



# You<sup>th</sup> Newsletter



## Holiday Traditions from Around the World

Christmas is the most celebrated Christian festival of the year. Most people know that Christmas honors the birth of Christ, but have you heard of these other holidays from around the world?

### Hanukkah (or Chanukah)

An eight-day Jewish festival that originated in Israel and is now celebrated all over the world. Every evening at sundown, a candle is lit to celebrate a Hebrew victory some 2000 years ago. Hanukkah means “dedication” or “consecration.”



### St. Nicholas Day

On December 6<sup>th</sup> of each year, Dutch and German societies celebrate this day in honor of a generous bishop who lived in Turkey during the 4<sup>th</sup> century. Also called “Nikolass” or “Sinterklass,” he would go from house-to-house and leave gifts and candies for good boys and girls.



### Las Posadas

Hispanic communities celebrate Christmas with a parade beginning on December 16<sup>th</sup> and ending on Christmas Eve. Las Posadas represents the pilgrimage of Joseph and Mary to Bethlehem before the birth of Jesus.



### Kwanzaa

Created in 1966 to encourage people to celebrate African American heritage, this holiday means “first fruits” and refers to the first crops in traditional African society. It is based on seven principles call **Nguzo Saba** and is celebrated for seven days, starting on December 26.



### New Years Day

Began as a celebration of the Roman god **Janus**, who had two faces: one looking forward and one looking backward. To honor **Janus**, the Roman Emperor **Julius Caesar** decided this holiday should be on **January 1**.



## Avoid a Christmas Catastrophe!!

If you have a Christmas tree in your home, some of the ornaments are glass and/or sharp. Be careful when decorating or playing around your tree!



NEVER eat holly berries, mistletoe, poinsettia leaves. They are poisonous plants!!



Stay away from lit fireplaces and candles. They can easily be knocked over and start a fire!



## Be Active Inside!

What to do when it's cold outside and you're stuck indoors?

You can still have fun!

Here are some helpful suggestions:

Bundle up and go for a walk. Keep moving and have on a coat, hat, scarf and gloves to keep warm in the cold weather.



Sing Christmas carols or other holiday songs, write, act out a skit, or read a book.



Ask an adult if you can help. There's lots you can do—help clean the house, cook for company, make gifts or decorate.



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### Sources:

[www.kidsturncentral.com](http://www.kidsturncentral.com)

[www.cyh.com](http://www.cyh.com)

[www.familyeducation.com](http://www.familyeducation.com)



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