



May 2025

Dear Parent/Guardian,

Mouth Guard Information

For all students who take part in rugby and hockey, we strongly recommend that mouth guards are worn. We can suggest various mouthguards all of which are totally acceptable.

**Dentist fitted mouthguard** - We have worked with a local dentist, Shine Dental, Medstead, Alton, <https://www.shinedentalclinic.co.uk/> who we highly recommend and Perins have worked with them for the last two years. They will take direct bookings with Perins pupil's without being a registered patient. Please contact them if you would like a dentist fitted mouth guard, at a cost of approx £50.00 per guard.

Please note that cheaper alternatives can be bought from sports shops which we happily accept.

**Amazon** – we also recommend OPRO silver @ approx. £14 on sale from Amazon – [click here](#).

**PE office** - basic mouthguards are sold in the PE office for £2.00 throughout the year.

Kind regards

Mrs Cobb

Perins PE Department

The Perins MAT registered office:  
Perins School. Pound Hill  
Alresford. Hampshire. SO24 9BS  
Tel: 01962 734361  
[school@perins.hants.sch.uk](mailto:school@perins.hants.sch.uk)  
[www.perins.net](http://www.perins.net)



Sun Hill Junior School. Sun Lane.  
Alresford. Hampshire. SO24 9NB  
Tel: 01962 732801  
[adminoffice@sunhill-jun.hants.sch.uk](mailto:adminoffice@sunhill-jun.hants.sch.uk)  
[www.sunhilljuniorschool.co.uk](http://www.sunhilljuniorschool.co.uk)

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