



二零二五至二零二六年度 十二月份學校通告

敬啟者：

現有以下重要事項，敬希 台端垂注，並加配合，以收學校與家庭雙軌教育之效。

一、全校旅行日

本校將於二零二五年十二月十五日(星期一)舉辦全校旅行日，旨在聯繫師生情誼，並讓學生舒展身心。現附上各班之旅行地點及詳情(見附件一)。

注意事項：

1. 旅行日為正常上課天，全體學生必須參與，如因特別情況未能出席，必須事前提交家長信作申請。
2. 學生當日應穿著整齊服飾。
3. 如旅行當天天文台於早上六時三十分前宣佈懸掛任何熱帶氣旋警告、紅色或黑色暴雨警告，旅行則取消。除非教育局宣佈當天停課，否則所有學生需帶備書本回校如常上課。
4. 旅行當天，如遇身體不適，請家長在集合時間前致電學校請假。
5. 中一及中二級同學會由學校安排旅遊巴往返旅行地點，中三至中六級同學則自行到達集合地點集合。

如對全校旅行日有任何查詢，歡迎致電本校與陳沛聰副校長聯絡。

二、中一至中五級上學期考試及中六級模擬考試

本校將於 二零二六年一月七日(星期三)至一月二十日(星期二) 舉行中一至中五級上學期考試，中六級模擬考試則於 二零二六年一月七日(星期三)至一月二十三日(星期五) 舉行，現附上「考試範圍」(見附件二)。敬希 閣下督促 貴子弟勤加溫習，爭取佳績。

考試進行期間，學生須於上午 8:05 前返抵學校。如只須應考第二節，學生須於該節開考前二十分鐘返抵學校。如當天沒有考試，毋須回校。現附上「各級考試時間表」(見附件三)，敬請細閱。

學生必須嚴格遵守各項考試規則(請參閱學生手冊第 8-9 頁)，違規者將被處分。有關全學年持續性評估、測驗及考試分數比例可參閱九月份通告。

三、高中選修科簡介會(中三級)

本校已於十月份發放校本《高中選科手冊》的電子版，讓同學有充足時間了解各選修科的內容。為進一步說明各科主任如何在高中階段協助同學提升文憑試成績，以及回應同學在選科方面的疑問，本校將安排中三級全體學生於二零二六年一月三十日(星期五)下午三時十分在本校禮堂出席上述簡介會。活動預計於下午四時三十分結束，屆時學生將於校內解散。

四、賽馬會「家長聊闊空間」計劃

賽馬會「家長聊闊空間」計劃是一項由香港賽馬會慈善信託基金資助，並由五間非政府機構（包括：香港小童群益會、香港明愛、香港青年協會、香港青少年服務處及聖雅各福群會）聯同聖方濟各大學合辦，一項為期三年（2025-2028）的家長支援服務。本計劃是一個全方位支援計劃，透過線上與線下多種渠道，為家長提供靈活而方便的支援服務，照顧不同處境下的家庭需要，提升及培養其個人能力及信心，並促進學童的精神健康。有關計劃詳情，見附件四。

五、學生意外保險及索償事宜

於九月份之通告中已提及，本校已為全校學生購買意外醫療保險，如學生於進行認可之學校活動期間發生意外須接受醫療診治(必須為註冊中、西醫)，便可申請索償醫療開支，惟申請成功與否以保險公司最終審批結果為準。現特此提醒，如學生需要索償保險，必須於意外發生後兩個上課天內，向學校提交受傷當日的醫生證明，以便學校轉交嗇色園辦理相關申請。

六、學校活動日


二零二五年十二月十九日(星期五)為學校活動日，學生須於早上八時三十分或之前返抵學校。學生可以穿着端裝整齊的便服回校，放學時間為下午十二時四十五分。如對活動日有任何查詢，歡迎致電本校與潘文讚老師聯絡。

有關上述各項通告，台端如有疑問，歡迎致電本校校務處查詢。

此致
貴家長 / 監護人



嗇色園主辦可立中學校長

 謹啟
(黎洛琪校長)

二零二五年十一月二十七日

十二月份 學校通告

[請於十二月八日或之前簽妥回條]

【回 條】

敬覆者：

頃閱來函，已知悉下列各項通告事宜，本人定當予以配合：

- 一、全校旅行日
- 二、中一至中五級上學期考試及中六級模擬考試
- 三、高中選修科簡介會 (中三級)
- 四、賽馬會「家長聊闊空間」計劃
- 五、學生意外保險及索償事宜
- 六、學校活動日

此覆

喬色園主辦可立中學校長

家長姓名：_____ 簽署：_____

學生姓名：_____ 班別：_____ 班號：_____

日期：_____



2025-2026 Circular December 2025

27th November 2025

Dear Parents / Guardians,

I would like to draw your attention to the following arrangements:

1. School Picnic

The school picnic will be held on **15th December 2025 (Monday)**. The purpose is to foster teacher-student relationship and to allow students to enjoy activities outside the classroom. Please refer to the attachment for details of the program. Please return the reply slip, on or before 8th December 2025 (Monday).

Reminders for the school picnic:

1. School picnic is a normal school day. All students should attend. If a student cannot participate in the picnic, a parent's letter is required for school approval.
2. All students should be properly dressed.
3. The picnic will be cancelled if the Tropical Cyclone Warning Signal, Red or Black Rainstorm Warning Signal is hoisted by the Hong Kong Observatory before 6:30 a.m. that day. In such a case, all students have to attend classes as usual at school unless the Education Bureau makes the class suspension announcement.
4. Parents who wish to apply for a sick leave for the students are kindly requested to call the school before the scheduled time of assembly that day.
5. The school will arrange transportation by coaches for S.1 and S.2 students. S.3 to S.6 students have to arrive at the place of assembly by themselves.

Should you have any enquires regarding the activity, please do not hesitate to contact Mr. Chan Pui-chung, Vice Principal.

2. Arrangement for S.1 to S.5 First Term Examination and S.6 Mock Examination

The First Term Examination for **S.1 to S.5 students** will be held from **7th to 20th January, 2026**. **S.6 Mock Examination** will be held from **7th to 23rd January, 2026**. Please refer to *Annex II* for the Examination coverage. Please urge your child to study hard and strive for the best results.

During the examination period, students are to return to school no later than 8:05 a.m. **For students who have examination only in the second session, they are required to return to school at least 20 minutes before the start of the examination.** Students do not need to return to school if no examinations are arranged on that day. Please refer to *Annex III* for the First Term Examination and S.6 Mock Examination Timetables.

All students have to strictly comply with the examination regulations (please refer to P.8-9 of the Student Handbook). A breach of them will lead to a penalty. For the weightings of continuous assessment, uniform tests and examinations, please refer to the September Circular.

3. Senior Secondary Elective Subject Briefing (Applicable to S,3 only)

In October, our school released the electronic version of the Senior Secondary Subject Selection Handbook, giving students sufficient time to familiarize themselves with the content of each elective subject. To further explain how subject panel heads can support students in improving their performance in the HKDSE during senior secondary years, and to address any questions students may have regarding subject selection, all Secondary 3 students will attend the briefing session on 30th January 2026 (Friday) at 3:10p.m. in the school hall. The event is expected to conclude at around 4:30p.m., after which students will be dismissed.

4. Jockey Club "Parent Chat Space" Program

The Jockey Club "Parent Chat Space" Program is funded by the Hong Kong Jockey Club Charities Trust and co-organized by five non-governmental organizations: the Hong Kong Children's Aid Society, Caritas Hong Kong, the Hong Kong Youth Association, the Hong Kong Youth Service, and the St. James' Settlement, along with St. Francis Xavier University. This three-year parent support service program, running from 2025 to 2028, aims to provide comprehensive support through various online and offline channels. It offers flexible and convenient services to meet the diverse needs of families in different situations, enhancing and nurturing their personal abilities and confidence, while also promoting the mental health of schoolchildren. For more details about the program, please refer to *Annex IV*.

5. Regarding insurance claims

As mentioned in the September Circular, the school has purchased accident insurance for all students. If any student is injured during school activities and needs to seek medical treatment, he/she can claim medical expenses if relevant medical certificates are provided by registered Chinese medicine practitioners or doctors. Whether the application for compensation is successful or not is subject to the final approval of the insurance company. Parents are reminded that if a student needs to file an insurance claim, they must provide the school with the medical certificate issued on the date of injury within two school days, so the school can forward the application to Sik Sik Yuen for follow-up.

