

# CASA

CONNECTION

## County After School Activities

VOL 1. ISSUE 7  
MAY 2020



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LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

**LOUDOUN.GOV/PRCS**

FOR ACCESSIBILITY REQUESTS: CONTACT [ADAPTREC@LOUDOUN.GOV](mailto:ADAPTREC@LOUDOUN.GOV), 703-777-0343, TTY: 711



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The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is open virtually while its centers are closed and programs canceled in response to the COVID-19 pandemic. "We wanted to make sure that Loudoun's citizens can engage with us during this temporary closure and that we continue creating community through people, parks and programs," said Steve Torpy, PRCS Director.

The department launched a new webpage at [loudoun.gov/prcscreatingcommunity](https://loudoun.gov/prcscreatingcommunity) featuring video playlists, a rotating video spotlight, virtual tours, how-to guides, children's activities, community resources and more. The page includes links to all of all of the department's Facebook pages, where followers can find engaging posts and videos daily. "We're temporarily closed, but we're here for you digitally as we learn to navigate this new environment. The response to the page has been positive and we feel that it may continue to serve citizens after normal operations resume," said Torpy. County parks remain open for self-directed trail and leisure use while practicing social distancing. Visit [loudoun.gov/prcs](https://loudoun.gov/prcs) or email [prcs@loudoun.gov](mailto:prcs@loudoun.gov) for more information.





# CASA

## *County After School Activities*

We miss seeing you every day. We hope that everyone is staying healthy and safe. Our staff wants to help you continue to grow and learn. Please enjoy this newsletter.

CASA STAFF





# Hello CASA parents!

I realized the other day when I was driving to pick up a grocery order (helpful hint...most stores open their reservation spots a few minutes after midnight) that I hadn't listened to a radio station in a couple of weeks! At home I tend to listen to my created channels on a streaming service which doesn't give me the variety I get in my car as I aimlessly push all my preset buttons. I am not a big country music fan but for some reason on long drives I do like to listen to it so I have a channel for it preset in my car. The point of this is that I was driving and flipping thru stations and I heard a country song that seemed perfect for the times we are in. It's performed by Trace Adkins and is called *You're Going to Miss This*. If you don't know this song go ahead and goggle it. If it speaks to you a good family activity would be to make a slide show of your family photos with it as the background music.

We often tell your kids at CASA that even when they can't control what is happening, they can still control how they are responding to it. This is a great life concept to learn and apply day to day. It is a privilege to watch them hear this, understand it, apply it, and then explain it to others as the year goes on. These days with so much out of our control we have to remember that we can still control our attitudes. And to me this is what this song is saying. Accept what is happening, enjoy the little things because they add up to the big things, and recognize that once this is over you might miss some of these days.

I am not naïve enough to say you will like everything that is the new normal for now but at some point today look around and notice the things that are working. Notice the things that might have been moving too quickly when everyone had to meet the bus at a certain time each morning, or get to a sports practice, or get homework done before bed. Notice the conversations that you are having with your kids and the stories you are sharing. Notice the laughing they are doing with their siblings and the memories they are making. Notice the comical looks you are sharing with each other as you are silently screaming "can you believe this?" over many of the different things happening each day. These type of looks between CASA staff made for some of the best parts of the CASA day because it would remind us that we are all partners in this thing and the looks were basically saying no matter what outrageous things might be going on can you believe how cool it is to be a part of this?

Each year, we say that "you parents deserve a big thank you".

You all genuinely enjoy your kids, love them, and want to spend time with them. You come to the events, you listen when there are concerns, you share your thoughts, you show your child you are interested in what is important to them, you have realistic expectations for them, and you hold them to your expectations while giving guidance, love, and assistance as needed. All of this effort you put in to your children are making a difference in their life and as we tell them all the time they will be going on to change the world! What a responsibility you have and you seem to meet it with a smile and quick laugh which is evident by the happy, well adjusted, caring children you share with us.

So today, if your kids are getting loud, tired, bored, challenging, or their emotions are starting to spiral up and they yell "I wish I was back at school!" as they stomp away just take a breath. Think about the good things you have been noticing, hear in your mind "You're gonna miss this" and remember this won't last forever. And because you are the adult that loves them, respond back with a simple "I'm gonna miss you when you are back at school every day". They will probably still stomp away but believe me when I tell you they hear you and they will pause and reflect on your words and don't be surprised when they circle back for a hug before the day is done.

