



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

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Dear Parents,
各位家長：

P25035

Arrangement on Form Teacher / Assembly Lessons (October 2025)

班主任課安排(二零二五年十月)

We would like to inform you that all classes will have Form Teacher/Assembly lessons during period 8 every Friday. In addition, F.1 and F.2 classes will have supplementary Form Teacher / Assembly lessons during Period 9 on Tuesdays and Mondays, respectively. The details of the October timetable are provided on the back of this letter.

本校全體學生將於每星期五第八節進行班主任課。此外，中一級及中二級學生將分別於星期二及星期一第九節進行第二節班主任課。詳情請參閱後頁資料(十月時間表)。

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 September 2025 二零二五年九月三十日

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F1 – F6 Form Teacher Period / Hall Assembly (October 2025)

Date	Hall Assembly	Form Teacher Period	Time
3/10/2025	F1 – F6 Joint Inauguration (Hall)	/	14:40 – 15:30
10/10/2025	F1 – F5 真人圖書館 – GCD (Hall) F6 JUPAS Registration – CRD (2 nd Hall)	/	
17/10/2025	F1 – F3 能源效益及節約外展計劃 - Environmental Ed (Hall) F4 睡眠與健康 - GCD (2 nd Hall)) F6B Mindfulness-based stress reduction workshop – GCD (Rm 421 -Rm423) F6CD JUPAS Application Follow-up – CRD (LT)	F5 HYC Introduction of JUPAS System – CRD F6A Stress management workshop – GCD	
24/10/2025	F3A Class Building + Teacher Sharing 1 (Love & Hope Centre) F4 「善」於感恩•聲演最真演講比賽 - SAD (Hall) F6A Mindfulness-based stress reduction workshop – GCD (Rm 421 -Rm423)	F1 「生活事件」- 個人成長及健康生活— 我懂得自律地上網 – CMN F2 生活事件」- 個人成長及健康生活— 我的情緒管理 – CMN F3BCD Career Awareness Development (I) – CRD F5 學友社- CV360 我的履歷 - CRD F6B Stress management workshop – GCD F6CD Career Awareness Development (II) - CRD	

F1 Supplementary Form Teacher Period / Hall Assembly (October 2025)

Date	Form Teacher Period	Time
14/10/2025	F1 Help Seeking – iACT – GCD (Homeroom)	15:20 -15:55

F2 Supplementary Form Teacher Period / Hall Assembly (October 2025)

Date	Class				Time
	2A	2B	2C	2D	
6/10/2025	賽馬會眾心行善(3)——義工推廣校園夥伴計劃 -SVS* (LT) (15:20 – 16:10)		Project Next: 探索元宇宙 – CMN (Homeroom)	Career Awareness Development (I) – CRD (Homeroom)	15:20 - 15:55
13/10/2025	Class building + Teacher Sharing 1 (Love & Hope Centre)	Project Next: 探索元宇宙 – CMN (Homeroom)	「和諧校園--尊重友愛 拒絕欺凌」_ 平等尊重_人人平等- CMN (Homeroom)	中華文化:足毽(2) – CMN*# (Hall) (15:20 – 16:00)	
20/10/2025	Project Next: 探索元宇宙 – CMN (Homeroom)	齊齊享 BOOK 1 -ACD (Homeroom)		中華文化:足毽(1) – CMN*# (Hall) (15:20 – 16:00)	

Remarks: * Form Teacher / Assembly lessons end after 15:55; # Wear School Activity Uniform