

Dear Parents,

Mouth Guards

Following guidelines from the English Hockey Association, advice from the Sports Committee of the I.A.P.S and directives from the British Dental Association, we strongly recommend that you consider purchasing a suitable custom-made mouth guard for your daughter. (Shop bought gum-shields are not considered totally safe).

In the past we have arranged for a local dentist to come into school to take impressions. However, the gum shields have then taken at least three weeks to arrive. Leaving the girls without the correct protection for the start of the hockey and lacrosse season, for this reason **we have decided not to arrange the dentist** this year. Therefore, if you would like your daughter to have a custom-made gum shield please could you arrange for it to be made by your dentist during the holidays. (Please remember that they do take several weeks for them to be made).

Meanwhile I will have a stock of mould your own gum shields for those girls who have not got one from their dentist.

Yours sincerely

Emma Lindsley
Head of PE