We also saw this page on the LCPS website and wanted to post the link in case anyone needs any resources now or in the future or knows someone who might. The site has different links that will show organizations that are helping with different aspects of life along with contact information. The heading says mental health and wellness but it really has much more than just that.

<https://docs.google.com/document/d/e/2PACX-1vQer6v6uEnsLY6X5FN3rNSMsCIAwXD5De18gjOhwev3mB2lexw9b7Vo6EKtIV2w5N5lgIZ6bVV6ay1Dx/pub>

Thanks for reading!





# PEANUT BUTTER CHOCOLATE BANANA BITES

*Have fun making these  
healthy & delicious  
treats!*

## **INGREDIENTS:**

- 1 TO-2 LBS. GREEN GRAPES
- (4) 3 OZ. BOXES FLAVORED GELATIN (ANY FLAVORS)

step by step directions  
on the following page

# Peanut Butter Chocolate Banana Bites

1. Gather all ingredients
2. Carefully slice the banana
3. Spread nut butter of choice on ½ of the banana slices.
4. Place the remaining banana slices on top of nut butter to create a sandwich.
5. Melt chocolate chips in microwave for 15 second increments until melted. Dip bites into chocolate.
6. Refrigerate grapes for 1-2 hours, or until the powdered coating hardens on the grapes.







## TWO INGREDIENT STRAWBERRY ICE CREAM

step by step  
directions  
on the following page

### INGREDIENTS:

- 4 BANANAS
- 250G / 9 OZ

STRAWBERRIES

# Two Ingredient Strawberry Ice Cream

1. Hull the strawberries and chop them in half (or quarters if they are very big). Chop each banana into 5 or 6 pieces.
2. Place the fruit in a ziploc bag, squeeze out the air and seal. Place in the freezer for at least 6 hours or overnight if possible.
3. Remove the fruit from the freezer and transfer it to a food processor. You may have to let it defrost slightly for a few minutes to break the chunks of fruit apart.
4. Blitz the fruit until it is smooth, like the consistency of a smoothie. Pour into a loaf tin or other freezer-proof dish, cover with cling film and freeze for an hour.
5. Remove from the freezer and serve in a cone or in a cup.





# Spoons



Spoons is a fun, easy-to-learn card game for two or more players. Don't be the player without a spoon at the end of the round!

Read ahead for activity directions!



# Spoons

## 1.THE PACK

A standard deck of 52 cards is used plus a number of spoons using one fewer spoon than the number of players playing in the game

## 2. OBJECT OF THE GAME

Players take turns trying to collect a four-of-a-kind. Once someone does, everyone tries to grab a spoon. Without a spoon, you get a letter. If a player spells "S-P-O-O-N", they're out! The last player standing wins!

## 3.THE DEAL

Arrange the spoons in a small circle in the center of the table and deal four cards to each player.

## 4.THE PLAY

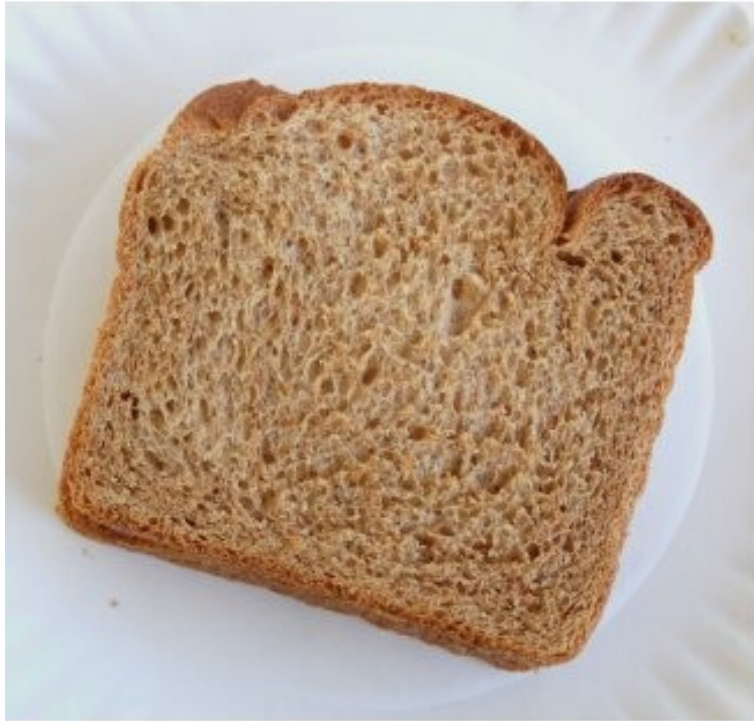
Each player tries to make four of a kind. The dealer takes a card off the top of the deck to have five cards in their hand, removes one and passes it face down to the left. Each player discards to the person on their left. The last player places their discard into a trash pile. Cards are picked up and passed quickly around the table until someone gets four of a kind and takes a spoon from the center. Once the player with four of a kind takes a spoon, anyone can take a spoon. The player left without a spoon gets a letter. If at any time the draw cards run out, pause to reshuffle the trash pile and keep going.

