



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

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Dear Parents,

P26070

各位家長：

Arrangement of Form Teacher / Assembly Lessons (NOV 2026)

班主任課安排 (2026 年 11 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 attached appendix for details of the November 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。有關十一月份時間表，詳見附件。

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

23rd October 2026 二零二六年十月二十三日



Appendix : Arrangement of FT/Assembly Lessons (NOV)

附件: 班主任安排 (十一月)

Arrangement of Form Teacher / Assembly Lessons (NOV 2026)

班主任課安排 (2026 年 11 月)

Form 1-6, Period 8 (2:40-3:30) on Friday 中一至中六，星期五第 8 課節

Date 日期	Form 班級	Activity 活動	Venue 地點	Extended Lesson Time 延長課時
6/11/2026	F1-3	EMSD "Cherish Electricity, Live Green" Energy Saving Promotion Programme – Energy Efficiency and Carbon Reduction Seminar 機電工程署「惜電生活」齊節能推廣計劃 - 能源效益及節能減碳講座 - Environment Education	Hall 禮堂	---
	F4	LPD Education Foundation 生命教育基金會、eRead 開卷有益-新超凡學生手記 3 - CMN, LIB	Home Room 課室	---
	5A, 5B, 5C	LPD Education Foundation 生命教育基金會「超凡學生閱讀計劃」(3) 夢想與目標 - CMN	Home Room 課室	---
	5D	Class Building & FT Sharing - GCD	Love & Hope Center	---
	F6	Stress Management Workshop - GCD	Home Room 課室	---
13/11/2026	F1	Gift-making for S6 students「預祝摘星」：中六手作加油禮物篇 - GCD	Home Room 課室	---
	2A, 2C	eRead 開卷有益-《新超凡學生手記 1》- CMN, LIB	Home Room 課室	---
	2B, 2D	My Life Planning Portfolio - CRD	Room 421-423 421-423 室	---
	F3	HYC-Subject Selection Workshop 學友社-中三升中四選科工作坊 - CRD	Home Room 課室	---
	F4-F6	HKU School Talk - CRD	Hall 禮堂	---
20/11/2026	F1	The Law Society of Hong Kong - Computer and Internet Literacy 香港律師會-電腦及網上罪行 - DD	Home Room 課室 (Broadcast)	---
	F2		2 nd Hall 第二禮堂	---
	3A	Form Teacher(s) Sharing & 回歸 30 周年教育局「心繫家國活動」：太空任務標誌設計- Form Co, VA	Home Room 課室	---
	3B	Class Building & FT Sharing - GCD	Love & Hope Center	---
	3C	Student Sharing on Subject Selection - CRD	Home Room 課室	---
	3D	LPD Education Foundation 生命教育基金會、eRead 開卷有益-《超凡學生手記 2》- CMN, LIB	Home Room 課室	---
	F4-F6	CUHK School Talk - CRD	Hall 禮堂	---
27/11/2026	F1	EDB 教育局 - 感恩(II)：第一節「一切很美，只因有您」 - CMN	Home Room 課室	---
	F2	EDB 教育局「和諧校園--尊重友愛 拒絕欺凌」(1) 平等尊重_人人平等 - CMN	Home Room 課室	2:40-3:40
	F3	Career Awareness Development (I) - CRD	Home Room 課室	---
	F4	同心抗逆 - GCD	2 nd Hall 第二禮堂	---
	5A	Class Building & FT Sharing - GCD	Love & Hope Center	---
	5B, 5C, 5D	LPD Education Foundation 生命教育基金會「超凡學生閱讀計劃」(4) 積極的等待 - CMN	Home Room 課室	---
	F6	Form Teacher(s) Sharing & 回歸 30 周年教育局「心繫家國活動」：太空任務標誌設計- Form Co, VA	Home Room 課室	---

