

# November

## Cheesehead Chat

**Happy November! It's been getting colder and colder recently, hasn't it? Make sure to keep warm and be careful not to catch a cold!**

**In the U.S, every year on the fourth Thursday of November, we celebrate a holiday called "Thanksgiving". Have you ever heard of this holiday before? This month, I'd like to teach you about the history of Thanksgiving, along with the traditions and activities that come with it.**



**The First Thanksgiving**

**Thanksgiving was first declared as a national holiday in 1863 by Abraham Lincoln, the 16th U.S. president. However, the first ever Thanksgiving was recorded to be in 1621 when U.S. pilgrims shared a meal with the Native American tribe, the Wampanoag. While Thanksgiving was originally created for celebration, Thanksgiving is also used as a holiday for mourning for Native Americans.**

**Back when the pilgrims were first settling into the U.S, a lot of Native American tribes were massacred in order to take away their land and food.**

**Although Thanksgiving has a dark past, it is now viewed as a holiday to celebrate giving thanks to the people around us, the opportunities that we're giving, and being thankful for what we have.**

**Thanksgiving is a holiday meant to be spent with family. That's why students are given**



**3 days off from school to celebrate. A lot of times, families gather together to play games, talk, and share a grand meal. If people are away from home, such as at university or are living abroad, people usually celebrate Thanksgiving with their friends.**

**Thanksgiving is a holiday for spending time with family**

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The Thanksgiving meals that were served in my family usually included turkey (which is very common for Thanksgiving), mashed potatoes and gravy, green bean casserole, bread, stuffing, and more. For dessert, it was usually some sort of pie (either pumpkin pie or apple pie). On Thanksgiving, it's really common for people to eat a lot of food and then take a nap afterwards. We call this "going into a food coma".

Before Thanksgiving, elementary schools in the U.S. usually have activities for the students to do to celebrate Thanksgiving. A common activity is where students make turkeys with their hands. I remember doing this at my elementary school, and it was a lot of fun making my own turkey.

I have a lot of fond memories of celebrating Thanksgiving with my family. Every time that I think about it, it gives me a warm feeling.

That's all for this week's topic! If you'd like to learn more about Thanksgiving, I urge you to look at articles written by Native American people, for they have more accurate information about the history of Thanksgiving.

Again, please stay warm, and have a wonderful rest of your November!



A typical Thanksgiving meal



Thanksgiving turkey art project at elementary schools

This month's recommended song is:  
Harry Styles - Adore You