



RIVERBEND COMMUNITY SCHOOL

SEVEN OAKS SCHOOL DIVISION

123 Red River Blvd. W., Winnipeg, MB, R2V 3X9

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Mr. Fortunato Lim – Principal

Mrs. Jennifer Lamoureux – Vice-Principal

Smudging at Riverbend

Dear Families,

Throughout the year at Riverbend Community School, 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 Riverbend School, as part of our Seven Oaks School Division mandate, we follow the smudging protocols outlined by Manitoba Education and Training which can be viewed on-line at:

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

Smudging is always voluntary. Everyone is welcome to participate.

Please fill out the form below to indicate that your child has permission to participate in smudging during the school year.

If you have any questions, please feel free to contact your child's classroom teacher and/or the office.

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_____ (Student Name) has permission to participate in smudging at Riverbend

Community School.

Parent/Guardian Signature _____