



BUCKINGHAM PREPARATORY SCHOOL

MOUTHGUARDS

3rd December 2018

Dear Parents,

I am just writing to let you know that from **Friday 11th January 2018** the boys in Years 5 and 6 will be playing rugby throughout the Spring Term and from **Thursday 10th January 2018**, the boys in Years 3 & 4 will be playing tag rugby.

In order for your son to take part, he will require a mouthguard as it will be needed during all contact activities. There are a variety of mouthguards which can be purchased. The ideal one, albeit most expensive, is one which can be fitted by your dentist, but this could take some time to arrange.

However, an easy and practical solution would be to buy a mouthguard which can be moulded to your son's teeth, having first been placed in boiling water. This is recommended because:-

- (i) It should remain in contact with your son's teeth ensuring they are protected.
- (ii) It can be remoulded if it becomes uncomfortable.
- (iii) It is inexpensive.

Please note that rubber mouthguards should **not** be purchased as they do not make a close fit and, as such, could cause an obstruction to the airways.

Please ensure that your son has a mouthguard in time for the first rugby lesson of the Spring Term.

Yours faithfully,

Bryn Evans
Deputy Head (Pastoral)
Head of PE/Games