6. School Activity Day

The School Activity Day will be held on **19th December, 2025 (Friday)**. Students should return to school by **8:30a.m.** They may wear **neat casual attire** to school. Dismissal time will be **12:45p.m.** If you have any inquiries regarding the Activity Day, please feel free to contact the teacher-in-charge, Mr. Poon Man-tsan, Timothy.

Should you have any enquiries, please do not hesitate to contact the school office.

Thank you very much for your kind attention.

Yours faithfully,



Ms. LAI Lok-ki
Principal

Reply Slip
(Please return the slip on or before 8th December 2025)

Date: _____

Dear Principal,

I fully understand the following circulars and the contents of which are noted.

1. **School Picnic**
2. **Arrangement for S.1 to S.5 First Term Examination and S.6 Mock Examination**
3. **Senior Secondary Elective Subject Briefing (Applicable to S.3 only)**
4. **Jockey Club "Parent Chat Space" Program**
5. **Regarding insurance claims**
6. **School Activity Day**

Parent's signature: _____

Student's name: _____

Student's class & class number: _____ ()

2025 – 2026 學校旅行地點：二零二五年十二月十五日 (星期一)

班別	旅行地點	集合時間	集合地點	預計解散時間	解散地點
S1	馬鞍山郊野公園	8:15 a.m.	可立中學	3:15 p.m.	可立中學
S2	大棠燒烤區	8:30 a.m.		3:30 p.m.	
3A	蝴蝶灣	8:45 a.m.	屯門站	3:45 p.m.	屯門站
3B	西九文化區	8:30 a.m.	九龍站	3:30 p.m.	九龍站
3C	黃金海岸	8:15 a.m.	可立中學	3:15 p.m.	可立中學
3D	黃金海岸	8:15 a.m.	可立中學	3:15 p.m.	可立中學
4A	赤柱	8:10 a.m.	中環交易廣場巴士總站	3:30 p.m.	中環交易廣場巴士總站
4B	赤柱	8:45 a.m.	中環交易廣場巴士總站	3:45 p.m.	中環交易廣場巴士總站
4C	赤柱	8:30 a.m.	中環交易廣場巴士總站	3:30 p.m.	中環交易廣場巴士總站
4D	赤柱	8:30 a.m.	中環交易廣場巴士總站	3:30 p.m.	中環交易廣場巴士總站
5A	石澳	8:45 a.m.	筲箕灣站	3:45 p.m.	筲箕灣站
5B	石澳	8:15 a.m.	筲箕灣站	3:30 p.m.	筲箕灣站
5C	石澳	8:30 a.m.	筲箕灣站	3:30 p.m.	筲箕灣站
5D	石澳	8:30 a.m.	筲箕灣站	3:30 p.m.	筲箕灣站
6A	蝴蝶灣	9:00 a.m.	屯門站	4:00 p.m.	屯門站
6B	長洲	8:20 a.m.	中環 5 號碼頭	3:20 p.m.	中環 5 號碼頭
6C	蝴蝶灣	8:45 a.m.	屯門站	3:45 p.m.	屯門站
6D	蝴蝶灣	8:45 a.m.	屯門站	3:45 p.m.	屯門站

Ho Lap College (Sponsored by Sik Sik Yuen)
School Picnic 15th December, 2025 (Monday)

Destination	Schedule time of assembly	Place of Assembly	Scheduled time of dismissal	Place of dismissal
S.1 Ma On Shan Country Park	8:15 a.m.	Ho Lap College	3:15p.m.	Ho Lap College
S.2 Tai Tong Barbecue Area	8:30 a.m.		3:30 p.m.	
S.3A Butterfly Beach	8:45 a.m.	Tuen Mun Station	3:45 p.m.	Tuen Mun Station
S.3B West Kowloon Cultural District	8:30 a.m.	Kowloon Station	3:30 p.m.	Kowloon Station
S.3C Hong Kong Gold Coast	8:15 a.m.	Ho Lap College	3:15 p.m.	Ho Lap College
S.3D Hong Kong Gold Coast	8:15 a.m.	Ho Lap College	3:15 p.m.	Ho Lap College
S.4A Stanley	8:10 a.m.	Central Exchange Square Bus Terminus	3:30 p.m.	Central Exchange Square Bus Terminus
S.4B Stanley	8:45 a.m.	Central Exchange Square Bus Terminus	3:45 p.m.	Central Exchange Square Bus Terminus
S.4C Stanley	8:30 a.m.	Central Exchange Square Bus Terminus	3:30 p.m.	Central Exchange Square Bus Terminus
S.4D Stanley	8:30 a.m.	Central Exchange Square Bus Terminus	3:30 p.m.	Central Exchange Square Bus Terminus
S.5A Shek O	8:45 a.m.	Shau Kei Wan Station	3:45 p.m.	Shau Kei Wan Station
S.5B Shek O	8:15 a.m.	Shau Kei Wan Station	3:30 p.m.	Shau Kei Wan Station
S.5C Shek O	8:30 a.m.	Shau Kei Wan Station	3:30 p.m.	Shau Kei Wan Station
S.5D Shek O	8:30 a.m.	Shau Kei Wan Station	3:30 p.m.	Shau Kei Wan Station
S.6A Butterfly Beach	9:00 a.m.	Tuen Mun Station	4:00 p.m.	Tuen Mun Station
S.6B Cheung Chau	8:20 a.m.	Central Ferry Pier No.5	3:20 pm	Central Ferry Pier No.5
S.6C Butterfly Beach	8:45 a.m.	Tuen Mun Station	3:45 p.m.	Tuen Mun Station
S.6D Butterfly Beach	8:45 a.m.	Tuen Mun Station	3:45 p.m.	Tuen Mun Station

HO LAP COLLEGE (Sponsored by Sik Sik Yuen) (2025-2026)

Coverage of First Term Examination (Secondary One)

Level	Subject	Coverage
S1	English Language	<ul style="list-style-type: none"> ● Paper 1 (GE): (75 min) <ul style="list-style-type: none"> ○ Reading comprehension (2 pieces) ○ Grammar usage <ul style="list-style-type: none"> - Tenses: Present perfect, past continuous and other tenses - Prepositions of location and movement - Articles - Prepositions of time - Modals - Previous knowledge learnt ● Paper 2 (Writing): (60 min) <ul style="list-style-type: none"> ○ Text Types: Profile / Article / Email/ Informal letter ● Paper 3 (Listening): (60 min) <ul style="list-style-type: none"> ○ Short tasks & integrated tasks ● Paper 4 (Speaking): (Preparation time: 3 min) <ul style="list-style-type: none"> ○ Reading Aloud (1 min) ○ Individual Presentation (2 min)
	Chinese Language	<p>卷一：閱讀 (100%)</p> <p>一. 閱讀理解 (40%) 白話文及文言文閱讀理解各一篇</p> <p>二. 指定篇章問題 (60%)</p> <ol style="list-style-type: none"> 1. 《木蘭詩》 2. 《古詩十九首》 其二 〈行行重行行〉 及 〈迢迢牽牛星〉 3. 《中秋與花燈》 4. 《差不多先生傳》 5. 課文詞彙、成語、修辭、寫作手法、句式 <p>評估形式：選擇題、判斷題、問答、詞解、語譯、摘錄原文等各類題型</p> <p>卷二：寫作 (100%)</p> <p>甲、實用文寫作 (20%)</p> <ol style="list-style-type: none"> 1. 私函 2. 啟事 <p>必答題，字數不少於 200</p> <p>乙、命題寫作 (80%)</p> <ol style="list-style-type: none"> 1. 記敘抒情 2. 記敘抒情 <p>兩題選作一題，字數不少於 500</p> <p>卷三：說話 (100%)</p> <p>一、考核形式 個人短講:每人 1 分鐘</p> <p>二、考核題型</p> <ol style="list-style-type: none"> 1. 選項題 2. 爭議題 3. 意見題 (談談看法) <p>三、評估重點</p> <ol style="list-style-type: none"> 1. 內容組織 (50%) 2. 表達技巧 (50%)

