



# MARGARET PARK SCHOOL

## SEVEN OAKS SCHOOL DIVISION

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Principal: Mr. Ross Meacham  
Vice Principal: Mrs. Jillian Green

Dear Families,

Throughout the year at Margaret Park, children will have opportunities to participate in a tradition called smudging, which is common to many Indigenous peoples and widely practiced in public schools. Smudging can be done as a daily activity to bring about a sense of grounding, direction and connection, and to help create a positive mindset. It is also used in Indigenous ceremonies or at the start of special events.

Smudging involves the burning of one or more plants gathered from the Earth. Sage, sweetgrass and/or cedar are most often used for smudging, are safe and considered by some Indigenous peoples to be sacred medicines. When participating in the custom of smudging, the actions remind us to think good thoughts, see good actions, hear good sounds, speak good words and show the good in ourselves.

At Margaret Park School, as part of our Seven Oaks School Division mandate, we follow the smudging protocols outlined by Manitoba Education and Training – [Smudging Protocol and Guidelines](#). We are guided by the Seven Oaks smudging policy -- [Seven Oaks Smudging Policy](#). Both of these documents are available on our website as well as an explanation of smudging.

To begin, smudging will take place in the morning on the first and last day of the week. We'll smudge outside until we have the equipment necessary to filter the air indoors. This will always be a voluntary practice. Some classrooms will consider offering smudging in the future. This will always be communicated to you.

If you have any questions, please feel free to email or call us (204-338-9384).

Ross and Jill