Dear Parents,
各位家長：

Parents Talk on Mental Health and Breathing and 25/26 PTA Annual General Meeting cum Inauguration Ceremony of 23rd PTA Executive Committee
精神健康和呼吸的關係家長講座、家長教師會 25/26 年度會員大會
暨第二十三屆執委會就職禮

You are cordially invited to attend the 25/26 Annual General Meeting cum Inauguration Ceremony of the PTA of Po Leung Kuk Lo Kit Sing (1983) College at the School Hall at 2:00 p.m. on 7th November, 2026 (Saturday). Prof. Hector Tsang Wing-hong, Chair Professor and Former Head of the Department of Rehabilitation Sciences at the Hong Kong Polytechnic University, has kindly consented to be the guest of honour and will deliver a talk on "Mental Health and Breathing". The schedule is as follows:

本會謹定於本年十一月七日(星期六)下午二時，假本校禮堂舉行25/26年度會員大會暨第二十三屆執委會就職禮。香港理工大學康復治療科學系講座教授及前系主任曾永康教授應邀蒞臨為主禮嘉賓，並主講精神健康家長講座，題目為《精神健康和呼吸的關係》。現誠邀　貴家長出席。當日程序如下：

13:45	Parents registration　家長登記
14:00	Parent Talk on "Mental Health and Breathing" (by Prof. Hector Tsang Wing-hong) 《家長講座 – 精神健康和呼吸的關係》 (曾永康教授)
15:00	25/26 PTA Annual General Meeting cum Inauguration Ceremony of 23rd PTA Executive Committee 家長教師會 25/26 年度會員大會暨第二十三屆執委會就職禮
15:55	End of ceremony 禮成
16:00	Tea gathering 茶點小聚

At the upcoming Annual General Meeting and Inauguration Ceremony, we will introduce the newly elected members of the PTA Executive Committee and present an overview of our goals and plans for the upcoming year.

在是次會員大會暨就職禮中，我們將介紹新當選的家教會執行委員會成員，並概述我們對未來學年的目標和計劃。

Please sign the e-notice and participate in the event.
請填妥電子通告。敬祈踴躍出席。

Lee Wai, Chairman of the 22nd PTA Committee
第二十二屆家長教師會主席

李 威 謹啟

7th October, 2026
二零二六年十月七日