Mathematics	<p>Paper 1: (1.5 hours) Short and Conventional Questions</p> <p>Paper 2: (1 hour) 36 MCQs</p> <ul style="list-style-type: none"> • Book 1A, Chapter 1: Basic Computation • Book 1A, Chapter 2: Directed Numbers • Book 1A, Chapter 3: Introduction to Algebra • Book 1A, Chapter 4: Linear Equations in One Unknown • Book 1A, Chapter 6: Manipulations of Polynomials • Book 1B, Chapter 7: Percentages (I)
Integrated Science	<p>Book 1A Unit 1, Unit 2.1 - 2.2, Unit 3</p> <p>Textbook, Assignment Book, LAC Worksheet</p>
Citizenship, Economics and Society	<p>Module 1.1 Self-understanding and Life Skills</p> <p>Key point 2: Strengthening life skills to tackle growth challenges</p> <p>2.1 Emotion management (p.15-28)</p> <p>2.2 Time management (p.29-33)</p> <p>2.3 Media and information literacy (p.34-46)</p> <p>2.4 Life planning (p.47-57)</p> <p>Module 1.2 Interpersonal Relationships and Social Inclusiveness</p> <p>Key point 1: Maintaining harmonious relationships with family members</p> <p>1.1 Importance of family (p.3-6)</p>
Geography	<ul style="list-style-type: none"> • Textbook Ch.1.1-1.4, 2.1-2.2, 3.3, 4.1-4.2 • Learning Package 1 • Map reading: Scale, Direction, Distance, Longitudes and Latitudes, Oceans and Continents • All worksheets
History	TB Topic 1: P.8-25, 40-45
Chinese History	<p>【單元一・第一章・第二節・夏商周三代的興替概況】至【單元二・第一章・第三節・秦朝滅亡的原因及其後的楚漢相爭】(中一課本頁 15-71)及</p> <p>【香港追昔：香港於秦代歸入中國版圖】(九月已統一印發，頁 2)及</p> <p>【秦代長城】工作紙(十一月統一印發)</p>

HO LAP COLLEGE (Sponsored by Sik Sik Yuen) (2025-2026)

Coverage of First Term Examination (Secondary Two)

Level	Subject	Coverage
S2	English Language	<ul style="list-style-type: none"> ● Paper 1 (GE): (75 min) <ul style="list-style-type: none"> ○ Reading comprehension (2 pieces) ○ Grammar usage <ul style="list-style-type: none"> - Tenses: Present perfect continuous and other tenses - Defining / non-defining relative clauses (who / which / whose) - Conditional sentences (Type 0 & 1) - Linking words: showing reasons, results, purposes, examples, time and sequence - Linking words: making comparisons and contrasts, adding information, expressing results, making generalisations and summing up - Previous knowledge learnt ● Paper 2 (Writing): (60 min) <ul style="list-style-type: none"> ○ Text Types: film review / problem-solution essay / play script / article ● Paper 3 (Listening): (60 min) <ul style="list-style-type: none"> ○ Short tasks & integrated tasks ● Paper 4 (Speaking): (Preparation time: 3 min) <ul style="list-style-type: none"> ○ Reading Aloud (1 min) ○ Individual Presentation (2 min)
	Chinese Language	<p>卷一：閱讀 (100%)</p> <p>一. 閱讀理解 (40%) 白話文及文言文閱讀理解各一篇</p> <p>二. 指定篇章問題 (60%)</p> <ol style="list-style-type: none"> 1. 《在風中》 2. 《荷塘月色》 3. 《黃鶴樓》 4. 《陋室銘》 5. 課文詞彙、成語、修辭、寫作手法、句式 <p>評估形式：選擇題、判斷題、問答、詞解、語譯、摘錄原文等各類題型</p> <p>卷二寫作：(100%)</p> <p>甲、實用文寫作 (20%)</p> <ol style="list-style-type: none"> 1. 報告 2. 演講辭 <p>必答題，字數不少於 300 字</p> <p>乙、命題寫作 (80%)</p> <ol style="list-style-type: none"> 1. 人物描寫 2. 景物描寫 <p>兩題選作一題，字數不少於 600 字</p> <p>卷三：說話 (100%)</p> <p>一、考核形式 個人短講: 每人 1 分 30 秒</p> <p>二、考核題型</p> <ol style="list-style-type: none"> 1. 選項題 2. 爭議題 3. 意見題 (談談看法)

		三、評估重點 1. 內容組織 (50%) 2. 表達技巧 (50%)
	Mathematics	Paper 1: (1.5 hours) Short and Conventional Questions Paper 2: (1 hour) 36 MCQs <ul style="list-style-type: none"> ● Book 2B, Chapter 10: Angles Related to Triangles and Polygons ● Book 2A, Chapter 3: Identities ● Book 2A, Chapter 4: Factorization of Polynomials ● Book 2A, Chapter 5: Algebraic Fractions and Formulae ● Book 2A, Chapter 6: Errors in Measurement ● Book 2A, Chapter 7: More about Statistical Charts
	Integrated Science	Book 2A Chapter 7.1-7.2, Chapter 8.1-8.8 Textbook, Assignment Book, LAC Worksheet (if any)
	Citizenship, Economics and Society	<ul style="list-style-type: none"> ● Module 2.1 Overcoming Growth Challenges 1.4 Serious impacts of undesirable behaviours (Textbook p. 11-12) 1.5 Case studies of undesirable behaviours (Textbook p. 13-22) ● Module 2.2 Governance of the HKSAR Learning Point 1 The relationship between the Central Authorities and the HKSAR as prescribed by the Basic Law (Textbook p.2-14) Learning Point 2 The constitutional order of the HKSAR as established by the Constitution and the Basic Law, the characteristics of the political structure of the HKSAR, and the direction of development for the methods of selecting the Chief Executive and forming the legislature (Textbook p.19-33)
	Geography	<ul style="list-style-type: none"> ● The Trouble of Water Unit 1- 4 (Textbook p.4-29, 36-39) ● All worksheets and Assignment Books
	History	TB Topic 5: P.1-19
	Chinese History	【單元一・第二章・第一節・宋代的文人政治】至【單元二・第一章・第二節・明太祖建國】(中二課本頁 18-35 及 43-68，不考 36-42「南宋經濟與海外貿易」)及【香港追昔：宋代北方人士南遷(元朗鄧氏)】(九月已統一印發，頁8)及【宋代香港】工作紙(十一月統一印發)

HO LAP COLLEGE (Sponsored by Sik Sik Yuen) (2025-2026)

Coverage of First Term Examination (Secondary Three)

Level	Subject	Coverage
S3	English Language	<ul style="list-style-type: none"> ● Paper 1 (GE): (75 min) <ul style="list-style-type: none"> ○ Reading comprehension (2 pieces) ○ Grammar usage <ul style="list-style-type: none"> - Tenses & Passives - Infinitives & Gerunds - Reported Speech - Phrasal verbs - Conditionals (Types 0, 1, and 2) - Modal verbs - Previous knowledge learnt ● Paper 2 (Writing): (60 min) <ul style="list-style-type: none"> ○ Text Types: letter of advice / blog post / article / picture story ● Paper 3 (Listening): (60 min) <ul style="list-style-type: none"> ○ Short tasks & integrated tasks ● Paper 4 (Speaking): (Preparation time: 3 min) <ul style="list-style-type: none"> ○ Reading Aloud (1 min) ○ Individual Presentation (2 min)
	Chinese Language	<p>卷一：閱讀 (100%)</p> <p>一. 閱讀理解 (40%) 白話文閱讀理解及文言文閱讀理解各一篇</p> <p>二. 指定篇章問題 (60%)</p> <ol style="list-style-type: none"> 1. 《最苦與最樂》 2. 《鄒忌諷齊王納諫》 3. 《想和做》 4. 《讀孟嘗君傳》 5. 課文詞彙、成語、修辭、論證手法、句式 <p>評估形式：選擇題、判斷題、問答、詞解、語譯、摘錄原文等各類題型</p> <p>卷二：寫作 (100%)</p> <p>甲、實用文寫作 (20%)</p> <ol style="list-style-type: none"> 1. 書信 2. 啟事 <p>必答題，字數不少於 300</p> <p>乙、命題寫作 (80%)</p> <ol style="list-style-type: none"> 1. 記敘/描寫/抒情 2. 議論文 <p>兩題選作一題，字數不少於 700</p> <p>卷三：說話 (100%)</p> <p>一、考核形式 個人短講:每人 2 分鐘</p> <p>二、考核題型</p> <ol style="list-style-type: none"> 1. 選項題 2. 爭議題 3. 意見題 (談談看法) <p>三、評估重點</p> <ol style="list-style-type: none"> 1. 內容組織 (50%)