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 Lesson Time 延長課時
3/11/2026	1A	Cheung Hong Baptist Church, Tsuen Wan Christian Grace Chapel-Character Building Academy 長康浸信會、基恩會荃灣堂 - 品德學堂 (1) 承擔精神 Commitment - SLE	Home Room 課室	---
	1B	(Even number) Music Lesson 1 音樂課 1 - MU/MA (Odd number) 國家儀典文化體驗活動 1 - CMN	Music Room / Room 421-423 音樂室 / 421-423 室	3:20-4:20 (For odd number only)
	1C	Class Building & FT Sharing - GCD	Love & Hope Center	---
	1D	正向方程式：思維、情緒與品格 (1) - GCD	Home Room 課室	---
10/11/2026	F1	Mind HK 香港心聆 Youth Mental Health 101 for Students - GCD	Hall 禮堂	3:20-4:20
17/11/2026	1A	正向方程式：思維、情緒與品格 (1) - GCD	Home Room 課室	---
	1B	Cheung Hong Baptist Church, Tsuen Wan Christian Grace Chapel-Character Building Academy 長康浸信會、基恩會荃灣堂 - 品德學堂 (1) 承擔精神 Commitment - SLE	Home Room 課室	---
	1C	(Even number) Music Lesson 1 音樂課 1 - MU/MA (Odd number) 國家儀典文化體驗活動 1 - CMN	Music Room / Room 421-423 音樂室 / 421-423 室	3:20-4:20 (For odd number only)
	1D	Class Building & FT Sharing - GCD	Love & Hope Center	---
24/11/2026	1A	Class Building & FT Sharing - GCD	Love & Hope Center	---
	1B	正向方程式：思維、情緒與品格 (1) - GCD	Home Room 課室	---
	1C	Cheung Hong Baptist Church, Tsuen Wan Christian Grace Chapel-Character Building Academy 長康浸信會、基恩會荃灣堂 - 品德學堂 (1) 承擔精神 Commitment - SLE	Home Room 課室	---
	1D	(Even number) Music Lesson 1 音樂課 1 - MU/MA (Odd number) 國家儀典文化體驗活動 1 - CMN	Music Room / Room 421-423 音樂室 / 421-423 室	3:20-4:20 (For odd number only)

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 Lesson Time 延長課時
2/11/2026	2A	Chinese Culture : Chinese Shuttlecock 中華文化：足毽 (2) - CMN	Hall 禮堂	---
	2B	LPD Education Foundation 生命教育基金會「超凡學生閱讀計劃」(1) 學習的意義 - CMN	Home Room 課室	---
	2C	Cheung Hong Baptist Church, Tsuen Wan Christian Grace Chapel-Character Building Academy 長康浸信會、基恩會荃灣堂-品德學堂 (1) 堅毅、勤勞 Perseverance & Diligence - SLE	Home Room 課室	---
	2D	Class Building & FT Sharing - GCD	Love & Hope Center	---
9/11/2026	F2	Hong Kong Resource Centre for Heritage-"Mobile ICH" School Programme 香港文化古蹟資源中心 - 非遺大舞台 -CMN, CH	Hall 禮堂	---
23/11/2026	2A	LPD Education Foundation 生命教育基金會「超凡學生閱讀計劃」(1) 學習的意義 - CMN	Home Room 課室	---
	2B	Chinese Culture : Chinese Shuttlecock 中華文化：足毽 (1) -CMN	Hall 禮堂	---
	2C	正向方程式：思維、情緒與品格 - GCD	Home Room 課室	---
	2D	Cheung Hong Baptist Church, Tsuen Wan Christian Grace Chapel-Character Building Academy 長康浸信會、基恩會荃灣堂 - 品德學堂 (1) 堅毅、勤勞 Perseverance & Diligence - SLE	Home Room 課室	---
30/11/2026	2A	Cheung Hong Baptist Church, Tsuen Wan Christian Grace Chapel-Character Building Academy 長康浸信會、基恩會荃灣堂-品德學堂 (1) 堅毅、勤勞 Perseverance & Diligence - SLE	Home Room 課室	---
	2B	Chinese Culture : Chinese Shuttlecock 中華文化：足毽 (2) - CMN	Hall 禮堂	---
	2C	Class Building & FT Sharing - GCD	Love & Hope Center	---
	2D	正向方程式：思維、情緒與品格 - GCD	Home Room 課室	---