



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：

P25173

**Arrangement on Form Teacher / Assembly Lessons (May - June 2026)**

**班主任課安排 (二零二六年五月至六月)**

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 May-June 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(五月至六月時間表)。

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> April 2026 二零二六年四月三十日

**Po Leung Kuk Lo Kit Sing (1983) College**

**F1 – F6 Form Teacher Period / Hall Assembly (May - June 2026)**

<b>Date</b>	<b>Hall Assembly</b>	<b>Form Teacher Period</b>	<b>Time</b>
8/5/2026	Sci Show biz	/	14:40 -15:30
15/5/2026	F1 The End Child Sexual Abuse Foundation (ECSAF) Workshop - Sex & Health Dept (Rm 421 – 423) F4 - F5 無毒青年友出路計劃 - 教育講座 - DD (Hall)	F2 HYC Career Workshop: Career Personality Analysis - CRD F3 無藥一樣 COOL - CMN	
22/5/2026	F1 – F3 互動話劇：自然保育及生態多樣性 - Environmental Ed (Hall)*(14:40 – 15:40)	F4 Career Awareness Development (II) - CRD F5 Career Awareness Development (II) - CRD	
29/5/2026	F1 – F2 全校園健康計劃 – 健康篇 - CMN (Hall) F5 HYC Career Planning and Multiple Pathways Workshop - CRD (2 <sup>nd</sup> Hall)	F3 Career Awareness Development (II) - CRD F4 超凡學生閱讀計劃 -2 發現自己(下) - CMN	
2/6/2026 (Tue as Fri)	F1 – F2 互動劇場-尊重互聯網上的知識產權 - CMN (Hall)	F3 超凡學生閱讀計劃 -3 培養高度的自省能力 - CMN F4 「生活事件」-個人成長及健康生活—壓力我不怕 - CMN F5 「生活事件」-個人成長及健康生活—為誰生活為誰忙 - CMN	

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

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**F1 Supplementary Form Teacher Period / Hall Assembly (May 2026)**

Date	Class				Time
	1A	1B	1C	1D	
5/5/2026	Self-understanding & Career Planning - CRD (Homeroom)	Music 4 (CSNO: even no.) (Music Rm) 升旗隊訓練體驗課 - CMN ( CSNO: odd no.) (新翼天台)* <b>(15:20 – 16:20)</b>	品德學堂 - 仁愛、孝 - CMN (Homeroom)	Self-understanding & Career Planning - CRD (Homeroom)	15:20 -15:55
12/5/2026	Career Awareness Development (II) - CRD (Rm 421-423)	Career Awareness Development (II) - CRD (Rm 421-423)	Music 4 (CSNO: even no.) (Music Rm) 升旗隊訓練體驗課 - CMN ( CSNO: odd no.) (新翼天台)* <b>(15:20 – 16:20)</b>	品德學堂 - 仁愛、孝 - CMN (Homeroom)	
19/5/2026	F1 全校園健康計劃 - 人際篇 - CMN (Hall)* <b>(15:20 – 16:05)</b>				
26/5/2026	品德學堂 - 國民身份認同 - CMN (Homeroom)				

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

**F2 Supplementary Form Teacher Period / Hall Assembly (May - June 2026)**

Date	Class				Time
	2A	2B	2C	2D	
4/5/2026	超凡學生閱讀計劃 - 3 時間管理 (下) 時間的季節 - CMN (Homeroom)	Project Next: 虛擬人生體驗活動 - CMN(Homeroom)	Career Awareness Development (II) - CRD(Homeroom)	超凡學生閱讀計劃 - 3 時間管理 (下) 時間的季節 - CMN (Homeroom)	15:20 -15:55
11/5/2026	超凡學生閱讀計劃 - 4 學習的四大週期 - CMN (Homeroom)	Career Awareness Development (II) - CRD(Homeroom)	超凡學生閱讀計劃 - 4 學習的四大週期 - CMN (Homeroom)	Project Next: 虛擬人生體驗活動 - CMN(Homeroom)	
18/5/2026	Career Awareness Development (II) - CRD(Homeroom)	超凡學生閱讀計劃 - 4 學習的四大週期 - CMN (Homeroom)	Project Next: 虛擬人生體驗活動 - CMN(Homeroom)	超凡學生閱讀計劃 - 4 學習的四大週期 - CMN (Homeroom)	
1/6/2026	F2 Inter-Class STEM Competition - Sci Dept (Hall)				

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