		2. 表達技巧 (50%)
	Mathematics	Paper 1: (1.5 hours) Short and Conventional Questions Paper 2: (1.25 hours) 45 MCQs <ul style="list-style-type: none"> ● HKDSE A1 Questions ● Book 3A Chapter 1: Linear Inequalities in One Unknown ● Book 3A Chapter 2: Laws of Integral Indices ● Book 3A Chapter 3: Percentage ● Book 3B Chapter 10: Measures of Central Tendency ● Book 3A Chapter 4: Quadrilaterals ● Book 3A Chapter 5: More about Geometric Proofs
	Physics	3.2 Light refraction 3.3 Lens
	Chemistry	Book 1B Ch.5 - 7
	Biology	Book 3A P. 3 - 47 Unit 12.1 - 12.3 Textbook, LAC Package, all Assignments
	Life and Society	Core module 19 Global economy: World Trade (Part D to G) Textbook: P.11 - 21; Learning packages (1) and (2) Core module 27 Global socio-political system: 'Global city' Textbook: P.3 - 25; Learning package
	Geography	-Living with Natural Hazard: Unit 1.1-2.5, 4.1-4.4 (Textbook p.4-18, 48-63) -LP: Volcanic eruption -Textbook, all worksheets, Natural Hazards-Assignment Book
	History	TB Topic 9&10: pp.6-37, 41-45
	Chinese History	【單元一・第一章・第二節・軍閥政治】至【單元一・第二章・第三節・國共第二次合作】 (中三課本頁 20-39 及 54-72，不考 40-53「民國社會文化」)

HO LAP COLLEGE (Sponsored by Sik Sik Yuen) (2025-2026)

Coverage of First Term Examination (Secondary Four)

Level	Subject	Coverage
S4	English Language	<ul style="list-style-type: none"> Paper 1: Reading (90 min) <ul style="list-style-type: none"> Part A (Compulsory) Part B1 (Easy Section) or Part B2 (Difficult Section) Paper 2: Writing (90 min) <ul style="list-style-type: none"> Part A Part B (4 questions) Paper 3: Listening (120 min) <ul style="list-style-type: none"> Part A (Compulsory) Part B1 (Easy Section) or Part B2 (Difficult Section) Paper 4: Speaking (Preparation time: 10 min) <ul style="list-style-type: none"> Group Discussion (8 min)
	Chinese Language	<p>卷一：閱讀 (100%)</p> <p>一、指定閱讀篇章 (40%)</p> <ol style="list-style-type: none"> 《論仁論孝論君子》 《岳陽樓記》 《廉頗藺相如列傳》 <p>二、閱讀理解 (60%)</p> <p>白話文及文言文閱讀理解各一篇</p> <p>評估形式：選擇題、判斷題、問答、詞解、語譯、摘錄原文等各類題型</p> <p>卷二：寫作 (100%)</p> <p>甲部：實用寫作 (30%)</p> <p>考核文體：書信、演講辭</p> <p>一題必答，字數不多於 550。</p> <p>乙部：命題寫作 (70%)</p> <ol style="list-style-type: none"> 記敘、描寫、抒情 論說文 <p>兩題選作一題，字數不少於 800。</p>
	Mathematics	<p>Paper 1: (1.5 hours) Short and Conventional Questions</p> <p>Paper 2: (1.25 hours) 45 MCQs</p> <ul style="list-style-type: none"> HKDSE A1 Questions Book 4A Chapter 1: Quadratic Equations in One Unknown (I) Book 4A Chapter 2: Quadratic Equations in One Unknown (II) Book 4A Chapter 4: Function and Graphs Book 4A Chapter 3: Equations of Straight Lines Book 4A Chapter 5: More about Polynomials
	Citizenship and Social Development	<p>Theme 1: Hong Kong under “One Country, Two System”</p> <p>Textbook: p.1-135</p>
	Physics	<p>Book 2</p> <p>Chapters 2.1-2.7</p>
	Chemistry	<p>Book 1C Ch. 10-13</p> <p>Book 2A Ch. 14</p>
	Biology	<p>Book 1A Chapters 1-5</p>
	Economics	<p>4-01—4-04</p> <p>(Textbook: B1C1&2; B2)</p>
	Geography	<ul style="list-style-type: none"> C1 Opportunities and Risks Map Reading
	History	<p>Topic: The two world wars and the peace settlements</p> <p>Use the following for revision:</p> <ul style="list-style-type: none"> TB pp.1-79 , supplementary notes, all of the assignments

Chinese History	<p>筆記【N01 西周封建】、【N02 春秋戰國】、【N03 孔子】、【N04 秦漢統治政策】</p> <p>形式：</p> <p>一、全卷設四題，任擇其三，每題 25 分，全卷總分為 75 分。</p> <p>二、每題分 2-3 小題，(a)、(b)題為「填充題」及「短答題」(約 200 字)，(c)題為「長問題」，15 分題目須寫約 500-800 字。</p> <p>三、所有答案須在派發的答題簿上作答，試卷上的文字不予批改。</p>
Chinese Literature	<p>卷一：文學創作</p> <p>兩題選一題，文體不限 (但不可寫成詩歌)，800 字或以上。</p> <p>卷二：文學賞析</p> <p>兩題必答 (蒹葭、涉江、齊桓晉文之事、庖丁解牛 + 課外篇章)</p>
BAFS	<p>C1 Chapter 1: Hong Kong's business environment</p> <p>C1 Chapter 2: Forms of business ownership</p> <p>A1 Chapter 1: Purposes and role of accounting</p> <p>A1 Chapter 2: The accounting equation</p> <p>A1 Chapter 3: Double-entry system</p> <p>A2 Chapter 4: Books of original entry and ledgers (I)</p>
ICT	<p>Textbook A1, Textbook D1, Textbook D2 Chapter 4</p> <p>Supplementary programming exercise Q001 - Q100</p>
Visual Arts	<p>Part A: Art Appreciation and Criticism</p> <p>Part B: Drawing</p>
Physical Education (HKDSE)	<p>Part 2 人體 (甲至戊部)</p> <p>Part 6 運動創傷、處理與預防方法</p> <p>Part 9 運動和康樂活動管理</p>
THS	<p>Format: MC, DBQ, Essay</p> <p>M1: Introduction to Tourism (Unit 1.1-1.7)</p> <p>Textbook, LP, classwork, homework</p>

HO LAP COLLEGE (Sponsored by Sik Sik Yuen) (2025-2026)
Coverage of First Term Examination (Secondary Five)

