



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

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Dear Parents,
各位家長：

P26039

S.2 “Learn, Grow, Excel” Enhancement Programme
中二級「向上力行·擇善成長」提升計劃

During adolescent development, students often face various challenges, including personal growth, interpersonal communication, career orientation, and academic adaptation. To provide precise support for the learning and holistic development of Secondary 2 students, the English Department and the Career and Life Planning Department of our school have collaborated with the Tsuen Wan Christian Grace Chapel to launch the S.2 “Learn, Grow, Excel” Enhancement Programme in the first term.

Moving away from traditional classroom models, this programme features a team of professional instructors from diverse fields. Through interactive group activities, scenario training, and thematic discussions, the programme guides students to achieve personal growth and breakthroughs across physical, mental, social, and spiritual dimensions.

Each session is structured into two main parts:

1. Part 1 (14:00 – 15:00, Learn & Grow): Students may choose either ‘Leadership Training’ or ‘English Enhancement’ based on their personal interests and career planning needs.
2. Part 2 (15:00 – 16:30, Grow & Excel): Students from both groups gather for joint positive values discussions and team-building activities.

Please refer to the table below for full details of the programme.

We cordially invite parents to encourage your children to participate in this programme. Please complete and sign the reply slip via the eClass system on or before **23rd September 2026 (Wednesday)**. If the number of applicants exceeds the quota, places will be allocated by ballot. The admission list will be announced via eClass on **25th September 2026 (Friday)**.

For any inquiries regarding this programme, please contact the programme coordinator, Vice-Principal Mr Kwan Lap Sun at 2497 7110.

青少年在成長過渡期，常面臨個人成長、人際溝通、生涯定位及學業適應等多方面的考驗。為精準支援本校中二級同學的學習及全人成長發展，本校英文科、生涯規劃組特別與「基督教基恩會荃灣堂」跨界別合作，於本學期推行中二級「向上力行·擇善成長」提升計劃。

是項計劃打破傳統課室學習模式，特別邀請來自不同專業領域的優秀導師團隊，透過小組互動、情境演練及專題討論，引導學生在「身、心、社、靈」各方面獲得全人成長與突破。

每節活動分為兩大部分：

1. 第一部分 (14:00 – 15:00, 向上力行)：學生可按興趣及生涯規劃，自由選擇「領袖訓練班」或「英語提升班」。
2. 第二部分 (15:00 – 16:30, 擇善成長)：兩組學員共同參與正向價值討論及團隊建立活動。

<To be continued, please see attached 未完，請見附頁>

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

17th September 2026 二零二六年九月十七日



計劃內容詳情，請參閱下表。

誠邀 貴家長鼓勵 貴子弟踴躍報名參加。請於 **2026 年 9 月 23 日（星期三）** 或以前，透過 eClass 電子通告系統填寫回條。若報名人數超出限額，將以抽籤方式決定取錄名單。入選名單將於 9 月 25 日（星期五）透過 eClass 系統公布。

如對是項計劃有任何查詢，歡迎致電本校 2497 7110 與項目統籌關立新副校長聯絡。

Details of the Programme 計劃詳情

Service Provider 服務機構	Tsuen Wan Christian Grace Chapel (Partner of our school's Character Academy) 基督教基恩會荃灣堂 (本校品德學堂協作夥伴機構)	
Venue 活動地點	5/F, Far East Centre, 135-143 Castle Peak Road, Tsuen Wan (Tsuen Wan Far East Retraining Centre) 荃灣青山公路 135-143 號遠東中心 5 樓 (荃灣遠東再培訓中心)	
Participants 參加對象	Our S.2 Students 本校中二同學	
Event dates 活動日期	3 rd October 2026 – 26 th December 2026 (Every Saturday, 13 sessions in total) 2026 年 10 月 3 日至 12 月 26 日(逢星期六，共 13 節)	
Event time 活動時間	14:00 – 16:30	
Part 1 第一部份: 14:00 – 15:00 Learn & Grow (Choose 1) 向上力行 (二選一)	Group A (Quota: 30): Leadership Training - Combines thematic holistic leadership development to enhance emotional management, crisis handling, critical thinking, and engineering logic skills for early career and life planning. A 組 (名額 30 人)：領袖訓練 - 結合主題式全人領袖培育，鍛鍊情緒管理、危機處理、明辨性思維及工程邏輯，為未來職場與人生規劃作早期啟蒙。	Group B (Quota: 15): English Enhancement - Strengthens English listening, speaking, reading, and writing skills in an encouraging environment, building cross-cultural communication confidence through real-life scenarios. B 組 (名額 15 人)：英語提升 - 在輕鬆且富鼓勵性的學習氛圍中，透過日常情境對話及主題討論，全面強化學生的英語聽說讀寫能力與跨文化溝通自信。
Part 2 第二部份: 15:00 – 16:30 Mandatory (Joint session) 必修 (合班參與)	Grow & Excel: Engaging in joint positive values discussions and team-building activities to foster peer support networks and promote holistic development across mind, body, social, and spiritual dimensions. 擇善成長： 透過正向價值討論及團隊建立活動，建立同儕支持網絡，落實「身、心、社、靈」的全人成長。	
Instructors 導師團隊	English tutors with university degrees, former registered social workers, former university professors, former disciplined services supervisors, accountants, corporate HR managers, registered medical practitioners, registered Chinese medicine practitioners, and civil engineers 具大學學位英語導師、前註冊社工、前大學教授、前紀律部隊主管、會計師、企業人力資源部門管理人員、註冊西醫、註冊中醫師、土木工程師	
Rewards and evaluations 獎勵及評核	Certificate of Completion: Students with an attendance rate of 80% or above will be awarded an official certificate of completion. Outstanding Recognition: Instructors will select outstanding students to receive special recognition and recommendation letters. 結業證書：出席率達 80% 或以上之學員，將獲頒發正式結業證書。 優異嘉許：導師團隊選出表現優異之學員，獲發特別嘉許及推薦信。	

E-class Reply Slip

電子通告回條

I acknowledge the receipt of the circular concerning the S.2 “Learn, Grow, Excel” Enhancement Programme.

本人已知悉 貴校來函有關中二級「向上力行·擇善成長」提升計劃事宜。

- ☐ **I DO NOT** agree to my child participating in this Programme.
不同意本人子弟參加上述計劃。
- ☐ I agree to my child participating in this Programme and select ONE of the following options in Part 1:
同意本人子弟參加上述計劃，並在第一部份選擇以下專題(二選其一)：
 - ☐ Group A: Leadership Training (Quota: 30)
A 組：領袖訓練(名額：30 人)
 - ☐ Group B: English Enhancement (Quota: 15)
B 組：英語提升(名額：15 人)