



December 2025 VOLUME 4 ISSUE 8

Surviving the “Festive” Season

Healthy Eating and the Holidays

Christmas Day, celebrated on December 25, is a Christian holy day that marks the birth of Jesus. During this time, it is customary for persons to exchange gifts, decorate their houses, put up Christmas trees, attend church, parties, festivals and share meals with family and friends.

It is the season for family, festivity and food - *lots of food*. How do you manage your food intake during the holidays when food temptations are just about everywhere? Try these tips to help you during this holiday season.

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Message from the Principal



Students,

As we celebrate this Christmas season, I want to extend heartfelt greetings to each of you. This year has tested our resilience, especially with the challenges brought by Hurricane Melissa. Many of you and your families have faced hardships, and some continue to struggle with personal difficulties, including illness or loss. Please know that Knox Community College stands with you, offering support, understanding, and hope.

Christmas reminds us of God's enduring love and the promise of renewal. As the Apostle Paul wrote: "I can do all things through Christ who strengthens me" (Philippians 4:13). Let this verse be a source of encouragement as you look ahead to the new year, reminding you that with faith, perseverance, and community, you can overcome obstacles and achieve your goals.

Over the next five years, our emerging Strategic Compass (Plan) will focus on:

- *God: Keeping faith and integrity at the heart of our mission.*
- *Goals: Supporting your academic success with clear pathways and opportunities.*
- *Growth: Expanding programmes, facilities, and services to help you thrive personally and professionally.*

As we enter the new year in 2026, I encourage you to embrace your studies with renewed determination, to support one another, and to take pride in being part of Knox's journey of transformation. Together, we will continue to grow stronger, guided by faith and purpose. May this Christmas bring joy to your homes, and may the New Year inspire you to pursue your dreams with courage and conviction.

Blessings,

DB Ramgeet

Principal Ramgeet

#KCC50.God.Goals.Growth

Holiday-proof your Meal Plan

Meet the challenges armed with a plan:

🕒 Stick to Your Usual Eating Times

Try to eat close to your normal schedule to keep your blood sugar steady.

If dinner will be later than usual, have a small snack at your typical mealtime and eat a little less at the main meal.

🥗 Bring a Healthy Dish to Share

Going to a party? Offer to take a healthy meal option, so you know there is something good for you to enjoy.

🍞 Plan Your Carbs Ahead

Decide your carb choices before eating.

If you want a sweet treat, reduce carbs from other foods like bread, potatoes, or pasta.

🕒 Don't Skip Meals

Avoid skipping meals to "save up" for a big feast — this can lead to overeating and blood sugar spikes.

🍷 Limit Alcohol

Avoid or reduce alcohol. If you do drink, skip sugary mixers like soda or juice, choose lighter options, and always eat food alongside it.



Outsmart the buffet

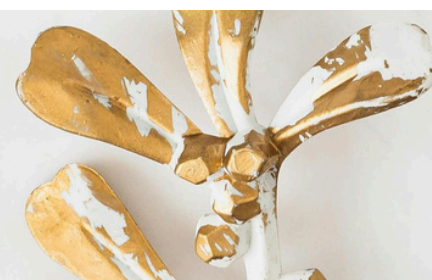


When you face a spread of delicious holiday food, make healthy choices easier:

- Fill at least half your plate with **vegetables** and leave less room for unhealthy food.
- **Eat slowly.** It takes at least 20 minutes for your brain to realize you are full, so take your time before deciding if you want seconds.
- Don't forget to drink plenty of **water**.

No food is on the naughty list!

- You can still enjoy your favourite holiday treats in moderation. Focus on food you really love and enjoy it!
- Instead of overeating, ask if you can take a favourite food home for later.





Stay Active During the Holidays - Keep It Moving



Staying Active Is Your Secret Holiday Weapon

A little movement helps you digest holiday meals, keep your blood sugar stable, and ease seasonal stress.

Short Bursts Still Count

No time for a long walk? Even 10 minutes of movement after a big meal makes a positive difference.

