



Universal PreK (UPK) Café

August 20, 2019 – Issue 10

The Early Education team hopes that **UPK Café** has been providing you with a variety of research and evidence-based resources, hot topics, news items and professional articles relevant to your daily work and practice as an Early Childhood Educator and Early Childhood Special Educator.

Summer is winding down and we hope you are relaxed and ready for the new school year and new little faces! We thought some back to school thinking would be helpful to make the transition easier and help you through the year!

1) ["You Are Brave and Kind": Helping Your Child Get Ready for the First Day of School](#)

The first day of school is a transition, and transitions — even good ones — create stress. It takes a lot of energy to adjust to a new routine and get to know new teachers and classmates. This article is written to parents but gives some great reminders and resources that you can use and share.

2) [Supporting Friendships – Disabilities Services Newsletter](#)

The Disabilities Services Newsletter is produced monthly by the National Center on Early Childhood Development, Teaching, and Learning. This edition explains how friendships between peers are so important through learning new skills during social opportunities within natural environments.

3) [Find Three Good Things Each Day!](#)

Taking a moment each evening as you get ready for bed to note three good things about your day can help you cope with stress and can even have a beneficial effect on heart rate. This action is easy to do yet its benefits have been scientifically proven. In tests, people who tried it each night for just one week were happier and less depressed one month, three months and six months later.

4) **Vermont Agency of Education's definition of High-Quality Effective PreKindergarten Education**

What defines Vermont Universal Prekindergarten Education (UPK) is the implementation of high-quality, effective instruction by licensed educators who use evidence-based practices within intentionally designed early learning environments.

Early educators align curriculum with the [Vermont Early Learning Standards](#) while adapting experiences to support the full participation of each and every child to realize their full potential and promote successful outcomes.

If you have a resource you'd like to share on **UPK Café** or have been forwarded this issue and would like to be added to our mailing list, please contact Leslie at leslie.freedman@vermont.gov.

Thank you!