



Lincoln Middle School

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April 6th, 2023

On April 18th (Gr. 6 & 8) and April 20th (Gr. 7), Lincoln students and staff will have the opportunity to learn about the Indigenous tradition of smudging from Richelle Northstar Scott, a Divisional Indigenous Education Support Teacher. Smudging is a tradition, common to many Indigenous people, which involves the burning of one or more medicines gathered from the earth. The most common medicines used in a smudge are sweetgrass, sage and cedar, and tobacco. We will be using sage harvested by the Divisional Indigenous Education Team. Smudging has been passed down from generation to generation. There are many teachings on how a smudge is done.

The Division recognizes that smudging is always voluntary. People are never forced or pressured to smudge. It is completely acceptable for a person to indicate that they do not want to smudge and that a person may choose to leave the room during a smudge. Respect for all is the guiding principle in an Indigenous tradition, as we understand the meaning of consent. Smudging allows people to stop, slow down, and become mindful and centered. This allows people to remember, connect and be grounded in the event, task, and purpose at hand. (SJASD Policy IMDE).

At the conclusion of this initial teaching, an opportunity for students with permission to smudge will be provided for those that have returned a permission slip. Permission slips can be picked up by students in the library, foyer, or in the office any time. Permission forms must be returned by Thursday, April 13th to be able to participate in the smudging offered during the following week.

Feel free to contact either of us with any questions you may have,

Mr. Kyle Lizotte

Principal

Ms. Connie Lowe

Vice Principal

St. James-Assiniboia School Division
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