



École Queen Elizabeth School

Mr Kristien Holtby
Principal

Mr. Chris Kirwan
Vice-Principal

Dear Parents/Guardians, Hello/Tansi!

RE: Smudging at École Queen Elizabeth School

Smudging will be available every morning starting on Oct. 29, 2018 in Mrs. Rogers room 208, starting at 8:35 am and will be available throughout the day if the need arises. Mrs. Rogers will be here all day on Mondays, Tuesdays and half day on Wednesdays; however there will be students/staff who have volunteered to get the smudge ready for students on Thursdays & Friday if required.

Smudging is a sacred ceremony from the Plains Cree people along with other Indigenous tribes around the world. Smudging is a ceremony of cleansing and purification for the physical and spiritual bodies with the use of sage or sweet grass. When our students choose to smudge they are encouraged to think positive thoughts and encourage themselves to have a good day and also think positive thoughts for their classmates & teachers.

Smudging is completely optional and is open to everyone! Parents, guardians, and any other family members are always welcome to come and smudge with their children. In addition, I would be more than happy to share this process with anyone that is interested in learning about it. Feel free to contact me at the school.

If you would like your student(s) to participate in smudging please return this permission form with your signature.

Thank you/Ay hay

Wahkotowin Liaison,
Mrs. Gloria Rogers

Students Name _____ Grade _____

Parent/Guardian _____

