



Hereford Cathedral Junior School

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12th July 2017

Dear Parent,

OPRO MOUTH GUARDS

In the Autumn Term, all boys in Years 4, 5 and 6 will be playing rugby during their games lessons, and all girls in Years 3, 4, 5 and 6 will be playing hockey. **ALL children playing these sports must have a mouth guard**, as required by English Hockey and strongly recommended by the Rugby Football Union.

On **Monday, 4th September, from 12 noon until 2 pm**, a dentist from O-Pro, the UK's leading mouth guard manufacturer, will be at HCJS to fit a mouth guard for those who wish to order them. The mouth guards are delivered to school within a week of fitting, complete with the name of your child on the mouth guard itself. They also come with a warranty against injury sustained whilst wearing the mouth guard.

Naturally, parents may choose to have their children fitted by their family dentist. We are simply providing this service to assure that all hockey and rugby players are properly protected when they play. Orders may be placed online, by fax or by sending the accompanying order form directly to O-Pro. Orders can also be taken on the day of the fitting, although it is more convenient for O-Pro to know in advance how many to expect.

In order to make the day go smoothly, we are also offering an opportunity to sign up for a fitting time in blocks of 15 minutes between 12 and 2 pm. Please email the school office enquiry@herefordcs.com to book your appointment time. Do note, however, that **booking a time with the School Office is not the same as booking your fitting with the Opro dentist, and it will make things go much more smoothly if you fill out the Opro form in advance or pay online.**

Sport is a vital part of the HCJS experience, and safety is an essential element of all of our sporting activity. Regardless of whom you choose to fit your child's mouth guard, please act so that they can start the term ready to play.

Finally, for all boys and girls who will be in Years 5 and 6 next term, there will be pre-season rugby and hockey training, respectively, for anyone who wants to come on Thursday, 31 August and Friday 1 September from 10 am to 12 noon. The girls will be at the Leisure Centre and the boys will train at Wyeseide. Also, a date for some diaries: we will be taking our best ten Year 6 rugby players to the Elms Sevens tournament on Saturday, 9 September, starting at 2 pm.

Yours sincerely,

The Games Staff