



Universal PreK (UPK) Café

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The Early Education team gears up for the new school year with more **UPK Café!** We are excited to share new research and evidence-based resources, news items and professional articles relevant to your daily work and practice as an Early Childhood Educator and Early Childhood Special Educator.

We are still in summer mode, but excited for the new school year! Here are a few podcasts and videos to help ease back in!

1) [**NPR: 8 Student-Made Podcasts That Made Us Smile**](#)

This year, NPR held its first Student Podcast Challenge for students in grades 5 through 12. Students opened their lives to us with stories about their families, their schools and communities and their hopes for the future. While these students are older than our daily clientele, it's a nice reminder of how our students continue to grow after they step out our classroom door (and what it's like to be in middle and high school again!).

2) [**WATCH: It's Hard To Delay Gratification. Just Ask Cookie Monster**](#)

Keeping with our social emotional work that we do, we needed to add something in to get things rolling! The NPR Podcast Life Kit: Parenting has been looking at strategies for helping kids learn emotional self-regulation and self-control, so they in Cookie for help!

3) [**TED Talk: Every Kid Needs a Champion**](#)

Rita Pierson, a teacher for 40 years, once heard a colleague say, "They don't pay me to like the kids." Her response: "Kids don't learn from people they don't like." A rousing call to educators to believe in their students and actually connect with them on a real, human, personal level.

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!