



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：

P25097

Arrangement on Form Teacher / Assembly Lessons (January 2026)

班主任課安排(二零二六年一月)

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 January 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(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

19th December 2025 二零二五年十二月十九日



Po Leung Kuk Lo Kit Sing (1983) College

F1 – F6 Form Teacher Period / Hall Assembly (January 2026)

Date	Hall Assembly	Form Teacher Period	Time
9/1/2026	F6 Mock Interview Workshop – CRD - Interview Talk (Hall) - Mock Interview (Classrooms)	/	14:40- 17:00
16/1/2026	F3 – F5 即食戀愛- Health & Sex Ed (Hall) F6 Non-JUPAS Admission Talks – CRD (2 nd Hall & Classrooms)	F1 吸煙多面睇 – CMN F2 超凡學生閱讀計劃: 新超凡學生手 記 1(第一章至第六章) – CMN	14:40 - 15:30
23/1/2026	F5 JUPAS Workshop (I) – Writing Workshop – CRD (Hall)	F1 感恩(II):第二節:「我」訊息 - CMN F3 超凡學生閱讀計劃 -1 系統性的成長 - CMN F4 超凡學生閱讀計劃: 新超凡學生手 記 3 – CMN	
30/1/2026	F1 – F2 ”錢家有道” – 理財觀念 – GCD F1: Homeroom (Zoom) F2: Hall F4 AI 與資訊真偽辨識 – ACD (2 nd Hall)	F3AB 超凡學生閱讀計劃: 新超凡學生 手記 2 – CMN F3C Class building + Teacher Sharing 1 (Love & Hope Centre) F3D 齊齊享 BOOK - ACD F5 敘事取向. 人生目標心靈拼貼/成長 生命線 – GCD	

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

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F1 Supplementary Form Teacher Period / Hall Assembly (January 2026)

Date	Class				Time
	1A	1B	1C	1D	
20/1/2026	「開卷有益」 - CMN (Homeroom)	Music 2 (CSNO: odd no.) (Music Rm) 升旗隊訓練體驗課 - CMN (CSNO: even no.) (新翼天台)* (15:20 – 16:20)	品德學堂-尊重他人- CMN (Homeroom)	「開卷有益」 - CMN (Homeroom)	15:20 - 15:55
27/1/2026	品德學堂-尊重他人- CMN (Homeroom)	齊齊享 BOOK 1 - ACD (Homeroom)	Class building+ FT sharing 1 (Love & Hope Centre)	Music 2 (CSNO: odd no.) (Music Rm) 升旗隊訓練體驗課 - CMN (CSNO: even no.) (新翼天台)* (15:20 – 16:20)	

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

F2 Supplementary Form Teacher Period / Hall Assembly (January 2026)

Date	Class				Time
	2A	2B	2C	2D	
19/1/2026 mock exam	齊齊享 BOOK 1 - ACD (Homeroom)	中華文化:足毬(2) – CMN (Hall)* (15:20 -16:00)	Project Next: 數碼公民素養 – CMN (Homeroom)	齊齊享 BOOK 1 - ACD (Homeroom)	15:20 - 15:55
26/1/2026 mock exam	「和諧校園--尊重友愛 拒絕欺凌」_ 認識個別差異 – CMN (Homeroom)	Project Next: 解構區塊鏈 - CMN (Homeroom)	「和諧校園--尊重友愛 拒絕欺凌」_ 認識個別差異 - CMN (Homeroom)	「和諧校園--尊重友愛 拒絕欺凌」_ 平等尊重_人人平等 - CMN (Homeroom)	

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