



Appendix A

Smudging Permission Form

Date: _____

Dear Parent/Guardian:

The Portage la Prairie School Division has developed procedures and guidelines which will be followed for smudging. Participation in smudging is always voluntary and requires parent/guardian permission. Smudging is done in a designated area(s) at the school. Students must return this form, with signed consent, in order to participate in smudging at school.

If you have any questions, please contact:

Jill Fast

Indigenous Academic Achievement Facilitator

Phone (204) 857-6843 Extension 1071

jillfast@plpsd.mb.ca

Smudging Permission Form

I, _____, would like my child, _____, to:

(Parent's Name)

(Child's Name)

- Participate in smudging at school.
- Observe without participating in smudging at school.
- Not participate nor observe smudging at school.

Parent/Guardian Signature

Date



Appendix B

Smudging Information

In an effort to be more culturally inclusive, the Portage la Prairie School Division would like to offer students the opportunity to participate in smudging. The Indigenous Inclusion Directorate defines smudging as a tradition, common to many Indigenous peoples, which involves the burning of one or more medicines gathered from the earth.

Smudging allows people to stop, slow down, become mindful and centered. This allows people to remember, connect and be grounded in the event, task or purpose at hand. Smudging also allows people to let go of something negative. Letting go of things that inhibit a person from being balanced and focused comes from the feeling of being calm and safe while smudging. The forms of smudging will vary from nation to nation but are considered by all to be a way of cleansing oneself. Smudging is part of “the way things are done” and is part of living a good life.

Smudging is optional. Students require parent/guardian permission to smudge. Smudging is always voluntary. People should never be forced or pressured to smudge. It is completely acceptable for a person to indicate that he/she does not want to smudge and that person may choose to stay in the [area] and refrain or leave the [area] during a smudge. Respect for all is the guiding principle in any Indigenous tradition.

In the Portage la Prairie School Division, smudging will be facilitated by persons who have been taught how to smudge and supervised by staff. A smudge is led by a person who has an understanding of what a smudge is and why it is done. That person may be an Elder or cultural teacher who has been invited into the school; it can be a staff member who is knowledgeable about the tradition of smudging; it can be a parent/guardian; and/or it can be a student. We also encourage schools to smudge with sage. Sage is recommended because all people can smudge with sage during anytime of the month.

This information has been adapted from *Smudging Protocol and Guidelines* (2014) developed by the Indigenous Inclusion Directorate, Manitoba Education and Advanced Learning.

http://www.edu.gov.mb.ca/aed/publications/pdf/smudging_guidelines.pdf

If you have any questions, please contact:

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Appendix C

Smudging Location

THIS SPACE WILL BE USED AS A SMUDGING LOCATION

Smudging is an Indigenous tradition which involves the burning of sweet grass, sage and/or cedar. Sage smudge produces a distinct aroma but the smoke associated with it is minimal and lasts a very short time. In the Portage la Prairie School Division it is recommended that sage be used for smudging.

A smudge is burned primarily for purification and to help to create a positive mind set. Under the Province of Manitoba's "*The Non-Smokers Health Protection Act*" smudging is permitted. The Portage la Prairie School Division has recognized that smudging is a part of traditional Indigenous way of life and is therefore permitted in the division.

For more information, contact:

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