



Dear Parents and Guardians

MOUTH GUARDS

We have a very strict **NO MOUTH GUARD? – NO PLAY!** policy.

All players are required to wear a mouth guard whilst playing hockey and lacrosse in their PE lessons and extra-curricular clubs.

Your dentist will be able to fit and provide a mouth guard. We advise that you start looking into this now should your daughter require a new mouth guard for the start of term.

The PE department have a few basic mouth guards in stock and will provide one for a student who do not have one. Please note that there is a cost of £5 per mouth guard. This cost will be added to the students' fees account.

LACROSSE STICKS

Your daughter will also need her own lacrosse stick for PE lessons if she does not already have one. The PE Department purchases Lacrosse sticks for the girls moving from Primary 6 into Remove and any new girls arriving at school. The modern plastic stick is recommended as it is a natural progression from pop-lacrosse to field lacrosse. This stick should suit each pupil for the entirety senior years at St George's and costs £55.00.

Alternatively, the uniform exchange may have some second-hand sticks available subject to stock.

Please reply by emailing ccf@stge.org.uk confirming that you would like to purchase a stick.

The cost of the stick will be added to next term's fees.

Yours sincerely

Christine Fourie
Director of Sport