

St. Paul's Convent School
Form One PSHE Program 25-26
(7th and 8th periods on every Day 2 & Day 7)

	Cycle/Day	1S	1T	1P	1A	1U	1L
1.	2-9-25 (Day 2)	Form Period					
	9-9-25 (Day 7)	Normal Lesson					
2.	16-9-25 (Day 2)	Workshop: Adjustment	Normal Lesson			Health session 1: 人際篇	
	23-9-25 (Day 7)	Normal Lesson	Workshop: Adjustment			Normal Lesson	
3.	30-9-25 (Day 2)	Health session 1: 人際篇				Workshop: Adjustment	
4.	14-10-25 (Day 2)	Talk 1: 網上衡 (The Department of Health)					
	21-10-25 (Day 7)	Normal Lesson					
5.	28-10-25 (Day 2)	Talk 2: 抗誘篇 (The Department of Health)					
	4-11-25 (Day 7)	Normal Lesson					
6.	11-11-25 (Day 2)	Talk 3: 男女大不同 (CMAC)					
	18-11-25 (Day 7)	Normal Lesson					
7.	25-11-25 (Day 2)	Talk 4: Healthy Eating (HEDA)					
	2-12-25 (Day 7)	Normal Lesson					
8.	9-12-25 (Day 2)	Talk 5: Be a Lady (Miro)					
	16-12-25 (Day 7)	Normal Lesson					
9.	6-1-26 (Day 2)	Health session: 2: 溝通篇					
	13-1-26 (Day 7)	Normal Lesson					
10.	20-1-26 (Day 2)	Health session 3: 壓力篇					
	27-1-26 (Day 7)	Normal Lesson					
11.	3-2-26 (Day 2)	Wellbeing workshop					
	10-2-26 (Day 7)	Normal Lesson					
13.	3-3-26 (Day 2)	Health session 4: 群策篇					
	10-3-26 (Day 7)	Normal Lesson					
14.	17-3-26 (Day 2)	L2L 1					
	24-3-26 (Day 7)	Normal Lesson					
16.	14-4-26 (Day 2)	L2L 2					
	21-4-26 (Day 7)	Normal Lesson					
17.	28-4-26 (Day 2)	L2L 3					
	5-5-26 (Day 7)	Normal Lesson					
18.	12-5-26 (Day 2)	L2L 4					
	19-5-26 (Day 7)	Normal Lesson					
19.	26-5-26 (Day 2)	L2L 5					
	2-6-26 (Day 7)	Normal Lesson					

Teachers in charge: 1S (V. Tang), 1T (K. Yu), 1P (S. Ho), 1A (M. DaLuz), 1U (K. Chan), 1L (J. Lee)