Level	Subject	Coverage
S5	English Language	<ul style="list-style-type: none"> Paper 1: Reading (90 min) <ul style="list-style-type: none"> Part A (Compulsory) Part B1 (Easy Section) or Part B2 (Difficult Section) Paper 2: Writing (90 min) <ul style="list-style-type: none"> Part A Part B (4 questions) Paper 3: Listening (120 min) <ul style="list-style-type: none"> Part A (Compulsory) Part B1 (Easy Section) or Part B2 (Difficult Section) Paper 4: Speaking (Preparation time: 10 min) <ul style="list-style-type: none"> Group Discussion (8 min) Individual Response (1 min)
	Chinese Language	<p>卷一：閱讀 (100%)</p> <p>一、指定閱讀篇章 (40%)</p> <ol style="list-style-type: none"> 《師說》 《勸學》(節錄) 《月下獨酌》 <p>二、閱讀理解 (60%)</p> <p>白話文及文言文閱讀理解各一篇</p> <p>評估形式：選擇題、判斷題、問答、詞解、語譯、摘錄原文等各類題型</p> <p>卷二：寫作 (100%)</p> <p>甲部：實用寫作 (30%)</p> <p>考核文體：建議書、評論</p> <p>一題必答，字數不多於 550。</p> <p>乙部：命題寫作 (70%)</p> <ol style="list-style-type: none"> 記敘、描寫、抒情 論說文 <p>兩題選作一題，字數不少於 900。</p>
	Mathematics	<p>Paper 1: (2.25 hours) Short and Conventional Questions (HKDSE Format)</p> <p>Paper 2: (1.25 hours) 45 MCQs</p> <ul style="list-style-type: none"> HKDSE A1 Questions Book 4A, Chapter 1-5: Quadratic Equations, Function, Graphs, Complex Numbers, Equation of Straight Lines and Polynomials Book 4B, Chapter 7,9,10: More about Equations, Variations and Inequalities Book 5A, Chapter 11-12: Properties of Circles and Tangents Book 5A, Chapter 13: Statistics Book 5B, Chapter 17-18: Permutation and Combination, Probability
	M1	Vol 1: Chapter 1 to Chapter 5
	M2	Vol 1: Chapter 1 to Chapter 7
	Citizenship and Social Development	<p>Topic 1 Change in people's life and overall national strength</p> <ol style="list-style-type: none"> Brief introduction to the development of China's reform and opening-up (key stages) and related strategies Changes and enhancements of people's quality of life (income, mode of consumption, educational level, standard of medical care, life expectancy, poverty eradication, etc.) Enhancement of overall national strength (economy, culture, natural resources, education, technology, national defence, etc.) <p>Topic 2: The latest development of our country and the integration of Hong Kong into the overall national development</p>

		1. The focuses and policies of the recent Five-Year Plans of our country, and the connection of these focuses and policies with the promotion of the development of our country and Hong Kong
	Physics	Book 1 Book 2 Book 4
	Chemistry	Book 2A, 2B & 3A
	Biology	Book 1A Ch.3-4 Book 2 Ch.11-12, 18 Book 3 Ch.19
	Economics	4-01—4-04, 4-09; 5-01—5-06 (Textbook: B1C1&2, B2; B5C1-3&6, B6C8-11&14)
	Geography	<ul style="list-style-type: none"> • C1 Opportunities and Risks • C4 Sustainable City • E2 Weather and Climate • Map Reading
	History	<p>Topic: Modernization and Transformation of China</p> <ul style="list-style-type: none"> - Late Qing Reform - 1911 Revolution - May-Fourth Movement - Attempts at modernization by the Nanjing government - Maoist period <p>Use the following for revision:</p> <ul style="list-style-type: none"> - TB pp.121-214 , supplementary notes, all of the assignments
	Chinese History	<p>筆記【N11 明清君主集權(頁 18-68)】、【N12 王安石】、【N13 清初民族政策】、【N14 兩次鴉片戰爭】</p> <p>形式：</p> <p>一、本試卷分為兩部份，第一題為必答題(40 分)，將考問兩個課題(20 分@)，建議作答時間為 55 分鐘。第二至四題為選答題(25 分@，共 50 分)，三題中選答兩題，建議每題作答時間為 40 分鐘。</p> <p>二、全卷總分為 90 分。</p>
	BAFS	<p>C2 Chapter 1: Management functions</p> <p>C2 Chapter 2: Key business functions</p> <p>A6 Chapter 13: Financial statements for partnerships</p> <p>A6 Chapter 14: Partnership goodwill</p> <p>A6 Chapter 15: Partnership revaluation</p> <p>(together with year-end adjustments A4 Chapter 9 to A5 Chapter 12)</p>
	ICT	Textbook Elective C, Textbook Elective A Chapter 1 to 2 Textbook Compulsory B
	Visual Arts	<ul style="list-style-type: none"> • SBA 1 (50%) • Paper 1 Part A: Art Appreciation and Criticism (10%) • Paper 1 Part B: Visual Arts Making (40%)
	Physical Education (HKDSE)	<p>(VII) 體育、運動和康樂活動的相關心理技能</p> <p>(II) 人體</p> <p>(VIII) 體育、運動和康樂活動的社會影響</p> <p>(IX) 運動和康樂活動管理</p>
	THS	<p>Format: MC, DBQ, Essay</p> <p>M1: Introduction to Tourism</p> <p>M2: Introduction to Hospitality</p> <p>Textbook, LP, classwork, homework</p>

HO LAP COLLEGE (Sponsored by Sik Sik Yuen) (2025-2026)

Coverage of Mock Examination (Secondary Six)

Level	Subject	Coverage
S6	English Language	<ul style="list-style-type: none"> Paper 1: Reading (90 min) <ul style="list-style-type: none"> Part A (Compulsory) Part B1 (Easy Section) or Part B2 (Difficult Section) Paper 2: Writing (90 min) <ul style="list-style-type: none"> Part A Part B (4 questions) Paper 3: Listening (120 min) <ul style="list-style-type: none"> Part A (Compulsory) Part B1 (Easy Section) or Part B2 (Difficult Section) Paper 4: Speaking (Preparation time: 10 min) <ul style="list-style-type: none"> Group Discussion (8 min) <p>Individual Response (1 min)</p>
	Chinese Language	<p>卷一：閱讀 (100%)</p> <p>一、指定閱讀篇章 (30%)</p> <p>1. 指定文言篇章十二篇</p> <p>二、閱讀理解 (70%)</p> <p>白話文閱讀理解一至兩篇及文言文閱讀理解一篇</p> <p>評估形式：選擇題、判斷題、問答、詞解、語譯、摘錄原文等各類題型</p> <p>卷二：寫作 (100%)</p> <p>甲部：實用寫作 (30%)</p> <p>考核文體：書信、演講辭、專題文章、評論、建議書、報告</p> <p>一題必答，字數不多於 550。</p> <p>乙部：命題寫作 (70%)</p> <p>1. 記敘、描寫、抒情 / 詞語題</p> <p>2. 記敘、描寫、抒情 / 詞語題</p> <p>3. 議論文</p> <p>三題選作一題，字數不少於 1000。</p>
	Mathematics	HKDSE
	M1	HKDSE
	M2	HKDSE
	Citizenship and Social Development	HKDSE
	Physics	HKDSE
	Chemistry	Paper 1: Book 1A, 1B, 1C, 2A, 2B, 3A, 3B, 4A & 4B Paper 2: Book 5 & 7
	Biology	Paper 1: Book 1A, 1B, 2, 3 and 4 Paper 2: Book E1 and E4
	Economics	HKDSE
	Geography	ALL (C1-C7), (E2, E4) <ul style="list-style-type: none"> Paper 1: MC (20%), FBQ (15%), DBQ (30%), Short Essay (10%) Paper 2: DBQ (15%), Short Essay (10%)
	History	HKDSE
	Chinese History	文憑試全部課程
	Chinese Literature	<p>卷一：文學創作</p> <p>兩題選一題，文體不限 (但不可寫成詩歌)，1000 字或以上。</p> <p>卷二：文學賞析</p> <p>四題選兩題 (所有指定課文 + 課外篇章)</p>
	BAFS	ALL [C1 - C3], [A1 - A12] Paper 1: 24 MCQs (17%) and 3 short questions (8%) Paper 2A: Section A 4-5 short questions (33%)

		Section B 3 application problems (27%) Section C 1 long question [answer one out of two questions] (15%)
	ICT	HKDSE
	Visual Arts	Part A: Art Appreciation and Criticism Part B: Visual Arts Making
	Physical Education (HKDSE)	(I) 體育、運動、康樂、消閒與豐盛人生: 歷史和發展 (VIII) 體育、運動和康樂活動的社會影響 (IX) 運動和康樂活動管理 (III)動作分析 (V) 運動與訓練的生理學基礎 (VII) 體育、運動和康樂活動的相關心理技能 (II) 人體 (IV) 維持健康與活動表現的體適能和營養 (VI) 運動創傷、處理與預防方法
	THS	All M1-M5 M1: Introduction to Tourism M2: Introduction to Hospitality M3: Destination Geography M4: Customer Relations and Services M5: Trends and Issues in the Tourism and Hospitality Industry Paper 1: 30 MCQ, DBQ (2 out of 3) Paper 2: Essays (3 out of 5)

HO LAP COLLEGE (SPONSORED BY SIK SIK YUEN)
2025-26 First Term Examination Timetable (Secondary 1)

