



Po Leung Kuk
Lo Kit Sing (1983) College

保良局羅傑承(一九八三)中學

Cheung Hong Estate, Tsing Yi, N.T., Hong Kong

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Dear Parents,
各位家長：

P24047

Arrangement on Form Teacher / Assembly Lessons (November 2024)

班主任課安排(二零二四年十一月)

Please be informed that all classes have Form Teacher/Assembly lessons during the 8th period every Friday. Additionally, all F.1 and F.2 classes have supplementary Form Teacher/Assembly lessons during the 9th period every Monday and the 8th period every Tuesday, respectively. The details of the November timetable are provided on the back of this letter.

本學年全校的班主任課將於每星期五第八節課進行，而中一級及中二級的第二節班主任課將分別在星期一第九節課及星期二第八節課進行；詳情請參閱後頁資料(十一月時間表)。

Po Leung Kuk Lo Kit Sing (1983) College
保良局羅傑承(一九八三)中學



Law Wing Chung, Principal 羅穎忠校長

30th October 2024 二零二四年十月三十日

F1 – F6 Form Teacher Period / Hall Assembly (November 2024)

Date	Hall Assembly	Form Teacher Period	Time
1/11/2024	F2 - F3 慶祝中華人民共和國成立 75 周年之「薪火相傳——初中中國歷史文化常識問答比賽」 - Chi.Hist & CES (Hall) F6CD PolyU Admission Talk – CRD (2 nd Hall)	F1 感恩(II):第二節:「我」訊息 - CMN F4A Class Building (L&H Centre) F4BCD Teacher Sharing 1 F5 Career Awareness Development 1 - CRD F6A Mindfulness-based stress reduction workshop – GCD (Rm 421 - Rm423) F6B Stress management workshop – GCD	14:50 – 15:30
8/11/2024	F1- F3 電腦及網上罪行 – DD (Hall) F4 「善」於感恩•聲演最真演講比賽- SAD (2 nd Hall)	F5A Teacher Sharing 1 F5B Class Building 1 (L&H Centre) F5CD Teacher Sharing 2 F6AB Career Awareness Development - CRD F6C Stress management workshop – GCD F6D Mindfulness-based stress reduction workshop – GCD (Rm 421 - Rm423)	
15/11/2024	F1 – F3 拒絕言語暴力: 話要好好說出口 - CMN* (Hall) F5 Positive Relationship 1/ 網絡社交 KOL - GCD (2 nd Hall) F6AB HKU Admission Talk – CRD (LT)	F4A Teacher Sharing 1 F4B Class Building 1(L&H Centre) F4CD Teacher Sharing 2 F6C Mindfulness-based stress reduction workshop – GCD (Rm 421 -Rm423) F6D Stress management workshop – GCD	
22/11/2024	F4 愛情急症室 (1) – Sex & Health (Hall) F5 Introduction of JUPAS System – CRD (2 nd Hall)	F1AD 「開卷有益」 - CMN F1BC My Life Planning Portfolio – CRD (LT) F2 「和諧校園--尊重友愛 拒絕欺凌」校不容凌、人人有責 – CMN F3 無藥一樣 COOL – CMN* F6 Following up of JUPAS Application + Teacher Sharing - CRD	
29/11/2024	F1 – F2 歷史開箱-館藏中的香港故事 - History Dept (Hall) F6ABC PolyU HKCC Study Talk - CRD (2 nd Hall)	F3A Career Awareness Development 1 - CRD F3B Class Building 1 (L &H Centre) F3CD Teacher Sharing 1 F4 愛情急症室 (2) – Sex & Health (Boys: Rm421 – 423; Girls: LT) F5 HYC Career Workshop – Time Management – CRD F6D HKBUCIE Information Talk – CRD	

Remarks: * Form Teacher / Assembly lessons end after 3:30pm

F1 Supplementary Form Teacher Period / Hall Assembly (November 2024)

Date	Class				Time
	F1A	F1B	F1C	F1D	
4/11/2024	Solid Memory (Homeroom)	Project Next: 人工智能時代 – CMN (Homeroom)	Class Building 1 (Love & Hope Centre)	Music 1 (Music Rm)	15:30 – 16:10
18/11/2024	Project Next: 人工智能時代 – CMN (Homeroom)	Solid Memory (Homeroom)	齊齊享 BOOK 1 -ACD (Homeroom)	Music 2 (Music Rm)	

F2 Supplementary Form Teacher Period / Hall Assembly (November 2024)

Date	Form Teacher Period	Time
5/11/2024	F2 「和諧校園--尊重友愛 拒絕欺凌」 認識欺凌(一) - CMN	14:50 – 15:30
19/11/2024	F2 「和諧校園--尊重友愛 拒絕欺凌」 認識欺凌(二) - CMN	
26/11/2024	F2A Teacher Sharing 1 + (青少年罪行誌_師長攻略:詐騙/申謀詐騙) F2B Class Building 1 – GCD (L & H Centre) F2CD Teacher Sharing 2	