



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：

P25142

Arrangement on Form Teacher / Assembly Lessons (March 2026)

班主任課安排(二零二六年三月)

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 March 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(三月時間表)。

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

27th February 2026 二零二六年二月二十七日

Po Leung Kuk Lo Kit Sing (1983) College

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

Date	Hall Assembly	Form Teacher Period	Time
6/3/2026	F1 -F2 「用故宮建築打開中國建築之精與美」互動講座 – Chi History (Hall)* (14:40 – 15:40) F3 Panel Head Subject Selection Talk (I) – CRD (2 nd Hall)	F4 HYC Career workshop: CLAP 工具及生涯適應力 - CRD F5 超凡學生閱讀計劃 -4 積極的等待 - CMN	
13/3/2026	F1 - F2 抗賭劇場 (平和) - DD (Hall) F3 Panel Head Subject Selection Talk (II) – CRD (2 nd Hall) F4D Class building + Teacher Sharing 1(Love & Hope Centre)	F4AB 敘事取向 . 人生目標心靈拼貼/成長生命線 – GCD (Homeroom) F4C PolyU Admission Talk – CRD F5 超凡學生閱讀計劃 -5 持續的成長 - CMN	14:40 -15:30
20/3/2026	F1 – F2 預防成癮工作坊 - GCD (Hall) F3 分手處理 – Health & Sex Education (Boys: Rm421 – 423; Girls: LT) F4AB 同心抗逆 -GCD (2 nd Hall) F4C Class building + Teacher Sharing 1 (Love & Hope Centre)	F4D HKMU Nursing and Healthcare Information Session – CRD F5 「生活事件」-學校生活—「不怕面對公開考試」 - CMN	14:45 -15:30
27/3/2026	F1 AI 與資訊真偽辨識 – ACD (2 nd Hall) F2 男女身體界線 – Health & Sex Education (Boys: Rm421 – 423; Girls: LT) F3 訂立目標 自我探索 - GCD(Hall) F4B Class building + Teacher Sharing 1 (Love & Hope Centre)	F4A HKIE – Get Ready to be an Engineer – CRD F4CD 敘事取向 . 人生目標心靈拼貼/成長生命線 – GCD (Homeroom) F5 「生活事件」-個人成長及健康生活—未來誰作主? - CMN	

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

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

Date	Class				Time
	1A	1B	1C	1D	
3/3/2026	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)	品德學堂-尊重他人-CMN (Homeroom)	15:20 -15:55
10/3/2026	品德學堂-團結-CMN (Homeroom)	齊齊享 BOOK 2 -ACD (Homeroom)	Class building+ FT sharing 2 (Love & Hope Centre)	Music 3 (CSNO: even no.) (Music Rm) 升旗隊訓練體驗課 - CMN (CSNO: odd no.) (Rm 421-423)* (15:20 – 16:20)	
17/3/2026	Music 3 (CSNO: even no.) (Music Rm) 升旗隊訓練體驗課 - CMN (CSNO: odd no.) (Rm 421-423)* (15:20 – 16:20)	品德學堂-團結 - CMN (Homeroom)	齊齊享 BOOK 2 - ACD (Homeroom)	Class building + FT sharing 2 (Love & Hope centre)	
24/3/2026	Class building + FT sharing 2 (Love & Hope Centre)	Music 3 (CSNO: even no.) (Music Rm) 升旗隊訓練體驗課 - CMN (CSNO: odd no.) (rm 421-423)* (15:20 – 16:20)	品德學堂-團結 - CMN (Homeroom)	齊齊享 BOOK 2 - ACD (Homeroom)	

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

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

Date	Class				Time
	2A	2B	2C	2D	
9/3/2026	中華文化:足毬(2) – CMN (Hall)* (15:20 – 16:00)	「和諧校園--尊重友愛 拒絕欺凌」_平等尊重_人人平等 - CMN (Homeroom)	Project Next: 解構區塊鏈 – CMN (Homeroom)	超凡學生閱讀計劃 -1 學習的意義 - CMN (Homeroom)	15:20 -15:55
16/3/2026	Project Next: 區塊鏈的危與機 – CMN (Homeroom)	「和諧校園--尊重友愛 拒絕欺凌」_認識個別差異 - CMN (Homeroom)	中華文化:足毬(1) – CMN (Hall)* (15:20 – 16:00)	Class building + Teacher Sharing 1 (Love & Hope Centre)	
23/3/2026	齊齊享 BOOK 2 - ACD (Homeroom)	Project Next: 區塊鏈的危與機 – CMN (Homeroom)	中華文化:足毬(2) – CMN (Hall)* (15:20 – 16:00)	齊齊享 BOOK 2 - ACD (Homeroom)	

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