



# West St. Paul School

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David Ingram – Principal   Tammy Harder – Vice-Principal   Jenny Macdonald – Vice-Principal

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September 2024

Dear Parents/Guardians,

Indigenous Education is a priority for Seven Oaks School Division and West St. Paul School. This year we will have a smudge group, and any student is welcome to join, if they choose, with parental permission.

What is smudging? A smudge is led by a person who has an understanding about the tradition. It could be led by an elder, a parent/guardian, staff member, or student. Smudging is the act of cleansing the air, mind, spirit, and emotions. A commonly used medicine to smudge is sage, which we will be using. The sage is placed in a shell and is lit with a match, then a small stream of smoke emerges. When we smudge, we first cleanse our hands with the smoke as if we are washing our hands. We then draw the smoke over our head, eyes, ears, mouths, and bodies. These actions remind us to think good thoughts, see good actions, hear good sounds, speak good words and show the good in who we are.

We will be smudging outside of the school (weather permitting) every morning after O' Canada. Parents are welcome to attend.

Please sign below to give your child permission to smudge. Any questions can be directed to Sarah West. Email: [sarah.west@7oaks.org](mailto:sarah.west@7oaks.org)

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I give my child permission to participate in smudging at West St. Paul School.

Child's Name: \_\_\_\_\_ Room # \_\_\_\_\_

Parent/ Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_