## 5.HOW TO KEEP SCORE

The winner is the last player remaining. Players move closer to elimination each time they don't get a spoon and take the next letter in the word S-P-O-O-N. Spell it and you're out.



# learning fractions AT LUNCH



**Read ahead for instructions**

# MATH FRACTIONS

It is confusing for kids to understand that  $\frac{1}{3}$ rd is larger than  $\frac{1}{4}$ th since the number 4 is greater than 3.

It makes sense why this would be really hard for them to "get". So, let's apply learning about fractions to real world experiences. Using sandwiches to study fractions is a lot of fun for kids!

After making sandwiches for lunch, you can cut them into a variety of fractions. This activity can be adapted for younger and older children.

For older children:

- Create fraction index cards for  $\frac{1}{3}$ ,  $\frac{2}{4}$ ,  $\frac{1}{2}$ ,  $\frac{1}{4}$ ,  $\frac{1}{8}$ th. Then, match the sandwich pieces to the fraction cards.
- Mix up the fraction cards and randomly draw a card. Put that sandwich piece on "your" plate.

For younger children:

- Sort the sandwich pieces by size, smallest piece to the largest piece.
- Count the number of pieces, then try to put the parts together to recreate a whole sandwich.

Eat and Enjoy!



Hey CASA Kids! Remember to stay active even when you're home. Here are some fun workouts to try. Once you've stretched out and given the activities a little practice, see how many of each activity you can do in 2 minutes!

NAME \_\_\_\_\_ SITE \_\_\_\_\_

How many can  
you do in 2 Minutes?



Jumping Jacks



Sit-Ups



Toe Touches



Push Ups



Squats



Jump Rope

# No, You Don't Need To Disinfect Your Groceries. But Here's How to Shop Safely

An article from NPR

The vast majority of the country is under lockdown right now. But stay-at-home orders come with a few exceptions — like grocery shopping. Many of us are still venturing out to stock up on food and toiletries. But what's the safest way to shop during this pandemic? And what should you do once you've brought your haul home? **We asked**

infectious disease, virology and food safety experts to share their tips about safe grocery shopping — and what you can stop worrying about..

## **Know the dangers — focus on the people, not the food**

Many people worry about the possibility of picking up the coronavirus from things like grocery store conveyor belts or cereal boxes. But every expert NPR spoke with agrees that the biggest risk when it comes to groceries is being inside the store itself with other people who may be infected.

"While it is possible to contract the virus [from contaminated surfaces], the majority of transmission is probably going to be from respiratory droplets, which you're exposed to when you're around other people," says Angela Rasmussen, a virologist at the Center for Infection and Immunity at Columbia University's Mailman School of Public Health.

## **Avoid crowds and shop quickly**

Donald Schaffner, a food microbiologist and distinguished professor at Rutgers University, advises that you look for a grocery store that limits the number of shoppers who are allowed to go in at one time. While that might lead to a long line outside, it's also likely to make it easier to practice social distancing inside the store — staying at least 6 feet away from other people. And once you are in there, he says, focus on getting in and out as fast as possible to minimize your risk. "Be as efficient as possible in the store," Schaffner says. "Have a list. Move through the store quickly and efficiently. Get out of the way. Be respectful of other people. Maintain social distance while you're in the store."

