Happy Winter Solstice / Yalda / Shab e Chelleh
shâd o farkhonde bâd! The eve of the Winter Solstice, called Yalda / Shab e Chelleh in Persian.

As the longest night of the year, the Eve of the Winter Solstice is a symbolic turning point, after which the days grow longer.

Modern traditions involve staying up late with your loved ones eating red foods symbolizing the sun like pomegranates and watermelon, reading poetry, and general merrymaking.

The idea of the celebration is to come together and focus on love, goodness, and the triumph of light over darkness. We pool together our collective light to illuminate even the darkest night of the year.

Wishing you all a wonderful holiday season full of light, love, and radiant happiness!*

To learn more about Shab-e Yaldā:

On our Student Research page use the keyword "Shab-e Yalda" in the Elementary School Search database.

You will need a Redwood City Public Library card.

http://www.redwoodcity.org/studentresearch

*Mansourian, Niloo. Personal interview. 4 Dec 2020