



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：

P26013

Arrangement of Form Teacher / Assembly Lessons (Sept 2026)
班主任課安排 (2026 年 9 月)

We would like to inform you that all classes will have a Form Teacher/Assembly lesson during Period 8 every Friday. In addition, Form 1 and Form 2 students will have an additional Form Teacher/Assembly lesson during Period 9 on Tuesdays and Mondays respectively. Please refer to the information on the following page for details of the September timetable.

本校全體學生於每星期五第八節進行班主任課/集會課。此外，中一及中二學生分別於星期二及星期一第九節進行額外班主任課/集會課。有關九月份時間表詳情，請參閱後頁資料。

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
3rd September 2026 二零二六年九月三日

Arrangement of Form Teacher / Assembly Lessons (Sept 2026)

班主任課安排 (2026 年 9 月)

Form 1-5, Period 8 (2:40-3:30) on Friday 中一至中五，星期五第 8 課節

Date 日期	Form 班級	Activity 活動	Venue 地點	Extended LessonTime 延長課時
11/9/2026	Form 1	Joyful Theatre-The Anxious Generation 希戲劇場-手機成癮主題到校論壇劇場演出<失控的焦慮世代>	Hall 禮堂	2:40-4:00
	Form 2			
	Form 3	SSW-The Positivity Formula: Mindset, Emotion, and Character 《正向方程式：思維、情緒與品格》	2 nd Hall 第二禮堂	---
	Form 4	HYC - Career Workshop 學友社 - 時間及目標管理工作坊	Home Room 課室	---
	Form 5	Parade of PLK charity programs 保良局慈善活動巡禮	Home Room 課室	---
	Form 6	Preparation for DSE 定立溫習時間表	Home Room 課室	---
25/9/2026	All Forms	House AGM 四社大會	Hall/2ndHall/Rm 421-423 /BasketballCourt 禮堂/第二禮堂 /421-423 室/籃球場	---

Form 1, Period 9 (3:20-3:55) on Tuesday 中一，星期二第 9 課節

Date 日期	Form 班級	Activity 活動	Venue 地點	Extended LessonTime 延長課時
8/9/2026	Form 1	Unlocking S1: Goal Setting 解鎖中一新生活：定立目標	Hall 禮堂	---
15/9/2026	Form 1	Unlocking S1:Time Management Essentials 解鎖中一新生活：時間解碼	Hall 禮堂	---
22/9/2026	1A, 1C	Career Awareness Development (1)	Home Room 課室	---
	1B, 1D	eRead 「開卷有益」-初心集	Home Room 課室	---
29/9/2026	Form 1	Parade of PLK charity programs 保良局慈善活動巡禮	Home Room 課室	---

Form 2, Period 9 (3:20-3:55) on Monday 中二，星期一第 9 課節

Date 日期	Form 班級	Activity 活動	Venue 地點	Extended LessonTime 延長課時
7/9/2026	Form 2	Parade of PLK charity programs 保良局慈善活動巡禮	Home Room 課室	---
14/9/2026	Form 2	Form Teacher(s) Sharing	Home Room 課室	---
28/9/2026	Form 2	Career Awareness Development (I)	Home Room 課室	---