SESSION	VENUE	2026-01-07 (WED)	2026-01-08 (THU)	2026-01-09 (FRI)	2026-01-12 (MON)	2026-01-13 (TUE)
Session 1 Start time: 08:30	1A (Rm304) 1B (Rm303) 1C (Rm302) 1D (Rm301)	S1-CHIN_P1 08:30 – 10:00 (90 mins)	S1-MATH_P1 08:30 – 10:00 (90 mins)	S1-CES 08:30 – 09:30 (60 mins)	S1-GEOG 08:30 – 09:45 (75 mins)	S1-ENG_P1 08:30 – 09:45 (75 mins)
Session 2 Start time: 10:45	1A (Rm304) 1B (Rm303) 1C (Rm302) 1D (Rm301)	S1-CHIN_P2 10:45 – 12:35 (110 mins)	S1-MATH_P2 10:45 – 11:45 (60 mins)	S1-CHIN_P3 10:15 – 11:15 (60 mins) Waiting Rm: Rm301 NCS: Rm302		S1-ENG_P2 10:45 – 11:45 (60 mins)

SESSION	VENUE	2026-01-14 (WED)	2026-01-15 (THU)	2026-01-16 (FRI)	2026-01-19 (MON)	2026-01-20 (TUE)
Session 1 Start time: 08:30	1A (Rm304) 1B (Rm303) 1C (Rm302) 1D (Rm301)	S1-ENG_P3 08:30 – 09:30 (60 mins) Hall	S1-CHIS 08:30 – 09:45 (75 mins)	S1-HIST 08:30 – 09:30 (60 mins)	S1-SCJ 08:30 – 09:45 (75 mins)	
Session 2 Start time: 10:45	1A (Rm304) 1B (Rm303) 1C (Rm302) 1D (Rm301)	S1-ENG_P4 10:30 – 12:00 (90 mins) Preparation Rm: Rm301, Rm302				

HO LAP COLLEGE (SPONSORED BY SIK SIK YUEN)
2025-26 First Term Examination Timetable (Secondary 2)

SESSION	VENUE	2026-01-07 (WED)	2026-01-08 (THU)	2026-01-09 (FRI)	2026-01-12 (MON)	2026-01-13 (TUE)
Session 1 Start time: 08:30	2A (Rm204) 2B (Rm203) 2C (Rm202) 2D (Rm201)	S2-MATH_P1 08:30 – 10:00 (90 mins)	S2-ENG_P1 08:30 – 09:45 (75 mins)	S2-HIST 08:30 – 09:30 (60 mins)	S2-SCJ 08:30 – 09:45 (75 mins)	S2-L&S 08:30 – 09:30 (60 mins)
Session 2 Start time: 10:45	2A (Rm204) 2B (Rm203) 2C (Rm202) 2D (Rm201)	S2-MATH_P2 10:45 – 11:45 (60 mins)	S2-ENG_P2 10:45 – 11:45 (60 mins)		S2-ENG_P4 10:15 – 11:45 (90 mins) Preparation Rm: Rm301, Rm302	S2-CHIN_P3 10:15 – 11:25 (70 mins) Waiting Rm: Rm209 NCS: Rm104

SESSION	VENUE	2026-01-14 (WED)	2026-01-15 (THU)	2026-01-16 (FRI)	2026-01-19 (MON)	2026-01-20 (TUE)
Session 1 Start time: 08:30	2A (Rm204) 2B (Rm203) 2C (Rm202) 2D (Rm201)	S2-GEOG 08:30 – 09:45 (75 mins)	S2-CHIN_P1 08:30 – 10:00 (90 mins)	S2-ENG_P3 08:30 – 09:30 (60 mins) Hall	S2-CHIS 08:30 – 09:45 (75 mins)	
Session 2 Start time: 10:45	2A (Rm204) 2B (Rm203) 2C (Rm202) 2D (Rm201)		S2-CHIN_P2 10:45 – 12:35 (110 mins)			

HO LAP COLLEGE (SPONSORED BY SIK SIK YUEN)
2025-26 First Term Examination Timetable (Secondary 3)

SESSION	VENUE	2026-01-07 (WED)	2026-01-08 (THU)	2026-01-09 (FRI)	2026-01-12 (MON)	2026-01-13 (TUE)
Session 1 Start time: 08:30	3A (Rm309) 3B (Rm307) 3C (Rm306) 3D (Rm305)	S3-L&S 08:30 – 09:30 (60 mins)	S3-GEOG 08:30 – 09:45 (75 mins)	S3-ENG_P1 08:30 – 09:45 (75 mins)	S3-CHEM 08:30 – 09:30 (60 mins)	S3-CHIN_P1 08:30 – 10:00 (90 mins)
Session 2 Start time: 10:45	3A (Rm309) 3B (Rm307) 3C (Rm306) 3D (Rm305)	S3-ENG_P2 10:45 – 11:45 (60 mins)		S3-ENG_P3 10:45 – 11:45 (60 mins) Hall	S3-CHIN_P3 10:20 – 11:30 (70 mins) Waiting Rm: Rm205 NCS: Rm208	S3-CHIN_P2 10:45 – 12:35 (110 mins)

SESSION	VENUE	2026-01-14 (WED)	2026-01-15 (THU)	2026-01-16 (FRI)	2026-01-19 (MON)	2026-01-20 (TUE)
Session 1 Start time: 08:30	3A (Rm309) 3B (Rm307) 3C (Rm306) 3D (Rm305)	S3-CHIS 08:30 – 09:45 (75 mins)	S3-PHY 08:30-09:30 (60 mins)	S3-MATH_P1 08:30 – 10:00 (90 mins)	S3-BIO 08:30 – 09:30 (60 mins)	S3-HIST 08:30 – 09:45 (75 mins)
Session 2 Start time: 10:45	3A (Rm309) 3B (Rm307) 3C (Rm306) 3D (Rm305)			S3-MATH_P2 10:45 – 12:00 (75 mins)	S3-ENG_P4 10:15 – 11:45 (90 mins) Preparation Rm: Rm301, Rm302	

HO LAP COLLEGE (SPONSORED BY SIK SIK YUEN)
2025-26 First Term Examination Timetable (Secondary 4)

SESSION	VENUE	2026-01-07 (WED)	2026-01-08 (THU)	2026-01-09 (FRI)	2026-01-12 (MON)	2026-01-13 (TUE)
Session 1 Start time: 08:30	4A (Rm205) 4B (Rm206) 4C (Rm207) 4D (Rm208)	S4-CHIN_P1 08:30 – 10:00 (90 mins)	S4-ENG_P1 08:30 – 10:00 (90 mins)	S4-BAFS 08:30 – 09:45 (75 mins) X1: Rm205 ----- S4-HIST 08:30 – 09:45 (75 mins) X1: Rm206 ----- S4-PHY 08:30 – 10:00 (90 mins) X1: Rm207	S4-BIO 08:30 – 10:00 (90 mins) X1: Rm205 X2: Rm206	S4-MACO_P1 08:30 – 10:00 (90 mins)
Session 2 Start time: 10:45	4A (Rm205) 4B (Rm206) 4C (Rm207) 4D (Rm208)	S4-CHIN_P2 10:45 – 13:00 (135 mins)	S4-ENG_P2 08:30 – 10:00 (90 mins)			S4-MACO_P2 10:45 – 12:00 (75 mins)

HO LAP COLLEGE (SPONSORED BY SIK SIK YUEN)
2025-26 First Term Examination Timetable (Secondary 4)

SESSION	VENUE	2026-01-14 (WED)	2026-01-15 (THU)	2026-01-16 (FRI)	2026-01-19 (MON)	2026-01-20 (TUE)
Session 1 Start time: 08:30	4A (Rm205)	S4-CLIT_P1	S4-GEOG	S4-CS	S4-ENG_P3	S4-CHIS
	4B (Rm206)	08:30 – 10:30	08:30 – 10:00	08:30 – 09:50	08:30 – 10:30	08:30 – 10:30
	4C (Rm207)	(120 mins)	(90 mins)	(80 mins)	(120 mins)	(120 mins)
	4D (Rm208)	X3: Rm205	X1: Rm205		Hall	X2: Rm205
		-----	X3: Rm206			-----
		S4-ECON				S4-ICT
		08:30 – 10:00				08:30 – 10:00
		(90 mins)				(90 mins)
		X3: Rm206				X2: Rm206
		-----				-----
		S4-PED				S4-TH
		08:30 – 09:45				08:30 – 09:45
		(75 mins)				(75 mins)
		X3: Rm207				X2: Rm207

