



PARENT ENGAGEMENT



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LE RÉVEILLON (FRENCH Canadian Christmas)

French Canadians name their Christmas Eve traditions ‘le Réveillon’ (the “awakening”). For Réveillon French Catholic families stay up late to attend midnight mass, so they can be in Church the moment Christmas Day begins. After service they return home for a feast and to eat, pray, sing, dance, tell stories and party well into the next morning.

[Click here to learn how to make your own pinecone reindeer ornament](#)



Handmade ornaments
Early settlers often crafted their own decorations using materials at hand. Simple ornaments made from paper, fabric scraps, or natural materials like pine cones, acorns, and dried fruits adorned their homes.

Traditional Decorations



Homemade treats as decorations:
Edible decorations were common, and families might hang strings of popcorn, dried fruits, or nuts on the Christmas tree. These decorations could later be enjoyed as festive treats.



Paper chains: Families would make paper chains by cutting strips of colored paper and linking them together. These chains were then hung around the home or on the Christmas tree to add a festive touch.

Traditional Foods



TOURTIÈRE

Tourtières have a long history and date back to the 1600s. Generations of French-Canadians have been including tourtières in their Christmas feasts. Every family has their own recipe or way of making it.



BÛCHE DE NOËL

Bûche de Noël or Yule log cake is a Christmas cake made to look like a log or tree branch that originated in France. The Bûche de Noël is a festive centerpiece during Christmas celebrations, symbolizing the Yule log tradition.



TARTE AU SUCRE

Tarte au Sucre, or Sugar Pie, has its roots in the simple and humble recipes of early French Canadian settlers. Tarte au Sucre embodies the spirit of homemade comfort food, reflecting the resourcefulness of early settlers.

Music and Caroling



Entre le boeuf et l'âne gris

This carol focuses on the simplicity and humility of the stable where Jesus was born. It reflects a reverence for the Nativity story and has been passed down through generations as a way of retelling the sacred events surrounding Christ's birth.

Noël c'est l'amour

The title translates to "Christmas is love," underscoring the central theme of love and warmth associated with the holiday. This carol likely emphasizes the importance of family, kindness, and love during the Christmas season.

Petit papa Noël

Originally a French song, "Petit Papa Noël" has become immensely popular in French Canada. Sung by children, it captures the anticipation and excitement of Christmas, with its heartfelt plea to Santa Claus for gifts. The song reflects the innocence and wonder associated with the holiday season.



Outdoor activities



CRÈCHES EN PLEIN AIR

Living Nativity: Some communities organize living nativity scenes outdoors, featuring local residents dressed as characters from the Christmas story.



FAIRE DE LA LUZE

Tobogganing: The exhilarating winter sport of sliding down snowy slopes on a sled called a toboggan. Whether on designated runs or improvised hills, this shared activity offers the thrill of speed and winter fun, making it a popular choice for families and friends seeking outdoor enjoyment in the snowy season.



RAQUETTES

Snowshoe Adventures: Explore snowy landscapes on snowshoes. Some areas have designated snowshoe trails, providing an opportunity to enjoy the winter scenery.



Religious Customs

La Fête de l'Épiphanie (Epiphany Celebration)



Also known as "Le Jour des Rois" or "La Fête des Rois," Epiphany is celebrated on January 6th. French Canadians often mark this day by sharing a special cake known as "la galette des rois" (the kings' cake). A small figurine, called a "fève," is hidden inside the cake, and the person who finds it is crowned king or queen for the day.

La Messe de Minuit (Midnight Mass)



La Messe de Minuit is a significant religious custom in French Canadian culture, especially on Christmas Eve. It involves attending a special midnight Mass to celebrate the birth of Jesus Christ. The service is characterized by candlelight, traditional hymns, and a sense of reverence, marking the beginning of Christmas festivities.



Joyeux Noël

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SECTOR NEWS

Do you know what helps you make your point clear?
Lists like this one:

- They're simple
- You can organize your ideas clearly
- You'll never forget to buy milk!

And the most important thing: the audience won't miss the point of your presentation



REVIEW of past EVENTS

TOURTIÈRE

Tourtières have a long history and date back to the 1600s. Generations of French-Canadians have been including tourtières in their Christmas feasts. Every family has their own recipe or way of making it.



Event four

Jupiter is the biggest planet of them all

Bûche de Noël

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Event five

Saturn is composed of hydrogen and helium



Event three

Tarte au Sucre, or Sugar Pie, has its roots in the simple and humble recipes of early French Canadian settlers. Tarte au Sucre embodies the spirit of homemade comfort food, reflecting the resourcefulness of early settlers.

Event six

Neptune is the farthest planet from the Sun