



Thetford Grammar School

Independent School for pupils aged 3 - 18

Head: Mr Michael Brewer

5th August 2019

Dear Parents,

Safety in Physical Education – Mouthguards in Sport

In accordance with guidelines, I am writing to advise you that your child will take part in some sports at Thetford Grammar School for which a mouthguard is required.

In the interests of your child's safety, therefore, we have invited OPRO, a dental organisation that specialises in mouthguards to provide this service here at school. An OPRO dentist will take impressions during school time and the mouthguards will be manufactured and delivered back to school a week later.

We urge all parents to arrange for their child to purchase a 'CE' approved mouthguard through the school using the OPRO service. Any damage to teeth is for life and although such injuries are quite rare, wearing a suitable oral protector can significantly reduce or even prevent any lifelong damage.

Fittings will take place on **Thursday 12th September 2019 at 9.15am**. There is a guide attached to assist you with ordering.

If you would like to take advantage of this service, please place an order online at <https://www.opro.com/> then follow the steps below:

Step 1: Click on the Special Designs or Mouthguard Colours for you choices. We do not have our own design set up so you can ignore the schools tab.

Step 2: Follow the steps on the right hand side to select your style and design of mouthguard. When you reach the Impression Method please click on the drop down arrow and select Impression Visit. This will then allow you to enter your name and child's details and allow you to book them in for an appointment with the visiting OPRO dentist in September here at school.

Orders should be placed at least one week before the visit date.

If I can provide any further information please do not hesitate to contact me by email mh@thetgram.norfolk.sch.uk

Yours sincerely,

Mr M Hill

Head of Physical Education