



### **Smudging**

Park West School Division allows smudging in all of its schools. Smudging is a tradition, common to many First Nations, which involves the burning of one or more medicines gathered from the earth. Smudging does not involve inhaling nor does it involve the act of smoking. The four sacred medicines used in First Nation ceremonies are tobacco, sage, cedar, and sweet grass.

Guidelines for schools:

1. When introducing the tradition of smudging, include an Elder or traditional teacher who can explain smudging, the medicines, the teachings, and the protocol.
2. Communicate with parents, staff, and students when and where smudging will take place.
3. Smudging may be a part of a learning experience in a classroom, part of a course, during an event or a regular part of the school day.
4. Smudging can be done in a classroom, outside, or the gym depending on circumstance.
5. Schools need to ensure smudging does not pose a health risk to students, particularly students with severe asthma and respiratory issues. Utilizing a well-ventilated room should accommodate all concerns.
6. Participating in a smudge is voluntary and open to all staff and students.
7. Students who participate in a smudge should have parental permission if it is a part of a daily routine.
8. It is recommended that schools use sage to smudge because all people can smudge sage during anytime of the month.

Please refer to the Smudging Protocol and Guidelines for School Divisions document at <http://www.edu.gov.mb.ca/aed/publications/smudge.html>