		S4-VAD				
		08:30 – 11:00				
		(150 mins)				
		X3: Art Rm				
Session 2 Start time: 10:30	4A (Rm205)	S4-CLIT_P2		S4-ENG_P4	S4-CHEM	
	4B (Rm206)	11:00 – 13:00		10:30 – 12:00	11:15 – 12:45	
	4C (Rm207)	(120 mins)		(90 mins)	(90 mins)	
	4D (Rm208)	X3: Rm205		Preparation Rm: Rm201, Rm202	X2: Rm205	
					X3: Rm206	

HO LAP COLLEGE (SPONSORED BY SIK SIK YUEN)
2025-26 First Term Examination Timetable (Secondary 5)

SESSION	VENUE	2026-01-07 (WED)	2026-01-08 (THU)	2026-01-09 (FRI)	2026-01-12 (MON)	2026-01-13 (TUE)
Session 1 Start time: 08:30	5A (Rm104) 5B (Rm105) 5C (Rm106) 5D (Rm209)	S5-ENG_P1 08:30 – 10:00 (90 mins)	S5-CHIN_P1 08:30 – 10:00 (90 mins)	S5-ENG_P2 08:30 – 10:00 (90 mins)	S5-CS 08:30 – 09:50 (80 mins)	S5-BAFS 08:30 – 09:45 (75 mins) X1: Rm104 ----- S5-HIST 08:30 – 09:45 (75 mins) X1: Rm105 ----- S5-PHY 08:30 – 10:30 (120 mins) X1: Rm106
Session 2 Start time: 10:45	5A (Rm104) 5B (Rm105) 5C (Rm106) 5D (Rm209)	S5-CHIS 10:45 – 13:00 (135 mins) X2: Rm104 ----- S5-ICT 10:45 – 12:45 (120 mins) X2: Rm105 ----- S5-TH 10:45 – 12:00 (75 mins) X2: Rm106	S5-CHIN_P2 10:45 – 13:00 (135 mins)	S5-CHEM 10:45 – 12:45 (120 mins) X2: Rm104 X3: Rm105	S5-MAM1 10:45 – 12:15 (90 mins) M1: Rm104 ----- S5-MAM2 10:45 – 12:15 (90 mins) M2: Rm105	S5-ENG_P3 11:15 – 13:15 (120 mins) Hall

HO LAP COLLEGE (SPONSORED BY SIK SIK YUEN)
2025-26 First Term Examination Timetable (Secondary 5)

SESSION	VENUE	2026-01-14 (WED)	2026-01-15 (THU)	2026-01-16 (FRI)	2026-01-19 (MON)	2026-01-20 (TUE)
Session 1 Start time: 08:30	5A (Rm104) 5B (Rm105) 5C (Rm106) 5D (Rm209)	S5-MACO_P1 08:30 – 10:45 (135 mins)	S5-BIO 08:30 – 10:30 (120 mins) X1: Rm104 X2: Rm105	S5-GEOG 08:30 – 10:45 (135 mins) X1: Rm104 X3: Rm105	S5-ECON 08:30 – 10:30 (120 mins) X3: Rm105 ----- S5-PED 08:30 – 10:00 (90 mins) X3: Rm106 ----- S5-VAD 08:30 – 12:15 (225 mins) X3: Art Rm	
Session 2 Start time: 11:15	5A (Rm104) 5B (Rm105) 5C (Rm106) 5D (Rm209)	S5-MACO_P2 11:15 – 12:30 (75 mins)				S5-ENG_P4 10:15 – 11:45 (90 mins) Preparation Rm: Rm201, Rm301

HO LAP COLLEGE (SPONSORED BY SIK SIK YUEN)
2025-26 Mock Examination Timetable (Secondary 6)

Annex III 附件三

SESSION	VENUE	2026-01-07 (WED)	2026-01-08 (THU)	2026-01-09 (FRI)	2026-01-12 (MON)	2026-01-13 (TUE)
Session 1 Start time: 08:30	HALL	S6-CHIN_P1 08:30 – 10:00 (90 mins)	S6-ENG_P1 08:30 – 10:00 (90 mins)	S6-ENG_P3 08:30 – 10:30 (120 mins)	S6-MACO_P1 08:30 – 10:45 (135 mins)	S6-CS 08:30 – 10:30 (120 mins)
Session 2 Start time: 10:45	HALL	S6-CHIN_P2 10:45 – 13:00 (135 mins)	S6-ENG_P2 10:45 – 12:45 (120 mins)		S6-MACO_P2 11:15 – 12:30 (75 mins)	

HO LAP COLLEGE (SPONSORED BY SIK SIK YUEN)
2025-26 Mock Examination Timetable (Secondary 6)

SESSION	VENUE	2026-01-14 (WED)	2026-01-15 (THU)	2026-01-16 (FRI)	2026-01-19 (MON)	2026-01-20 (TUE)
Session 1 Start time: 08:30	HALL / Art Rm / Rm401/ Rm402/ Rm403	S6-CLIT_P1 08:30 – 10:30 (120 mins) Rm401 ----- S6-PED_P1 08:30 – 10:30 (120 mins) Rm402 ----- S6-ECON_P1 08:30 – 09:30 (60 mins) Rm403 ----- S6-VAD 08:30 – 12:30 (240 mins) Art Rm		S6-CHEM_P1 08:30 – 11:00 (150 mins) X2: Rm401 X3: Rm402	S6-BAFS_P1 08:30 – 09:30 (60 mins) Rm402 ----- S6-HIST_P1 08:30 – 10:30 (120 mins) Rm403 ----- S6-PHY_P1 08:30 – 11:00 (150 mins) Rm401	S6-BIO_P1 08:30 – 11:00 (150 mins)
Session 2 Start time: 10:45	HALL / Rm401/ Rm402/ Rm403	S6-CLIT_P2 11:15 – 13:15 (120 mins) ----- S6-PED_P2 11:15 – 12:45 (90 mins) ----- S6-ECON_P2 10:15 – 12:45 (150 mins) Rm401	S6-ENG_P4 10:00 – 11:30 (90 mins) Preparation Rm: Rm301, Rm302	S6-CHEM_P2 11:30 – 12:30 (60 mins) X2: Rm401 X3: Rm402	S6-BAFS_P2 10:45 – 13:15 (150 mins) Rm402 ----- S6-HIST_P2 11:00 – 12:30 (90 mins) Rm403 ----- S6-PHY_P2 11:45 – 12:45 (60 mins) Rm401	S6-BIO_P2 11:30 – 12:30 (60 mins)

HO LAP COLLEGE (SPONSORED BY SIK SIK YUEN)
2025-26 Mock Examination Timetable (Secondary 6)

SESSION	VENUE	2026-01-21 (WED)	2026-01-22 (THU)	2026-01-23 (FRI)
Session 1 Start time: 08:30	HALL	S6-CHIS_P1 08:30 – 10:45 (135 mins) ----- S6-ICT_P1 08:30 – 10:30 (120 mins) ----- S6-TH_P1 08:30 – 10:00 (90 mins)	S6-GEOG_P1 08:30 – 11:15 (165 mins)	S6-MAM1 / MAM2 08:30 – 11:00 (150 mins)
Session 2 Start time: 11:15	HALL	S6-CHIS_P2 11:15 – 12:35 (80 mins) ----- S6-ICT_P2 11:15 – 12:45 (90 mins) ----- S6-TH_P2 11:15 – 13:00 (105 mins)	S6-GEOG_P2 11:45 – 13:00 (75 mins)	

一段讓你傾訴心聲、結伴同行、療癒心靈的蛻變旅程，
一起探索專屬於你的親職之路。

賽馬會「家長聊闊空間」計劃是一個全方位支援計劃，為家長在育兒路上建立更強大的支援。計劃以培力為核心基礎，為每位家長度身訂造轉化式學習體驗，讓家長以新角度及方向反思親職歷程。透過線上線下多種渠道，為家長提供靈活而方便的支援服務，提升及培養其個人能力及信心，照顧不同處境下的家庭需要。

