

## LRSD Cleanse Consent Form

Date:

School:

Cleansing is a tradition, common to many First Nations, which involves the burning of one or more medicines gathered from the earth. The four sacred medicines used in First Nations' ceremonies are tobacco, sage, cedar, and sweetgrass. The most common medicines used in LRSD for a Cleansing are sweetgrass, sage, and cedar.

Cleansing is also another way schools and students can take a mindful moment to gather their thoughts and feelings, to self-regulate, and/or at the beginning of a new learning experience.

A community grandmother Myra Laramée, presented the following as the steps and rationale for this cleansing process:

- We Cleanse to clear the air around us.
- We Cleanse to clean our minds so that we will have good thoughts of others.
- We Cleanse our eyes so that we will only see good things in others.
- We Cleanse our ears so that we will only listen to good things about others.
- We Cleanse our mouths so that we will only speak well of others.
- We Cleanse our whole being so that we will portray only the good part of our self through our actions.

The forms of cleansing will vary from nation to nation but are considered by all to be a way of cleansing oneself. Cleansing is part of "the way things are done" and is part of living a good life.

Cleansing is always voluntary. People should never be forced or pressured to Cleanse. It is completely acceptable for a person to indicate that they do not want to Cleanse. That person may choose to stay in the room and refrain from cleansing or leave the room during the Cleanse. Respect for all is the guiding principle in any Indigenous tradition. Please call the school for additional information.

- Adapted from [Manitoba Education and Indigenous Inclusion Directorate's Cleansing Protocol and Guidelines 2018](#)

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I grant permission for my child (child's name) \_\_\_\_\_  
to participate in a Cleanse experience as part of school programming.

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(Parent/Guardian's Signature)