



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,

P25135

各位家長：

**Arrangement on Form Teacher / Assembly Lessons (February 2026)**

**班主任課安排(二零二六年二月)**

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 February 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(二月時間表)。

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

30<sup>th</sup> January 2026 二零二六年一月三十日

Po Leung Kuk Lo Kit Sing (1983) College

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

Date	Hall Assembly	Form Teacher Period	Time
6/2/2026	F1 – F3 友好協進會講座: 國家經濟(金融、貿易)形勢與高質量發展- CES (Hall)	F5 家傳之「簿」- SAD (15:20 – 15:30) + 超凡學生閱讀計劃 - 3 夢想與目標 - CMN	14:40 -
	F4 高中學制多元出路講座 – CRD (2 <sup>nd</sup> Hall)	F6 Student Profile – Form Co + 家傳之「簿」- SAD (15:20 – 15:30)	
27/2/2026	F1 – F2 全校園健康計劃 -溝通篇 – CMN (Hall)	F3ABC 齊齊享 BOOK - ACD (Homeroom)	-
	F3D Class building + Teacher Sharing 1 (Love & Hope Centre)	F4 超凡學生閱讀計劃 -1 發現自己(上) - CMN	
	F5 AI 與資訊真偽辨識 – ACD (2 <sup>nd</sup> Hall)		

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

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

Date	Class				Time
	1A	1B	1C	1D	
3/2/2026	Music 2 (CSNO: odd no.) (Music Rm)	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)	15:20 -
	升旗隊訓練體驗課 - CMN ( CSNO: even no.) (新翼天台)* (15:20 – 16:20)				
10/2/2026	STEAM Workshop – Sci Dept (Hall)				

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

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

Date	Class				Time
	2A	2B	2C	2D	
2/2/2026	Project Next: 解構區塊鏈 - CMN (Homeroom)	齊齊享 BOOK 2 - ACD (Homeroom)	齊齊享 BOOK 2 - ACD (Homeroom)	「和諧校園--尊重友愛 拒絕欺凌」 – 認識個別差異 - CMN (Homeroom)	15:20 -
9/2/2026	中華文化:足毬(1) – CMN (Hall)* (15:20 -16:00)	Class building + Teacher Sharing 1 (Love & Hope Centre)	超凡學生閱讀計劃 -1 學習的意義 - CMN (Homeroom)	Project Next: 解構區塊鏈 - CMN (Homeroom) (iPad)	

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