

## Administrative Procedure 209 – Appendix 209-1

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### SMUDGING NOTIFICATION

#### What is Smudging?

- Smudging is a cleansing ceremony practiced by First Nations peoples.
- This ceremony is guided by the moon and knowledge of the Elders, both men and women.
- One or more sacred medicines is burned: Sweetgrass, Sage, tobacco, and Cedar.
- Smudging happens when hosting a First Nations cultural event, meeting and/or inviting Elder(s) or guests, and parents to schools, important ceremonies or at the request of students, staff or families.
- Participation in smudging is welcome but optional to anyone who wishes to attend the ceremony.
- Additional Information around smudging can be obtained through an inservice provided by the school in conjunction with an Elder.

#### Why is a Smudging Ceremony Conducted?

Smudging is an ancestral way and is holistic. It is a ceremony to:

- To bring about a sense of grounding, direction, and connection.
- To feel, act, think and see with clarity.
- To help create a positive mindset.
- To cleanse/purify a person, place or object of negative energies, feelings or thought.
- The purpose is very individual for those who participate.

#### How is a Smudging Ceremony Conducted?

- Those who want to participate gather in the designated area.
- It could be done in a group or individually.
- An appropriate person will be available to instruct those present on how to smudge in a culturally acceptable manner for both First Nations and Non-First Nations who are participating.

#### Who Can Lead a Smudge?

- A person who understands the ceremony and has been given that right either by “Rites of Passage” or they have earned the right. This person may be an Elder, Cultural Advisor, Knowledge Keeper, parent, grandparent, or young person.