## **Wear a face covering**

Given the growing evidence that people can shed the virus before they are showing symptoms they might not know they're infected either. That's why the Centers for Disease Control and Prevention now recommends that people wear cloth face coverings out in public, and some stores now require shoppers to wear them — not so much to protect you as to protect other people from you in case you are infected.



## **Go alone**

Dr. David Aronoff, director of the Division of Infectious Diseases at Vanderbilt University Medical Center, says to go to the store alone if you can, because bringing the whole family shopping is just going to add to crowding in the aisles — and could potentially raise your household's risk of infection too.

"If you have three people living together and all three people go to the store, even if all three people have a low risk of getting infected at an individual level, as a group they've tripled their risk, essentially," says Aronoff, who recently wrote about safe food practices during this pandemic in the medical journal JAMA.

## **Sanitize carts and hands**

Once you are in the store, make sure to sanitize the handles of your cart or basket. Many stores do this for customers now, but it doesn't hurt to bring your own hand sanitizer or disinfecting wipes if you have them. Be sure to avoid touching your face while you are there, until you can sanitize your hands again. One other tip, from Rasmussen: Don't use your cellphone while you're in the store, because a "phone is a great way to get your hands right up next to your face."

## **Skip the gloves**

"Gloves are not magic," Schaffner says. "Gloves don't make you invulnerable. As soon as you touch something with your gloved hand, that contamination is on the gloves."

Rasmussen agrees. "I've seen a lot of people wearing gloves out in public, and they just kind of wear them all day and do a lot of normal activities, like talk on their phone, potentially eat, potentially handle food that they're going to eat later with those gloves on," she says. "And that's not great practice."

She leaves the gloves at home and sanitizes or washes her hands instead — before entering the store, after leaving and again once she gets home.

Rachel Graham, a virologist who studies coronaviruses at the University of North Carolina's Gillings School of Global Public Health, also skips the gloves. But if you do choose to wear them, she says be sure to remove them properly: "The best way to remove gloves that might be contaminated is to basically grab them from the inside on your palm side and pull them out like you're pulling off a sock, so you end up turning them inside out."

## **Give the cashier some space**

While grocery shopping may stress you out, it's the workers at the grocery store who are more at risk, because they interact with many customers daily. Protect them by making sure you stand 6 feet away, or as far as you can, while checking out. As for whether to use self-checkout or a cashier, look for the option that allows you the most room to maintain social distance. It all depends on how the store is set up. Some checkout counters now have plexiglass between the cashier and the paying customer. In that situation, says Aronoff, going to a cashier is fine, especially if one or both of you is wearing a mask or face covering.

## **Choose no-touch payment when you can**

If you've got a no-touch option like Apple Pay or Google Pay, use it. If that's not an option, a credit card machine with a chip reader can be no-touch, notes Graham. She's personally avoiding cash at the moment, because earlier research has found that cash currency can harbor lots of microorganisms. However, Rasmussen notes that we don't know how long this coronavirus survives on cash. And she says that if your credit card transaction requires you to touch a keypad, that's a "high-touch surface" that could potentially harbor other pathogens, if not the coronavirus. That said, "I don't want to encourage people to be extreme germophobes," Rasmussen says. Cash or credit, she says, just make sure to sanitize your hands (and your credit card) after the transaction.

## **Don't drive yourself crazy disinfecting your groceries**

Many shoppers are now following elaborate routines to disinfect their groceries, thanks to a viral video put out by a Michigan family doctor. But all of the experts we spoke with say that disinfecting and hand-washing every last item in your grocery haul is really not necessary. You might find it comforting to know that none of these experts are doing this themselves.

Rasmussen explains that the probability of getting infected from a contaminated surface is not zero, but it is fairly low. That's because respiratory droplets would have to have landed on the exact spot on, say, a box of cereal that you are touching. And even then, you'd have to get enough residual virus on your hand to start

an infection — and you'd have to transfer that virus to your face. Bottom line: If you follow good hand-hygiene practices — washing your hands after unpacking your groceries, before cooking and before eating — then, she says, your risk is probably "very, very low."

