



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：

P25064

Arrangement on Form Teacher / Assembly Lessons (November 2025)

班主任課安排 (二零二五年十一月)

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 November 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

31st October 2025 二零二五年十月三十一日

Po Leung Kuk Lo Kit Sing (1983) College

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

Date	Hall Assembly	Form Teacher Period	Time
14/11/2025	F2AB My Life Planning Portfolio - CRD (Rm 421 -Rm423) F2CD 賽馬會眾心行善(3)—義工推廣校園夥伴計劃 – SVS (LT) F4, F5 SLP & OEA Talk – CRD (Hall)	F1 Gift-making for S6 students - GCD F3A Career Awareness Development (I)-CRD F3B Class Building + Teacher Sharing 1 (Love & Hope Centre) F3CD 超凡學生閱讀計劃: 新超凡學生手記 2 – CMN F6 Following up of JUPAS Application - CRD	
21/11/2025	F1 – F3 「愛的傳遞之正向思維、尊重及包容別人 (防止校園欺凌)」學校巡迴教育劇場- 239.hk 劇場《好笑唔好笑》 - CMN (Hall) F5AB SOS 情緒急救工作坊 – GCD (2 nd Hall) F6C Mindfulness-based Stress Reduction Workshop – GCD (Rm 421 -Rm423)	F4 Career Awareness Development (I) - CRD F5C Effective Study Strategies Workshop – GCD F5D Class Building + Teacher Sharing 1 (Love & Hope Centre) F6AB Career Awareness Development and JUPAS Application Follow-up - CRD F6D Stress Management Workshop – GCD	14:40 – 15:30
28/11/2025	F1 Career Awareness Development (I) – CRD (2 nd Hall) F4 「逆轉法庭:數學與法律」 -Maths Dept* (Hall) (14:40 – 15:40) F6AB CityU Admission Talk –CRD (LT) F6D Mindfulness-based Stress Reduction Workshop – GCD (Rm 421 -Rm423)	F2 COOL TEEN 有計 – CMN F3 HYC Subject Selection Workshop - CRD F5AB Career Awareness Development (I) F5C Class Building + Teacher Sharing 1 (Love & Hope Centre) F5D Effective Study Strategies Workshop – GCD F6C Stress Management Workshop – GCD	

Remarks: * Form Teacher / Assembly lessons end after 15:30.

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

Date	Class				Time
	1A	1B	1C	1D	
4/11/2025	健康 SUN TEEN 計劃 - Health & Sex Education (Hall)				15:20 - 15:55
11/11/2025	品德學堂-承擔精神 - CMN (Homeroom)	「開卷有益」 - CMN (Homeroom)		Music 1 (CSNO: odd no.) (Music Rm) 升旗隊訓練體驗課 - CMN (CSNO: even no.) (Rm 421-423) (15:20 – 16:20)	
18/11/2025	Music 1 (CSNO: odd no.) (Music Rm) 升旗隊訓練體驗課 - CMN (CSNO: even no.) (Rm 421-423) (15:20 – 16:20)	品德學堂-承擔精神- CMN (Homeroom)	My Life Planning Portfolio - CRD (LT)		
25/11/2025	Class building+ FT sharing 1 (Love & Hope Centre)	Music 1 (CSNO: odd no.) (Music Rm) 升旗隊訓練體驗課 - CMN (CSNO: even no.) Rm 421-423) (15:20 – 16:20)	品德學堂-承擔精神 - CMN (Homeroom)	齊齊享 BOOK 1 - ACD (Homeroom)	

Remarks: * Form Teacher / Assembly lessons end after 15:55.

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

Date	Class				Time
	2A	2B	2C	2D	
3/11/2025	Career Awareness Development (I) - CRD (Homeroom)	Project Next: 數碼公民素養 – CMN (Homeroom)	賽馬會眾心行善(1)——義工推廣校園夥伴計劃- SVS (LT)* (15:20 – 16:10)		15:20 - 15:55
10/11/2025	Project Next: 數碼公民素養 – CMN (Homeroom)	Career Awareness Development (I) - CRD (Homeroom)	賽馬會眾心行善(2)——義工推廣校園夥伴計劃- SVS (LT)* (15:20 – 16:10)		15:20 - 15:55
17/11/2025	「生活事件」-個人成長及健康生活—網絡謊言 – CMN (Homeroom)				13:00 – 13:30
24/11/2025	「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(1) – CMN (Hall)* # (15:20 – 16:00)	Class building + Teacher Sharing 1 (Love & Hope Centre)	Project Next: 數碼公民素養 – CMN (Homeroom)	15:20 - 15:55

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