



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

香港新界青衣長康邨

Tel: 2497 7110

Fax: 2431 1156

Dear Parents,
各位家長：

P25034

2025-2026 Student Sleep and Emotional Survey
2025-2026年度「青少年睡眠及情緒健康研究問卷」

To promote student's mental health, the school will collaborate with Department of Psychology, The University of Hong Kong to conduct research on adolescent sleep and emotion. S1-6 students are invited to complete a survey about their sleep and emotion status so as to provide appropriate support services. All the data collected will be kept confidential and destroyed after the survey is completed. Details of arrangement are as follows:

Date	29 th September- 3 rd October, 2025
Method	Complete online survey by QR code

To facilitate the arrangements, parents please indicate your consent to the participation in the survey by signing the reply slip on or before 28th September 2025 (Tuesday). If you have any enquiry, please contact Ms. Keung Sau Ying at 24977110.

為促進學生的精神健康，本校將聯同香港大學心理學系進行「青少年睡眠及情緒健康研究問卷」。現安排中一至中六級學生填寫問卷，了解學生睡眠素質及情緒健康狀況，以提供適切的支援服務。所有收集的數據將被保密，並在完成調查後銷毀，填寫問卷安排如下：

日期	二零二五年九月二十九日至十月三日
完成方式	以二維碼完成網上問卷

請 貴家長於九月二十八日前填妥回條，以表明參與問卷調查的意向。如有查詢請於辦公時間內致電學校電話2497 7110與姜秀英老師聯絡。

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

26th September, 2025 二零二五年九月二十六日

E-class Reply Slip

電子通告回條

I acknowledge the receipt of the above captioned circular concerning “2025-2026 Student Sleep and Emotional Survey”.

本人獲悉 貴校來函有關 2025-2026年度「青少年睡眠及情緒健康研究問卷」事宜。

- ☐ My child and I agree to complete this survey.

本人及敝子弟同意填寫此問卷。

- ☐ My child and I do not agree to complete this survey.

本人及敝子弟不同意填寫此問卷。