香港九龍觀塘鴻圖道22號俊匯中心21樓  
21/F, Elite Centre, 22 Hung To Road, Kwun Tong, Kowloon, Hong Kong

#### 總部 Headquarters

☎ (852) 3583 0668 ✉ info@apf.org.hk  
☎ (852) 3583 0443 🌐 www.apf.org.hk  
📱 APFHongKong 📷 apfhongkong

#### 家長資源中心及青年發展中心 Parents Resources Centre & Youth Development Centre

☎ (852) 3583 0450 ✉ service@apf.org.hk



### 奧柏學校 AP School

香港九龍九龍灣宏光道39號宏天廣場二樓  
01及02室

Unit 01 and 02, 2/F, Skyline Tower, 39 Wang Kwong Road, Kowloon Bay, Kowloon, Hong Kong

☎ (852) 2526 8880 ✉ school@apf.org.hk  
☎ (852) 2526 3299 🌐 www.apschool.edu.hk  
📱 apschoollhk 📷 ap\_school\_hk