計劃對象：
育有初小至初中子女的家長



計劃內容：

01

星期一至六 9:00-21:00
線上聊天及情緒支援

02

親子活動 (加強親子溝通及
對家庭歸屬感)

03

家長放鬆小組/活動 (提升家長的
育兒能力及對家庭的正向影響力)

04

家長培力小組 (家長建立互
相網絡，互相支持學習)

05

家長互助大使活動
(讓父母關注個人情緒健康，
學習放鬆，同時提升家長
明白自我關懷的重要性)

電話: 3905 1071

網址: www.jcparentchat.hk

地址: 九龍長沙灣荔枝角道838號勵豐中心2樓201室



Facebook



Instagram

捐助機構 Funded by



香港賽馬會慈善信託基金
The Hong Kong Jockey Club
Charities Trust

主辦機構 Organised by



BGCA 香港女童群益會
The Boys' & Girls' Clubs Association of Hong Kong



明愛青少年及社區服務
Caritas Youth and Community Service



香港青少年服務處
HONG KONG CHILDREN & YOUTH SERVICES



香港青年協會
the hongkong federation of youth groups



聖雅各福群會
St. James' Settlement



SFU 聖方濟各大學
Saint Francis University



Jockey Club
PARENT CHAT PROJECT
賽馬會家長聊闊空間計劃

親子活動

郊遊野餐

親子日營

親子遊戲日

桌上遊戲

特效攝影

親親大自然

家長講座

線上講座重溫

免費家長實體/線上講座

家長小組/活動

家長Me time減壓小組

家長成長小組

音樂體驗工作坊

藝術體驗工作坊

手作體驗工作坊

甜品製作工作坊

如欲了解更多有關計劃詳情，
歡迎與香港小童群益會
賽馬會「家長聊闊空間」計劃
社工劉姑娘聯絡☎
(電話：3905 1071 / 6162 8840)

捐助機構 Funded by



香港賽馬會慈善信託基金
The Hong Kong Jockey Club
Charities Trust

主辦機構 Organised by



香港小童群益會
The Boys' & Girls' Clubs Association of Hong Kong



明愛青少年及社區服務
Caritas Youth and Community Service



香港青少年服務處
HONG KONG CHILDREN & YOUTH SERVICES



香港青年協會
the hongkong federation of youth groups



聖雅各福群會
St. James' Settlement



聖方濟各大學
Saint Francis University



Jockey Club
PARENT CHAT PROJECT
賽馬會家長聊闊空間計劃

一段讓您傾訴心聲、結伴同行、療癒心靈的
蛻變旅程，一起探索專屬於您的親職之路



其實我哋都想...
可以有人傾吓...

搵我哋傾吓



線上聊天平台

星期一至六
09:00-21:00
*星期日及公眾假期休息



68005086



捐助機構 Funded by



香港賽馬會慈善信託基金
The Hong Kong Jockey Club
Charities Trust

主辦機構 Organised by

BGCA 香港小童群益會
The Hong Kong Association of Youth Groups



明愛青少年及社區服務
Caritas Youth and Community Service



香港青少年服務處
HONG KONG CHILDREN & YOUTH SERVICE



香港青年協會
The Hong Kong Federation of Youth Groups



聖雅各福群會
St. James' Settlement



SFU 聖方濟書院
Saint Francis University



一段讓您傾訴心聲、結伴同行、
療癒心靈的蛻變旅程，
一起探索專屬於您的親職之路。

賽馬會「家長聊闊空間」計劃專為全港育有在學子女
(小一至中三)的家長而設，提供多元化和貼身的支援。

計劃期望每位家長都能尋找到屬於自己的親職方向及最
合適的育兒方式，重新認識家庭需要。您可隨時與專業
社工交流、分享育兒煩惱，或參加各類主題活動與親子
工作坊，擴展人際網絡、認識同路人。

各位家長，育兒之路並非孤單，我們將陪伴您同行，共同
面對教養上的喜與悲。



服務內容

線上聊天平台

當您面對家庭及育兒的各種煩惱，想找人傾訴或
尋求意見，都可透過平台與我們的社工及輔導員
聯絡。

家長線上講座

邀請不同專業背景的嘉賓與家長分享熱門的
主題，緊扣家長的需要。

放鬆身心活動

為家長帶來適時放鬆、關懷自己的小組及活動，
學習照顧身心，重拾平靜與生活的步伐。

多元親子活動

全港各區舉辦不同類型的親子活動，參觀、
體驗、互動活動，讓家長與子女一同共度美好
親子時光。

家長培力小組

透過回顧、體驗與分享，增加大家擔任「家長」
角色的信心及能力感，重新得力。

家長互助大使

從不相識卻在同一崗位上努力，實為同路同行。
成為互助大使讓你認識更多同路人，彼此支援、
分享智慧、得力互撐。

服務對象

全港育有在學子女(小一至中三)的家長

平台服務時間

星期一至六 09:00至 21:00
*星期日及公眾假期休息

聯絡方法

☎ 3905 1071

✉ info@jcparentchat.hk

🌐 www.jcparentchat.hk

📍 九龍長沙灣荔枝角道838號勵豐中心201室



其實...我都想...
有人同我傾吓...

搵我哋傾吓



捐助機構 Funded by



香港賽馬會慈善信託基金
The Hong Kong Jockey Club
Charities Trust

主辦機構 Organised by



BGCA 香港小童群益會
The Hong Kong Children's Association of Hong Kong



明愛青少年及社區服務
Caritas Youth and Community Service



香港青少年服務處
HONG KONG CHILDREN & YOUTH SERVICES



香港青年協會
The Hong Kong Federation of Youth Groups



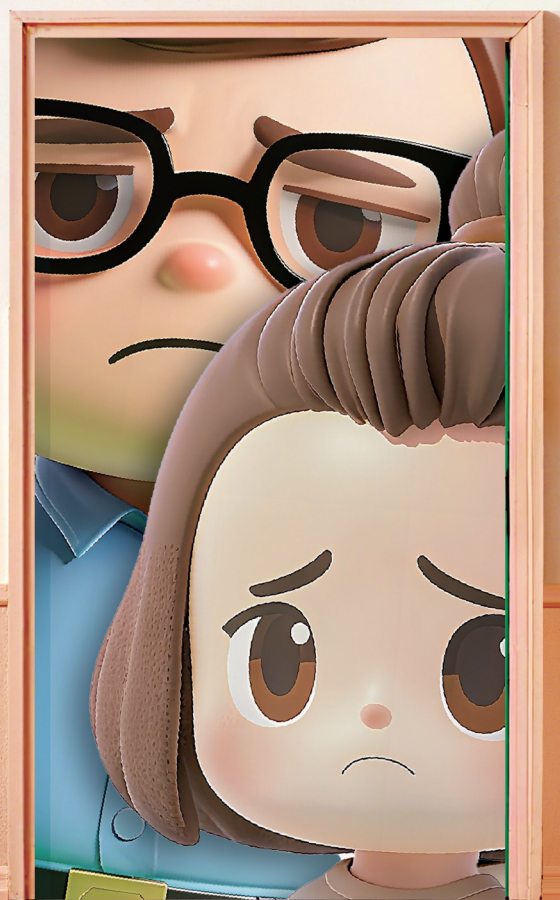
聖雅各福群會
St. James' Settlement



SFU 聖方濟各大學
Saint Francis University

情緒不是父母弱點

給自己一個出口 才能給孩子更多愛



賽馬會「家長聊闊空間」計劃專為全港育有在學子女的家長而設，提供多元化和貼身的支援。計劃期望每位家長都能尋找到屬於自己的親職方向及最合適的育兒方式，重新認識家庭需要。您可隨時與專業社工交流、分享育兒煩惱或參加各類主題活動與親子工作坊，擴展人際網絡、認識同路人。

各位家長，育兒之路並非孤單，我們將陪伴您同行，共同面對教養上的喜與悲。

服務內容 線上聊天平台/家長線上講座/線下活動

服務對象 全港育有在學子女（小一至中三）的家長

平台服務時間 星期一至六 09:00 至 21:00 星期日及公眾假期休息

線上聊天平台



68005086



☎ 3905 1071 ✉ info@jcparentchat.hk 🌐 www.jcparentchat.hk 📍 九龍長沙灣荔枝角道838號勵豐中心201室

捐助機構 Funded by



主辦機構 Organised by