As Aronoff notes, "Time is really on your side here." That's because as soon as the virus lands on a surface, it starts to lose infectiousness. "After 24 hours, the vast majority of virus is no longer infectious," he says. And after 72 hours, he notes that research has found the virus is trace or undetectable on most surfaces. So if you know that you're not going to use a can of soup for two or three days, he says, just put it away, wash your hands and go about your day. And one more thing: Make sure to wipe down your countertops after you unpack, using a household disinfectant registered with the Environmental Protection Agency. If you're still worried and it's a food that doesn't need to be refrigerated, Graham says just leave it out for 24 hours.

## **If you really want to wash your groceries, don't use disinfecting spray or wipes**

If it somehow lessens your anxiety to wipe down every last jar of jelly, there's no harm in that, experts agree. But Graham warns that if you feel compelled to wipe, it might be wise to stick to soap and water. "A lot of the packaging that groceries come in is really not meant to be sprayed with disinfectant, and you [could] actually end up contaminating your food," she says.



Schaffner adds that disinfecting sprays and wipes are meant to be used on hard surfaces, which would not include many of the kinds of plastics or cardboard used for food packaging. celebrate their accomplishment. Challenge them to do a little more the following day.

### **Rinse fresh produce in plain water — and eat your veggies!**

Some people are advocating washing produce in soap and water. But Schaffner says that's a bad idea because it's possible that if you ingest soap residue, it could lead to diarrhea or vomiting. He says the best thing is just to rinse your produce in cold water. If it's an item with a tough skin, you can use a vegetable brush. And Schaffner says, please don't reduce your consumption of fresh fruit or vegetables. "There's just no evidence that these foods can transmit the virus or can cause COVID-19," he says. Plus, he says, produce offers valuable nutrients that are especially important in these stressful times.

### **Should you shower or change clothes after shopping? It depends**

"I personally don't like to do a full de-con [decontamination] when I get home from the store," Rasmussen says. "I wash my hands. I'm not routinely putting my face and mouth all over my clothing." But, she adds, "people with small children might consider otherwise, since kids — especially little kids — are maybe not so concerned about where they put their mouths or their hands." She says it comes back to personal comfort.

"If you feel more comfortable changing clothes and taking a shower after you come back from an essential errand, then by all means do so," she says. Graham adds that if you live with someone who is at high risk for severe disease with COVID-19, showering and changing might be a reasonable precaution to take.

### **Still anxious? Order online**

One simple way to stop worrying about grocery shopping and to practice social distancing is online delivery. You can pay ahead of time online and have the groceries delivered outside your door with no face-to-face contact. Just remember, while you're staying home safe, workers are putting themselves at risk to collect and deliver your food. So be sure to tip generously. As for what to do with unpacking those groceries, experts say the advice is the same as if you'd gone to the store yourself.

### **A word about frozen food**

Some of you have asked if freezing food kills the virus. The answer is no. Refrigerating or freezing would actually help the virus survive longer — that's why research labs freeze virus samples to preserve them, as Graham notes. But if you're worried about handling a frozen dinner, just throw away the packaging and remember to wash your hands after you've removed the food, Rasmussen says.

**Source:** <https://www.npr.org/sections/health-shots/2020/04/12/832269202/no-you-dont-need-to-disinfect-your-groceries-but-here-s-to-shop-safely>

Published Date: April 12, 2020 7:00 AM ET



# Additional Learning Resources

## **DISCOVERING ANCIENT EGYPT VIA FREE RESOURCES:**

[HTTPS://DISCOVERINGEGYPT.C  
OM/](https://discoveringegypt.com/)

## **GREAT LAKES NOW - VIRTUAL FIELD TRIP:**

[HTTPS://WWW.GREATLAKESNOW.O  
RG/EDUCATIONAL-RESOURCES-  
V1/VIRTUAL-FIELD-TRIP/](https://www.greatlakesnow.org/educational-resources-v1/virtual-field-trip/)

## **BOSTON CHILDREN'S MUSEUM**

[HTTPS://WWW.BOSTONCHILDRENS  
MUSEUM.ORG/MUSEUM-VIRTUAL-  
TOUR](https://www.bostonchildrensmuseum.org/museum-virtual-tour)