



VIRTUAL CHILDCARE PARENT SUPPORT SERVICES

SPECIAL EDITION NEWSLETTER HAPPY THANKSGIVING!

HELLO PARENTS,

This week, Canadians will celebrate Thanksgiving. This is a time to reflect upon the bounty in our lives, and is often celebrated with a joyful holiday meal. Teaching our children the importance of thankfulness will encourage a sense of self-reflection, and efficacy. Due to the COVID-19 pandemic, gathering to celebrate the season may be different this year. Nonetheless, it is still important to pause, and value the many abundances in our lives. This newsletter will provide you with information about Thanksgiving, and ways which you can celebrate this holiday of gratitude.

DID YOU KNOW?

- The first official annual Thanksgiving in Canada was celebrated on November 6, 1879.
- It was not until 1957 that the Governor General of Canada issued a proclamation declaring a "Day of General Thanksgiving" to be observed on the second Monday in October.
- Canadian Thanksgiving is celebrated nationally, but can be legislated at the provincial and territorial levels. In Newfoundland, New Brunswick, Nova Scotia, and Prince Edward Island it is an optional holiday.
- While the actual Thanksgiving holiday is on Monday, Canadians may gather for their Thanksgiving feast any day during the long weekend; however, Sunday is considered the most common. Food traditionally served at Thanksgiving includes roasted turkey, stuffing, mashed potatoes with gravy, sweet potatoes, cranberry sauce, sweet corn, various autumn vegetables, and pumpkin pie.

THANKSGIVING DAY FAMILY ACTIVITIES

PIN THE TAIL ON THE TURKEY

MATERIALS:

- Crayons · Construction paper
- Tape · Scissors · Bandana

DIRECTIONS:

- Draw a large turkey without any tail feathers on a piece of construction paper. Hang it on a door or on a wall.
- Draw lots of turkey tail feathers on paper and cut them out. Put a small piece of tape on the end of each feather.
- Use a bandana to blindfold players, one at a time. Twirl them around three times, and point them in the direction of the turkey.
- Help the Thanksgiving turkey get a tail!

[Click here](#) for more activities.

THE THANKFULNESS JAR

MATERIALS:

- A jar with a lid · Paper
- Scissors · Pencils

DIRECTIONS:

- Cut the paper into strips or squares. They should be large enough to write on.
- Ask each family member to write down one thing they are thankful for on a piece of paper.
- Fold it up and put it in the jar.
- You can help write for younger children, while older children could be challenged to use a complete sentence, rather than a single word.
- On Thanksgiving open up the jar and take turns to read aloud all of the thankfulness papers.

[Click here](#) to read the book "Bear Gives Thanks" by Karma Wilson.

NO BAKE PUMPKIN PIE

MATERIALS:

- 5.1 ounce package instant vanilla-pudding mix
- ½ cup milk
- 1 cup canned pumpkin-pie filling
- 1 container (8 ounces) whipped topping
- 1 graham-cracker pie crust

DIRECTIONS:

- Put the pudding mix and milk in a bowl.
- Whisk until the pudding is thick.
- Add the pumpkin-pie filling and mix well.
- Gently fold in half of the whipped topping.
- Pour the mixture into the pie crust.
- Add the remaining whipped topping.
- Cover and freeze at least 2 hours. Serve and enjoy!

[Click here](#) for more Thanksgiving recipes.

[Click here](#) to learn more about Thanksgiving history and traditions.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
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WE WOULD LIKE TO HEAR FROM YOU!
PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR
SUGGESTIONS TO CHILDCAREMAIN@NCCE1.ORG

HISTORY OF THANKSGIVING IN CANADA

- Thanksgiving is an annual Canadian holiday, occurring on the second Monday in October, which celebrates the harvest and invites us to reflect upon all that we have to be thankful for.
- Thanksgiving is also referred to as Thanksgiving Day or Canadian Thanksgiving, which distinguishes it from the American holiday.
- The act of coming together with loved ones to express gratitude over a large meal was first celebrated by the First Nations before the Europeans immigrated to Canada. For example, the Iroquois had a three-day celebration which honoured corn, beans, and squash. In the Prairies, Wild Rice Festivals were celebrated because grain was so crucial to their survival. Some First Nations included cranberries and maple syrup in their feasts, too.