Make It a Festive Activity

Invite family and friends for a holiday walk, a quick dance to Christmas music, or playful movement — staying active together keeps the season fun and healthy!





Unique Ways Christmas Is Celebrated Around the World

Christmas is one of the most globally celebrated holidays in the world.

Did you know that not everybody celebrate it the same way - or even on the same day?

China

Christmas is not a public holiday. It is a normal workday in mainland China. Young couples see it as a romantic occasion for dates, gifts (like elaborate roses or even cars!), and expressing love, similar to Valentine's Day.



Ethiopia

Ethiopians are members of the Ethiopian Orthodox Tewahedo Church and, like many Orthodox denominations, they celebrate Christmas in January. The holiday does not involve Santa or an exchange of gifts and is instead more religion-oriented. Fasting is a big part of the Ethiopian Orthodox Tewahedo Church, and many participate in a 43-day abstinence from eating meat, fat, eggs and dairy products, ending on Ethiopian Christmas Eve. On Christmas Day, which next falls on January 7 and is known as Ganna (or Genna), people dress in white to go to mass in the morning.





Unique Ways Christmas Is Celebrated Around the World

Finland

Some Finnish families traditionally visit the cemetery during the festive season, usually on Christmas Eve, to place candles on the graves of their deceased loved ones. In fact, Christmas sauna is perhaps one of the oldest Christmas traditions in Finland, where all the family members bathe in a sauna on Christmas Eve in the afternoon.



France

In France, as in many places, Christmas festivities culminate on January 6 - the Epiphany, which celebrates the Three Magi's visit to baby Jesus. To observe this day in culinary fashion, the French partake in a flaky dessert called Galette des Rois (king cake), a cake layered with frangipane and sold with a paper crown.



Japan

The country's Christmas is best known for its popular holiday meal: KFC- Kentucky for Christmas! KFC is now so in demand that the restaurant takes orders in advance to ensure everyone can get their meals.





Let's Play!

CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.



Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is _____.
7. Christmas Drink
10. The name of a popular snowman.

Down

2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney.
8. On Christmas morning we unwrap our _____.
9. _____ to the world!



Christmas

WORD SEARCH

Find the hidden Christmas related words. The words can be horizontal, vertical and diagonal. The letters that are left over, form a hidden message!

| | | | | | | | | | | | | | | | |
|----------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| candy canes | E | G | G | N | O | G | Y | I | T | S | N | O | T | C | S |
| celebrate | W | J | I | N | G | L | E | B | E | L | L | S | E | M | U |
| chimney | H | A | C | S | M | F | N | T | S | U | E | L | E | N | A |
| Christmas tree | P | D | A | N | I | R | M | E | R | T | E | R | H | E | L |
| decorations | O | C | N | O | S | O | I | H | R | B | R | I | S | S | C |
| eggnog | I | T | D | I | T | S | H | M | R | Y | T | A | E | S | A |
| Frosty | N | G | Y | T | L | T | C | A | T | U | S | K | N | R | T |
| greetings | S | R | C | A | E | Y | T | R | R | G | A | E | O | E | N |
| Jingle Bells | E | E | A | R | T | E | E | K | N | L | M | W | R | I | A |
| jolly | T | E | N | O | O | H | E | I | F | A | T | J | T | N | S |
| merry | T | T | E | C | E | Y | K | W | T | M | S | O | H | D | A |
| mistletoe | I | I | S | E | T | C | O | T | E | R | I | L | P | E | S |
| Noel | A | N | I | D | O | N | L | E | O | N | R | L | O | E | T |
| North Pole | S | G | W | T | S | H | O | S | A | R | H | Y | L | R | O |
| poinsettia | U | S | S | N | D | E | G | O | O | R | C | S | E | I | T |
| reindeer | | | | | | | | | | | | | | | |
| Santa Claus | | | | | | | | | | | | | | | |
| Scrooge | | | | | | | | | | | | | | | |
| snowflakes | | | | | | | | | | | | | | | |
| stockings | | | | | | | | | | | | | | | |
| turkey | | | | | | | | | | | | | | | |

Hidden message: _____



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